




# Play!

A Free, NSFW, and  
Comprehensive  
Guide to  
Having Fun





by SwitchTwinkXL



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## About the Author



Hi! I'm SwitchTwink / Pup Apollo, and if you're reading this, there's a fair chance that you've already seen me naked :) I'm a switchy, fisty, and friendly kinkster in Washington, DC. I wrote this guide to help folks have as much fun playing with themselves and others as I do. Please don't hesitate to reach out with suggestions or to share a link to this guide if you find it helpful! And drop a follow on [X](#) (formerly Twitter), [Telegram](#), and [Instagram](#) to keep in touch ;)

## Acknowledgements

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## Introduction

**This guide was written to help you explore and enjoy play, whatever that means for you.** Whether you're looking to take your first dick (or fist!) or whether you are a super slut power bottom who wants to size up to XXXL toys (bless you, babe), this guide is here to offer help every step of the way.

**This guide focuses on practical, no-nonsense tips, resources, and ideas for making your play easier and more enjoyable.** My guess is that you, like me, cannot stand *Cosmo*-style listicles of bullshit "Tips to Spice Up Your Sex Life!!" that are more likely to send you to hospital than make anybody cum. Instead, I'm going to try my best to make this guide helpful, comprehensive, and detailed, while being respectful of your time and attention. (The next section of this guide has some suggestions on how to read this guide based on your familiarity and comfort with play, so you find the most useful information to you!)

**The point of play is about having fucking fun (and vice versa).** This guide uses a lot of play-centric language (e.g., toys, playmates)! I want to emphasize that however you play—whether you're having vanilla sex or fisting, whether you're playing solo or staring in the center of your very own gangbang orgy—the point of play is to enjoy yourself. That's it! You cannot "win" at play or (cringe) "beat" someone at play. There are no points and no scores. And there are no trophies or prizes to win, other than the satisfaction of a good time had by all.

**This guide draws heavily on crowdsourced recommendations and personal experiences.** Additionally, it integrates knowledge gleaned from other play guides, health resources, reputable websites, and insightful podcasts focused on diverse aspects of play. (At the conclusion of this guide, you'll find a collection of links to [further resources and references](#).)

**Finally, this guide can't cover everything.** The world of play is wide and wonderful, and there are tons of kinks that folks enjoy that I simply don't have much experience in. I try to provide guidance that is helpful across different types of play, but for folks looking for more detailed guidance on specific kinks, like impact play or rope play, other resources may be more helpful.

### How to read this guide

**This guide is for everyone—beginners and beyond!** Other than the fact that you are eager to explore play, this guide makes absolutely no assumptions around your level of familiarity with different types of play. If you are reading this guide and have never had sex before, welcome! If you are reading this guide and are currently having sex, welcome! (And congratulations on your ability to multitask!)

**However, not every section will be for you.** I've made an effort to cover all the bases and make this guide newbie-friendly, which means some parts might feel familiar or even obvious if you're an experienced player. Got a killer douching routine already? Feel free to skip that section and dive into the juicy stuff! And hey, I totally get it if some sections don't tickle your fancy. Not a fan of fisting? No problemo! You're free to skip ahead without hesitation or worrying that you're missing any key information.

**The bottom line is this: I want you to have a blast exploring play in your own way.** So take what resonates with you, leave what doesn't, and make this guide your personal playground.

To help orient folks who are unsure of where to start, here are some recommended sections for you based on where you're currently at and what you wanna learn more about.

### *Beginners*

Good news! Most of this guide is written with you in mind ;) and the layout of the sections was set up to make it easy to read sequentially without being confusing for first-timers.

The very first section of this guide is 👍 [Getting Started](#) and is meant to help you do just that. Confused about what lube to get? What toys to use? Where to get kinky gear to get you in that perfect headspace? This section is gonna help you out.

The next sections are all about preparing for play. 🧼 [Cleaning Out for Play](#) is gonna help bottoms with douching and feeling confident before shoving [insert object here] up their butts. Feel free to skip this section if you are already confident with cleaning out, but you may find some of the tips helpful nonetheless, especially around avoiding over-prepping and tools to prep more comfortably.


The following part focuses on an often-neglected part of play: ✨ [Setting up to Play](#). Like anything fun, you wanna be in the headspace to enjoy yourself. This section is all about getting yourself comfortable and ready for fun, including setting the mood and vibes for you to have a carefree, fun session.


Now that you're ready to play, it's time to have fun! 🎓 [Having Fun 101](#) is a beginner friendly overview of three different types of hole play: width play (i.e., stretching your hole), depth play (i.e., going deeper in your hole), and endurance (i.e., using the fuck out of your hole). For each of these different types of play there are suggestions on types of toys, positions, and techniques for maximizing your fun.

Now you have some choices! If you are eager to learn more about fisting in particular, the section 🍑 [Having FFun with Two "F"s](#);) is perfect for you. If you are eager to start 🍷 [Playing With Others](#), there are dedicated sections on [Communication and](#)



[Connection in Playdates](#) and [Finding and Connecting with Playmates](#) that you may find helpful!

Whatever type of fun you decide to have, whether on your own or with others,  [Cleanup and Aftercare](#) is so important! This section is going to give you guidance on taking care of your playspace, yourself, and others after a scene, ranging from practical ways of making cleanup a breeze to ideas on savoring and enhancing the afterglow of a great fucking time.

Important to having fun with your body is taking care of your body, and the section on  [Health and Safety](#) is here to help you. I know it can be really tempting to skip over this kind of stuff, especially when all you want to do is jump right into the action. Trust me, I get it! But investing time and attention in taking care of yourself before diving into play can make a world of difference in your overall experience. By familiarizing yourself with the precautions and recommendations outlined in this section, you're not only safeguarding yourself but also ensuring that your playtime remains enjoyable, sustainable, and injury-free. Think of it as an essential toolkit that equips you with the knowledge to fully embrace the excitement while minimizing any potential risks. So, don't skip over this section; give it the attention it deserves. Your future self will thank you as you embark on your play journey with confidence, knowing that you've taken the necessary steps to prioritize your well-being.


### *Intermediate players*

If you've decided on reading this section, you may already be comfortable with many of the topics in this guide! Maybe you are an accomplished power bottom who wants to try a 14" toy, or a skilled top who wants to see a hungry hole wrapped around their wrist.

If you are mainly looking for specific guidance, like recommendations on [toys](#) or tips on trying [depth play](#), I'd suggest going straight to these sections. (You may find the [Table of Contents](#) and the [? FAQs](#) section helpful to navigate to the specific parts of the guide that have what you are looking for.)

If you are already comfortable with toys and/or fisting, but are looking for suggestions that can help you enjoy playing with others more and being a more awesome playmate, I'd recommend checking out the sections on [setting up](#) for a playdate, [communication and connection](#) with playmates, and, of course, [aftercare](#). In my experience, many advanced players can sometimes overlook these components (to disappointing results), while the absolute best playmates of my life have all been pros at these essentials.

## Experienced players

DM me on X/Twitter  No, but actually, consider adding your own recommendations by [shooting me an e-mail](#) and helping make play more fun for everyone!

## Getting Started

In this chapter, I'll go over some of the helpful things to have on hand to fully enjoy your play experience. We'll cover the basic supplies for play, starting with the all important **lube** and how to choose the right lube for you, as well as **nail care supplies** and **gloves** for folks looking to make fisting more enjoyable. I'll also briefly go over some other supplies to help with **keeping play tidy**.

Next, we'll dive into the wonderful world of **toys for your butt!** Toy selection can be overwhelming (and costly!), but not to worry: this section will provide guidance on how to navigate options and ensure you end up with something that's just right for you.

Lastly, I'll talk a little bit about **gear**, which refers to clothing and accessories that make you feel sexy and in the headspace you are hoping for when getting ready to play. Just like toys, there are a wide range of options for gear, from your traditional leather and latex to pup hoods to lingerie and more. We'll go over some considerations when making a selection, but remember that everything here is optional—you definitely don't need to be wearing *anything* to have an amazing time with your body!

## Supplies

When I was a baby gay and looking for help, I asked a friend for some advice on gay sex. "Buy towels," he said. "Better yet, buy a towel factory."

He was absolutely right, but there are a ton of other supplies I've picked up along the way, mainly from helpful recommendations from other kinksters, that have made play easier!

Here is a consolidated list of my personal recommendations, with links to some purchasing options (note, none of these are sponsored).

## Recommended Supplies

Lube	<p>For penetrative sex: Silicone lube or water-based lube without any flavors or additives</p> <p>For toys and fisting: A liquid, ropy, and gooey powder-based lube that is easy to mix and designed for play</p>	<a href="#"><u>X Lube</u></a>
Lube bottles	A see-through squeeze water bottle with a push/pull cap	<a href="#"><u>50 Strong Sports</u></a>
Nail file	A cordless, portable electric nail drill with multifunctional bits	<a href="#"><u>Amazon</u></a>
Gloves	Inexpensive, disposable, and powder-free nitrile gloves (for clean up)	<a href="#"><u>Amazon</u></a>
	Good quality, elbow or arm-length latex gloves (for fisting)	<a href="#"><u>Topped Toys</u></a>
Play pads	Inexpensive, disposable, and super-absorbent puppy pads	<a href="#"><u>Amazon</u></a>
Silicone body scrubber	A gentle brush with a good grip design with lots of bristles to maximize surface area	<a href="#"><u>Amazon</u></a>

### Other supplies:

- Paper towels
- Trash can (for used pup pads and paper towels)
- Bucket (to store used toys and supplies)
- Poppers (see [+Health and Safety](#))

(For recommendations on products to help specifically with douching, check out the [Cleaning out](#) section.)

In the next subsections, I'll go into more detail about each of these, along with pros vs. cons and alternative options. If you are new to fisting and bigger toys, I'd

recommend reading the rest of this section, otherwise feel free to skip to [Toys](#) or [Gear](#).

## **Lube**

In general, you will want two different classes of lube for fucking and for using toys or fisting.

### Lubes for sex

For your standard penetrative sex, **silicone-based lubes or water-based lubes** are the best for comfort and ease of use. Avoid lubes that have flavoring or other additives, as these can sting if a bottom is not familiar with using them. (It is recommended that bottoms bring their own lube, just to be on the safe side, as some folks have sensitivities even to just different brands.)

While silicone and water-based lubes are great for penetrative sex, there are a few cons that make them less versatile for XL toy and fisting play. Water-based lubes dry out quickly and, unlike the powder-based liquid lubes, won't reactivate as easily with more water. Both water and silicone based lubes tend to be "thinner," so they won't provide as much of a lubricating feeling against knuckles and tougher edges of toys. And, of course, silicone toys *are not compatible* with silicone lube, as the lube can cause the toys to degrade.

### Lubes for toys and fisting

The two main options for more intensive play will be **liquid, ropy, and gooey lubes** and **creamy, spreadable lubes**. Gooey lubes are typically powder-based, with a small amount of powder being added to about 16 oz of water, while creamy lubes are pre-made and available in jars, tins, or bottles.

For many fisters, our first experience with these lubes were **J Lube and Crisco**, respectively. Both are cheaply and commercially available, but neither was designed with fisting in mind. J Lube's original use was aiding in the delivery of farm animals and Crisco is a brand of vegetable shortening used mainly for baking.

While these classics are still in use, there are now several made-to-purpose lubes available, offering better performance and value at a higher price point. For gooey, powder-based lubes, examples include **X Lube, K Lube, and FFäusten**. For creamy lubes, **Slam Dunk, Elbow Grease, and Boy Butter** are just a few brands, each with their own varieties with scented and unscented options. (I tend to stick with X Lube, but I keep a few creamy lubes on hand in case my partner prefers them as an alternative.) These lubes tend to be more expensive than J Lube and Crisco, but I cannot emphasize enough how much better they are in terms of a play experience and cleanup.

## Selecting the right lube

Depending on the type of play, you might choose different lubes to use. Here's the breakdown I've found most helpful:

- **For most penetrative sex**, silicone lube or water-based lube without flavorings or additives will work for the majority of players.
- **For water sex (e.g., in the shower, in a hot tub)**, silicone lubes are perfect, as they won't dissolve or wash off quickly in water.
- **For ass-to-mouth**, I would recommend a water-based lube that you can easily wipe off if there is excess. Silicone lube tends to stick to the skin, and gooey lubes have an unpleasant slick texture on the mouth. And I would again recommend against added novelty flavorings.
- **For fisting with a partner or partners**, I would go gooey lubes all the way. First, it is much easier to make a larger batch of a liquid lube than to make tons of jars of creamy lube available; if you're having a big group over or are worried about running low on lube, going with a gooey lube will be cheaper and logistically easier. No one wants to run out of lube in the heat of the moment! Second, gooey lubes just *feel* so slutty and wonderful; when a top is generously pouring X Lube in me, I feel like the biggest loaded-up slut at the bathhouse, which is amazing for headspace. Third, if you're imagining fisting multiple sluts in a single session, it is much easier to safely reapply gooey lube than creamy lube. It's not recommended to "double dip" into a jar of creamy lube, since this can increase the risk of transmission of certain STIs, and can introduce bacteria to the jar of lube. (If you are set on playing with creamy lube with multiple bottoms, you should ideally have a separate jar for each hole or you can scoop out "servings" for each hole with clean hands, so no one's used lube gets mixed into someone else's hole.) In my view, it's much easier (and cheaper, if you don't want to buy individual lube jars for each player) to have lots of water bottles filled with a gooey lube, which you can share more easily and safely!
- **For playing alone with toys**, I typically use a gooey lube, but sometimes I'll use a creamy lube instead, especially if I'm playing in the shower or on a chair. Gooey lubes can result in a bit of a slip-and-slide if you're trying to ride a toy in the bathtub, whereas creamy lubes "stay" on the toys and are easy to wipe clear with a towel. Creamy lubes are also longer-lasting, so if you're planning to plug yourself with a toy for an hour or more, I'd recommend avoiding a lube that could dry and leave you with more friction than you might want.
- **Many creamy lubes are not latex compatible.** Be aware that many creamy lubes like Elbow Grease are not compatible with latex. If you are planning on

penetrative sex with a latex condom or are playing with latex gear, avoid these lubes to play it safe.

- **Creamy lubes and powder-based lubes can be mixed.** For many players, this lets them have the best of both worlds, but finding the right recipe and ratio is more an art than science. (See the next section on [preparing lube](#) for a suggested recipe.)

The remaining sections will focus on liquidy, powder-based lubes and how to mix, dispense, and clean them up.

### Preparing lube

When making powdered lube you should be sure to read the recommended steps from the manufacturer. In general, however, you will want to add powder to your water, not the other way around! This prevents clotting and uneven consistency. You'll then give it a vigorous shake, wait 20 minutes or so, and then give it another shake. Try to avoid adding powder after lube has already been mixed, as this can also lead to clumps and clogs in your water bottle.

For folks interested in mixing creamy and powdered lubes, here is a recipe that you can consider following:

1. Fill a sports bottle with ~16 fluid ounces of water (as hot as the tap will get)
2. Put in a squeeze or two of your creamy lube of choice (e.g., Boy Butter)
3. Shake well
4. Add 2 heaping capfuls of your powdered lube of choice (e.g., XLube) and follow the instructions for shaking, mixing, and resting

If you have recipes of your own that you like, let me know!

### Dispensing lube easily

When using a ropy, liquidy lube, you will want a convenient way of dispensing it. While I've seen some folks prepare this lube in bowls and trays, this method is usually pretty messy and not very portable. It also can lead to a lumpy inconsistency in the lube mixture.

Instead, I recommend **a see-through squeeze water bottle with a push/pull cap**, the type that is used a lot by athletes. A squeeze water bottle will make it easy to mix and then dispense lube mid-play, while the bottle being transparent or translucent will help you see how much lube is left and, when mixing, how the consistency is shaping up. Lastly, the push/pull cap makes it easy to prevent leaks and to cut off the flow of ropy lube. (These caps are also easier to manage with lubed-up fingers

compared to a screw cap. A quick warning however: be sure that you have the bottle lid screwed on tightly, to avoid accidental spills!)

Water bottles are also great for storage (though it's good to remember that powder-based lubes, once mixed, degrade over time), and they are typically dishwasher safe to help with clean up. To make my bottle personalized (and easier to spot at fisting events, for example), I also slap on stickers from toys and events to give it my own design! I then wrap the bottle with tape to laminate the stickers and keep everything safe. You can also add tread tape, also called anti-slip tape, to the side of the bottle to give it more grip for lubed-up fingers, or put a sock around the bottle for both a better grip and easier cleanup.

One disadvantage of push/pull caps is that thick or chunky lube can get stuck. This tends to happen when lube is not fully mixed. If chunks of lube get stuck in the cap, you can use something with a thin point (I use a cocktail skewer, but you could easily use a pen or pencil) to get it out.

#### Cleaning off lube

After playing, cleanup with creamy lubes is often as easy as simply wiping them off with a towel; with ropy, liquidy lubes, one often feels—as a dear friend once said—like the luckiest cumdump in the bathhouse. Generally speaking, your best ropy lubes will wash out with warm water and a [good body scrub brush](#); for lubes that have sugar in them (like J Lube), you'll want to use bath salts to help break down the lube before rinsing it off. For additional tips on cleaning off these lubes, check out the [Tidying up](#) section at the end of this guide.

Note that because powdered lubes make things very slippery in a shower, take care with your balance to avoid a fall. Many folks find it easiest to start the shower by sitting down, taking care to remove lube from their legs and feet, before standing up.

#### Desensitizing lube

Some lubricants are marketed as **numbing or desensitizing lubes**, which contain a mild local anesthetic. The most common desensitizers used in these lubricants are benzocaine, lidocaine, and clove oil. When these get absorbed in the skin, these anesthetics will numb the anal entrance, decreasing sensitivity and feeling for a period of an hour or two.

While these lubes can reduce tenderness and help with some of discomfort from bottoming, they are not recommended as an alternative to patience, gentle warm ups, headspace, breathing, and all the other techniques and features that make bottoming a more enjoyable and relaxing experience. Numbing agents can make it difficult to detect injuries; if you are feeling discomfort while bottoming, it's better to listen to your body than to try and numb it away. In addition, numbing agents can

get absorbed by the mouth or by the penis, causing numbness in your partner if they go down on you or top you without a condom.

In general, I've only used numbing lubes sparingly, either as a small addition to fisting lube to "take the edge off", but not to entirely dull sensation, or as a part of aftercare, when a bottom is feeling a bit sore, but is otherwise not injured. If you are finding yourself using these agents regularly, you may want to consult a doctor familiar with anal play [to explore options](#) for making play more enjoyable.

## *Nail care*

This section is mainly for folks looking to put fingers and fists into hungry holes, so feel free to skip it if it's not your cup of tea. (That said, even non-fisters can appreciate a lovely set of well-filed nails, so this may be useful nonetheless!)

### Clippers and files

Most fisters are perfectly set with a simple nail clipper and file to keep their nails tidy. I personally love relying on the pros at Wirecutter for household product recommendations, and their suggestions for [nail clippers](#) and [nail files](#) are top notch.

### Electric nail drills

If you're looking for a way to upgrade your nail prep experience, something that has made it a true joy for me has been getting a **handheld electric nail drill**, like the kind you might find at a nail salon. These drills have adjustable spin settings and multiple drill bits, so you can really get a tremendous amount of control while saving yourself the tediousness of filing with a glass or emery board.

In my experience, a lot of nail prep can happen at the last minute right before a session, so if you go for an electric drill, **go for a portable drill, ideally a cordless and chargeable option**, that you can bring with you when you head out to a playdate. And while most drills will come with a wide array of drill bits, you really only need 2-3 to get your nails in good shape for play.

### Filing nails for play

You want to make sure that your nails are **short and beveled** for play, with no rough edges or pointy bits.

Use a nail clipper to cut the nail or the electric drill to shorten the nail. You want to cut close to the skin, but not aggressively so, since this can cause some discomfort and sensitivity if you expose the skin under the nail. Leaving a little length also lets you more comfortably bevel the nail in the next step.



Once the nail is to a suitable length, use a nail file or the electric nail drill to get a soft, rounded edge. If using a nail file, pull the file against the nail in *one direction only* (going back and forth can agitate the nail and cause splintering), varying the angle of filing so as to achieve the rounded edge. If using an electric drill, this process is much faster, but check for sharp edges that can happen on the bottom side of the edge.

A good litmus test if you are not sure if your nails are smoothly polished is to (not kidding here) stick your fingers in your mouth and run your tongue over the edge of the nail. You should feel no snags or sharp edges. You can also present your nails to the bottom for them to feel as a respectful double-check!

Finally, before getting into play, make sure to wash your hands to remove any residue and to reduce the risk of bacterial transmission.

## **Gloves**

Gloves are great for cleanup and safety, and some people prefer how they feel over skin-to-skin when playing. In addition, for folks who have tattoos or other distinguishing marks on their hands and arms, gloves can be great for filming anonymously.

I'll briefly mention two types of gloves you may wanna have stocked: gloves for helping you cleanup and gloves for actual use in play.

### For cleanup

When your hands are lubed up, it can feel like a headache when you need to grab something (your phone, a remote control for a fuck machine, what have you) and lube is getting everywhere.

A super easy solution is to simply slip on a pair of **disposable nitrile gloves**, which glide onto lubed up fingers like butter. And just like that, your hands are now safe to handle cleanup without worrying about tracking lube onto everything you touch! Opt for a powder-free option and, if you are allergic to some of the rubber components that nitrile gloves can have, consider vinyl gloves as an alternative.

### For play

As with any product for play, quality matters more than cost. While disposable nitrile gloves are great for cleanup and are durable and resistant, most fisters invest in a pair of reusable **latex gloves**.

These latex gloves usually come in three lengths: wrist, elbow, and full arm length (usually to the middle of the bicep). For most folks, elbow length offers decent

coverage and comfortable length, but if you are venturing into depth play, full arm length would be ideal.

### *Cleanup*

We've already talked about lube and how to dispense it easily; now let's talk about how to keep it from getting everywhere and how to get it off.

**Puppy pads** and **play sheets** are essential for keeping lube and other spills off your bed, floor, sling, etc., while **body scrub brushes** are great for getting ropy lube off your hands (and other sticky places)!

#### Paper towels, puppy pads, and play sheets

While it may seem like a no-brainer, **paper towels** are a convenient way of keeping play tidy, especially for fisting. Having a roll of paper towels just for play at hand is really helpful to wipe up lube and wrap around used toys.

While your run-of-the-mill cotton towel is usually fine for vanilla sex, ropy lubes for fisting will soak right through. (And it's not uncommon for a bottom with a full bladder to lose control when getting wrecked and leak a little...or a lot!)

To avoid stains and soaked bed sheets, get yourself some **inexpensive, disposable, and super-absorbent puppy pads**. These commercially available pads, which are marketed for puppy training, are an absolute must; they will reduce your reliance on towels and can take tremendous amounts of spills without soaking through to the surface below.

Typically these pads come in all black (my preferred style) or in white with a blue trim. The white pads can be helpful for spotting issues like bleeding, but I prefer the black because: 1) it looks kinkier, 2) the white pads remind me of a research laboratory, which is not my vibe, and 3) white pads can make folks feel very self-conscious if they have a less than spotless clean out.

A number of companies market kink-specific absorbent "play pads" or "fetish pads", typically at a remarkable markup (\$2 per pad) compared to puppy pads (typically less than \$0.33 per pad). While these pads are sometimes a little bigger than commercial puppy pads, I'd avoid these options as they typically sell in small quantities at high prices, and you'll want to have excess pads on hand.

As an alternative to disposable pads, you can also protect your playspace using **fluid-proof play sheets**, typically made from polyester or vinyl. These sheets are usually quite expensive, but they are a great reusable option for folks who tend to play either on a bed (where a sheet can be placed over a mattress) or in a sling (where the sheet can be set up underneath it).

Play sheets are available both as fitted covers that can be placed directly onto a stripped mattress or sheets that can just be spread out over a play area. Some companies also sell fluid-proof pillow cases, as well! For cheaper options, you can buy highly absorbent, washable incontinence sheets from Amazon and medical supply stores, though these are typically available as spreads and not as fitted sheets.

Waterproof pet blankets offer a versatile alternative available in various sizes, often machine washable, and at a more budget-friendly price point compared to waterproof options designed for people. Beyond their intended use, these blankets serve as excellent floor covers, safeguarding against spills such as lube while moving between different play areas.

### Body scrub brush

ropy, liquid lubes can be tricky to get off, but a gentle silicone brush with lots of bristles can help get it off under warm running water. The bristles help to maximize surface area and pull the lube off, while a good grip design helps keep the brush on even if fingers are lubed up.

Some companies make charcoal-based cleaners designed to help cleanup lubes; these cleaners are usually gritty and are designed to break down the lube and exfoliate while rinsing the skin. In my experience, these tend not to be necessary; with a good brush, warm water, and a run-of-the-mill body wash or exfoliant, you get to where you need without much trouble. For additional tips on cleaning up, check out the [Tidying up](#) section.

## Toys

In this section, we're going to focus on choosing toys that are worth your time and investment.

If you've ever tried searching for a sex toy guide, you've probably been bombarded with an overwhelming number of options. (Google returns over *84 thousand* results for the search "sex toy guide!"). But here's the thing: Many of these guides leave a lot to be desired.

One of the frustrations I've encountered is that these guides often promote products of low-quality, leaving you with toys that don't quite hit the mark in terms of pleasure and satisfaction. It's like they're catering to a readership that is more interested in novelty than providing a fulfilling experience. To make matters worse, some of these guides are simply thinly-veiled advertisements, sponsored by manufacturers who want to push their specific products.

Instead of settling for a bunch of cheap toys that may break or disappoint you, I'm going to encourage you to prioritize selecting fewer, high-quality toys that will truly

enhance your playtime. Good toys are expensive because high-quality materials (like medical-grade silicone) are expensive; trading off quality for cost is likely to result in toys that don't give you the experience you deserve.

I'll focus primarily on anal toys, and the three main types of insertable toys: [Ergonomic toys](#), [Realistic toys](#), and [Fantasy toys](#). I'll then provide some tips on [choosing an anal toy](#), including how to build out a toy chest that best fits your needs and desires. Finally, I'll touch on ways you can expand the use of your anal toys with [harnesses, handles, and fuck machines](#), before briefly touching on [other sex toys](#), like toys for nipples, balls, and kink-specific play.

Rather than recommend specific toys, this guide is going to help you navigate shopping for your own toys, with the goal of leaving you satisfied with whatever toys you end up choosing.

I do, of course, have my own list of favorite toys, which you'll find in the [appendix](#). However, remember that everyone's bodies and preferences are unique. What tickles my fancy might not do the same for you, and that's perfectly okay! The key is to explore and find the toys that resonate with your body and bring you the utmost pleasure.

### *Types of anal toys*

Toys come in a variety of types, each offering unique experiences and sensations. We can classify toys in many different ways based on their shape, width, length, color, and texture.

To simplify our exploration of toys, let's categorize them into three main types: ergonomic, realistic, and fantasy. While it's important to note that some toys will span across these categories, this classification will help us navigate the diverse world of toys and understand which is best for you!

#### Ergonomic toys

*Examples: Topped Toys, Square Peg Toys, Crackstuffers*

Ergonomic toys—which typically take the form of plugs, truncheons, and other insertables—are designed primarily with comfort in mind.

**These toys are typically crafted from high-quality, super soft silicone, ensuring a smooth and enjoyable experience.** Their sleek and seamless design allows for easy insertion and movement, making them perfect for learning, practicing, and training. These toys are often designed to help folks explore either [width play](#) (in the case of thick cone-shaped or oval-shaped plugs) or [depth play](#) (in the case of long, super-soft snake-like toys), or a combination of the two. Additionally, certain ergonomic toys,

such as plugs, are specifically designed to provide a comfortable and snug fit, making them great for duration-based [endurance play](#).

**One notable advantage of ergonomic toys is their ability to come in various sizes;** whereas realistic and fantasy toys may come in Small, Medium, Large, and XL sizes, ergonomic plugs and other toys can come in many more sizes (by way of example, Topped Toys currently makes *twelve* different sizes of Gapekeeper plugs!). This versatility allows you to explore different levels of depth or width, catering to your personal preferences and gradually expanding your play.

**That said, because these toys are often available in many sizes, picking the right size can be more challenging with more options to choose from.** (I'll provide some recommendations for picking the right [size](#) in an upcoming section.) It is also important to note that while ergonomic toys are an absolute fantastic choice for folks looking to size up to advanced play, some individuals may find the softness of these toys less stimulating than more textured options. For these players, [realistic toys](#) and [fantasy toys](#) may be better options.

### Realistic toys

#### *Examples: Hankey's Toys*

Realistic toys are crafted to closely resemble cocks, arms, and fists, offering a lifelike experience during play. These toys often feature intricate detailing and textures that mimic the look and feel of real human anatomy, adding an extra layer of excitement and authenticity to your playtime. (Some even have options to add on hanging testicals to slap against you as you get railed!)

Realistic cock toys are usually modeled after real, hung tops, which can make them doubly fun to take if you have ever fantasized about getting fucked by a specific horse-hung porn star. (Some porn stars have even made their own dildos, though the quality varies, so be sure to check the [material](#) section to be sure that you are buying good quality for your money.)

**One significant advantage of realistic toys is that most good-quality toys will have a hole in their base that makes them Vac-U-Lock compatible,** meaning that they can easily be attached to a range of compatible accessories, like [harnesses](#), [handles, and fuck machines](#). They can also be attached to suction-cup bases, letting toys be set up against shower walls or secured to floors.

**Realistic toys serve as an excellent stepping stone for those transitioning from basic to advanced play,** providing a familiar shape and texture. Moreover, many realistic toys offer flexibility in terms of firmness, allowing you to find the perfect balance between a softer, more lifelike feel and the stability needed for deeper penetration.

**However, it's worth noting that as realistic toys increase in size, the proportions may become exaggerated, which might not suit everyone's preferences.** Many manufacturers simply scale up the size of their designs, such that XXXL toys that are really enjoyably wide start to get really long. This can make it hard to get realistic toys that are wider but not longer, or longer but not wider. (For folks wishing to focus on one or the other, consider [ergonomic toys](#) as an alternative.) Additionally, the highly realistic design may not be appealing to those seeking more fantasy-oriented or abstract play experiences. For these types of experiences, the next section will be more suitable!

### Fantasy toys

*Examples: Twisted Beast, Sinnovator, Bad Dragon, Wandering Bard, Twin Tails Creations*

Animalistic, demonic, or something otherworldly...whatever their style, fantasy toys are renowned for their imaginative designs and unique textures, making them perfect for those looking to explore their wildest fantasies.

These highly-stylized toys often come in an incredible range: a single manufacturer may have dozens of different types to choose from. Here are some common styles:

- **Horse cocks** are characterized by a flared head, a medial ring, and, of course, a long equine design. These toys are great for depth play and for folks craving the headspace of being a breeding mare for a literal horse-hung cock!
- **Knotted toys** are meant to evoke canines (or werewolves!), with a thick knotted section in their middle that can range from a smooth bulge to a huge rounded bulb. Sliding over the knot can give an overwhelming sensation of fullness, but depending on the length of the toy and the width of the knot, handling the depth and width at the same time can be tricky.
- **Tentacles** are usually thin, long, and covered with ripples of suckers, making them ideal for depth play. (And for any hentai-style tentacle porn craving!) Some manufacturers also make these toys with hollow channels for injecting lube, both for practical and fantastical purposes, though this option usually prevents the toy from being Vac-U-Lock compatible.
- **Ovipositors** are hollow, stylized dildos that allow for silicone eggs to be inserted through their central tube. These toys are ideal for breeding fantasies, as the eggs can be inserted and left inside for a lingering sensation of fullness.

**The standout advantage of fantasy toys is the high level of customization they offer, both across styles and within a specific toy range.** From color selection to

texture variations, you can tailor these toys to your specific desires, creating a truly personalized experience.

**This ability to customize, however, can also be a potential disadvantage.** Due to the intricate design and customization process, fantasy toys may require additional time for production and delivery. So, if you're eager to get your hands on a specific fantasy toy, plan ahead and be patient. Some manufacturers have regular inventory drops, or offer ready-to-purchase options in specific sizes and colors for those who do not want to wait for customized orders.

**Additionally, the highly textured nature of these toys may not appeal to those who prefer a smoother or more straightforward experience.** However, for individuals seeking a visually stimulating and creatively satisfying playtime, fantasy toys provide an excellent option to explore and indulge in their deepest desires.

### Sheaths, holes, and other anal toys

*Examples: Oxballs, Mr. S Leather*

While the majority of anal toys fall into the three categories I've mentioned, there are a few toys that fall into categories of their own. **Sheaths or cock extenders** are soft, wearable, hollow toys that are meant to be worn over a cock or dildo to add texture or length to the experience of being fucked. These toys can be great for players who want to still have penetrative sex but who want an extra girth or length to give to their partners. (They can also be fun for fantasy purposes; some sheaths are knotted, which can be fun for pup play scenes!)

Another popular style of toy are **fuckable and fistable hole toys**, which are designed to act as a hollow channel that fits snugly inside a hole and keeps it stretched and gaping open. The best of these toys are made of super soft silicone and are designed to be inserted folded up, coaxed into unfurling inside for an overwhelming stuffed sensation. Other designs are ergonomic **plugs with a channel or chute on the side**, allowing partners to fuck a plugged bottom for a double-stuffed sensation.

For folks looking to widen their width, **inflatable toys** can be a great fit. These toys come in two primary styles: those with a core interior and hollow variations. Core interior inflatables are often easier to insert, designed to maintain a consistent shape during inflation, providing a smoother insertion experience. On the other hand, hollow inflatables require folding before insertion and may result in a distinct sensation as they fill up and expand internally, conforming to the body's contours.

Caution is crucial when using inflatable toys. Overinflation can pose risks of breakage, potentially compromising the toy's integrity and safety. Always follow manufacturer guidelines regarding inflation limits to ensure a secure and enjoyable experience.

Additionally, it's a good idea to keep lube away from the pump handle, as this can obstruct the flow of air. (If your hands are lubed up, throw on a pair of gloves before handling the pump.)

Finally, a favorite of pups everywhere, **pup tail plugs** offer an ideal choice for good pups wanting to feel full and in the puppy headspace. Because the tail is long and sticks out, wiggling it can produce a very fun vibration in the plug (to say nothing of offering a fun extension for partners to grab onto). And hearing a pup yelp when the tail gets yanked out is an extra bit of lusty fun, but remember that you need consent before playing with it—just because a tail is sticking out is not an invitation for you to touch it!

### *Choosing an anal toy*

Choosing the right toy for your bottoming journey is an exciting and highly personal decision. Here are some considerations to guide you in selecting the perfect toy for your needs:

#### Which style?

As highlighted above, different toys will have different uses:

- **For beginners comfortable with getting fucked but not yet comfortable with XL toys**, consider starting with a medium realistic toy that you can ride just like a regular dick. Starting with realistic toys can make the transition to advanced play a little easier, as your hole is already familiar with the general dimensions and positions that will allow you to take it easiest.
- **For beginners who are struggling to bottom**, consider starting with a small ergonomic toy, and then sizing up within the same design line. Ergonomic toys are perfect for folks trying to get more comfortable with anal play, and sizing up within a single line can help with slowly building up confidence in taking larger toys whose design is already familiar to you.
- **For intermediary players looking to take their first fist or XL toy**, large realistic toys, with a range of ergonomic toys in stepwise sizing options are perfect for getting comfortable with sizing up and training for bigger and bigger things. (For me, my introduction to fists was made easier by starting with a medium sized realistic toy and then practicing on three sizes of ergonomic plugs.)
- **For intermediary players looking to practice depth training**, go with ergonomic options before trying long realistic or fantasy toys. Ergonomic toys designed specifically for depth are more comfortable than these alternatives,



which may be more challenging because they can often combine length and width.

- **For advanced players looking to size up their hole for fists or XXXL toys,** ergonomic plugs that are cone or oval shaped are ideal; you will want toys that are wide but that are shorter to offset the stretch and fullness you are craving.
- **For advanced players looking to challenge themselves with depth and width play,** long knotted toys would be a great option here, as they involve both types of stretching.
- **For advanced players with many toys already in their collection,** fantasy toys offer the most variation, and you may find that even smaller sizes can offer an exciting new sensation, even for holes that are used to bigger sizes.
- **For players who like to use toys on partners,** I find that variation is often better than specialization, unless your partners all are knotty or have a strong preference for realistic toys! Some sessions I've had have focused on slut training, in which case having a range of sizes of ergonomic plugs has been most helpful. Others have focused on more fantasy-oriented scenes like being knotted and bred, in which case fantasy toys were more useful. In all cases, however, I've typically found that smaller toys get more use in scenes with partners than larger ones; this could just reflect the particulars of my friend group, but generally most people will be more comfortable putting a toy in someone else's control if it's smaller and can do less injury.
- **For upping the intensity of a fisting or fucking session,** consider a hole toy, a sheath, or a plug with a chute in it. You can, of course, pick any other insertable toy and switch back and forth between your cock/fist and the toy for a fun variation, as well.
- **For use with a harness for pegging or for a fuck machine,** textured toys like fantasy toys with knots, rings, and other ridges are fantastic! Realistic toys, too, offer a great experience, depending on your headspace and preference for realistic vs. fantastic toy designs.

### What size?

This seems like obvious advice, but it must be said: **check the size guides!** Any good toy manufacturer will post *detailed* size guides. For most toys, you'll want to know the insertable length, the width/circumference at various points (especially the tip and the widest insertable part), and the texture.

While exploring the size guides provided by manufacturers, **be realistic about your comfort level and experience.** For reference, the average cock is around 5 inches in

length and 5 inches in circumference, so if bottoming is a challenge already, start small and then work up. By contrast, if you know you can take a 11 inch round toy, consider going up a half inch.

**When torn between two different sizes, it's often better to size down when choosing a toy if you don't have a good option to "bridge" the gap.** Even full-time sluts appreciate the pleasure and benefits of smaller toys, including their usefulness as warm-up aids and for different types of play. Opting for a smaller size not only tends to be more affordable but also allows more versatility in sharing the toy with potential playmates. Additionally, smaller toys are generally better suited for longer play sessions, ensuring prolonged enjoyment.

If you have your heart set on a larger toy, going for a larger size may be a good idea if you are trying to size up on width and if you have other options to help bridge the gap between the hole you have and the hole you want. Also consider the thickness of the material as well. Going for a softer material can make a bigger toy more comfortable to handle.

Remember of course that **at larger and larger sizes, even the smallest incremental increase in width can feel overwhelming** due to the threefold increase in circumference. By way of example, a 10.8 inch round toy with a 3.5 diameter is *dramatically* different in sensation compared to a round toy with a diameter just half an inch or so wider, which ups the circumference by *1.5 inches!*

If you are stuck between sizes, **you can always reach out to the manufacturer for help.** Oftentimes, they will be more than happy to help you out and will ask about your current level of experience and will try to steer you to the option that they think will lead you feeling the most satisfied.

#### What color?

When deciding on color, have fun with your choice, but don't stress too much over it.

Toy manufacturers offer various color options, ranging from limited selections (like black, blue, and red) to highly customizable choices and pours.

**Manufacturers that only offer a handful of color options have toys that are often more readily available,** resulting in faster delivery of your toy. The costs of these toys, per amount of silicone used, also tends to be cheaper.

**Companies that provide extensive customization, by contrast, may require made-to-order production, which can take several weeks or months.** In some cases, manufacturers will have a default color that is kept in regular stock, but offer customization for an additional price. Alternatively, some companies may post

available inventories in various colorways, meaning you receive the toy as it is with whatever color the manufacturer chose to use for that particular pour.

**Compromising on your preferred size or thickness just to acquire a specific color that's in stock can lead to disappointment and regret in the long run.** (I speak from personal experience, having made the mistake of prioritizing the availability of a toy in a preferred color over other important factors.) So, if you find a toy that captures your interest but lacks your preferred color, it's wise to prioritize the size, thickness, and overall performance that will truly bring you pleasure. Remember, it's the sensations and enjoyment that matter most in your playtime adventures.

### What material?

**Silicone reigns supreme when it comes to toy materials.** It is considered the superior choice due to its higher quality and safety standards. Opting for silicone toys ensures a non-porous, body-safe, and durable experience. Medical-grade silicone is particularly recommended as it maintains its integrity without degradation over time. Furthermore, silicone toys offer a super soft texture that enhances comfort and pleasure.

**In general, you'll want to steer clear of inexpensive PVC or vinyl toy materials, as they are typically of lower quality and may pose health risks.** While these alternatives tend to be cheaper, there is an immediate and obvious difference in their quality; they look cheap, they smell cheap, and worst of all they feel cheap. Treat yourself and your hole to a better experience, and focus instead on saving for a higher quality toy made from super soft silicone. There are some exceptions, where you will find good quality vinyl toys sold by good brands (e.g., Crackstuffers, inflatable plugs from Mr. S), but bear in mind that these will be less soft than silicone toys and are not always as comfortable for beginners.

### Who to buy from?

**Before making a purchase, research the manufacturers behind the toys.** Take note of where they are based and the materials they use. What are labor laws like in their country? Are there regulations on silicone and other material made for toys in those countries? Are the manufacturers queer-owned / LGBTQ+ friendly? What is their engagement like with customers and clients on social media?

**Most toy manufacturers allow you to buy either directly from them online or via licensed retailers.** Stay away from any sites that offer Amazon-type products that are clearly not made by kinksters for kinksters; no one wants a flimsy toy that will break on its first use!

Now, I know that many of the toys I've recommended are expensive, and you may be tempted to look into knock-off versions of these toys, available for much less money

from online vendors. You may have even seen folks on X/Twitter promote these toys and thought “Hey, if so-and-so says this toy is good, then it should be fine!”

As someone who loves and promotes toys to others, I’ve been increasingly dismayed to see folks on X/Twitter becoming influencers for cheaply made, low-quality toys from Amazon sellers or knock-off manufacturers, mainly based in China.

While it is flattering to be approached to promote a product and it’s nice to get free stuff, I wish more folks did their research and actually thought through the implications of their endorsement: **poor quality toys can be harmful**, to say nothing of the fact that they may be produced under poor working conditions in settings that are not supportive of labor or environmental protections.

With knock-off manufacturers in particular, when influencers promote inferior products made with lower quality products based on stolen designs, they are endorsing **knock offs that hurt toy manufacturers that adhere to high quality and safety standards—many of whom are LGBTQ+ owned small businesses who support our community**.

**So again, focus on high-quality toys from respected manufacturers.** They are well worth the extra cost, both in terms of health and safety, as well as the protection, peace of mind, and superior customer service you’ll receive in return. And if you choose to endorse a toy for a brand online, be sure to do your research, and never endorse a toy you wouldn’t be enthusiastic to buy yourself if you had the means to do so.

### *Harnesses, handles, and fuck machines*

While insertable toys can all be enjoyed alone or with a partner, there are a few accessories that can greatly expand their use and add variation to a scene.

#### Harnesses

First up, harnesses are great ways of using toys to peg a partner. The most comfortable harnesses are made of leather and have a Vac-U-Lock peg attached to a central pad that rests on top of the groin; cheaper harnesses are usually made of cloth, but are less sturdy.

#### Handles and other toy adapters

Vac-U-Lock compatible **handles and adapters** offer a great way of expanding the uses of your toys (see examples [here](#)). Many toys will come with **suction cup adapters**, allowing you to secure your toy to a floor or wall. **Handle adapters** are designed to be inserted into Vac-U-Lock compatible toys to offer a grip, for yourself or a partner. **Knuckle adapters**, which resemble brass knuckles with a Vac-U-Lock

plug in the center, are designed for use by a partner to more comfortably use a toy with a “punching” motion, ideal for a comfortable grip with lubed up fingers. Finally, **double-sided adapters** allow toys to be attached to one another for bottom-to-bottom play! While some toys might not offer a Vac-U-Lock option, there are Vac-U-Lock drill bits available for those inclined towards DIY solutions

### Fuck machines

On the more advanced and expensive end of toy accessories, fuck machines offer incredible abilities for self-pleasure. There are so many options on the market, and lots of considerations in making a selection, including:

- **Cost** (machines can easily run into the hundreds or thousands of dollars, but you can sometimes get steep discounts by buying second-hand)
- **Speed** (both max thrusts per minute and ability to change speeds comfortable)
- **Thrusting depth** (again, both maximum depth and ease of changing between settings)
- **Positions** (some machines are designed to achieve a 180 degree range in motion, allowing standing positions, while others are limited to horizontal motion only)
- **Control** (some machines are controlled by a control pad or dials, while others allow for app-based control and highly customized routines)
- **Torque** (some machines stall at low speed inputs when they encounter resistance, while others have enough torque to push through your hole even at the slowest of speeds)
- **Stability** (lots of machines need to be secured with weights or suction cups to the floor in order to not slip around, but others have containment structures that limit movement)
- **Portability** (for folks who travel, you’ll want a machine that comes in a portable made-to-purpose case)
- **Power input** (some machines are made to only work in North American voltage, while others have voltage convertors that allow you to toggle between voltage inputs when traveling)
- **Noise** (machines with high torque can sound a bit mechanical, which may or may not be your thing)

Because machines are typically several hundred dollars, I recommend reaching out to folks who own models you are interested in and asking for their recommendations. Browse around at various options ([F Machine](#), [Hismith](#), [Kong](#), [FuckYeah](#), and [Lovesense](#), for example) and compare before making a purchase.

### *Other sex toys*

While this guide has focused primarily on anal toys and accessories, I'd be remiss if I didn't at least briefly touch on some of the other toys that can really expand your play!

Coming in hot, **tit toys like suckers, clamps, and cylinders** are amazing for folks who love nipple play. Nipples are a common erogenous zone and for some lucky people, they are hard-wired to their cock and balls (some folks can even cum just from nipple stimulation!)—but even for folks with less sensitivity, you can get extreme reactions from suction and pinching. Nipple toys can also be great for folks, like me, who like overstimulation and getting multiple types of pleasure all at once. Finally, for folks doing width play, tit toys like clamps can offer a sort of distraction from the discomfort of a big stretch—with your hole and tits getting a lot of overwhelming signals, you focus less on the challenge of a big toy in your ass and can end up pushing yourself just a bit more.

To use nipple toys, first massage and warm up your nipples. Nipple toys hold better when there is a bit of water or oil at their base to allow for a more comfortable and long-lasting hold; consider having a small dish with some mineral oil or water in it to quickly dip the toys in before applying to your chest. For flexible, plastic suckers, pinch along the seam line while pressing close to the chest to ensure a close seal. Finally, be careful of using suckers for long periods of time, as this can result in blistering. If blisters form, don't panic: these will usually resolve on their own after a break of a few days.

For folks who like playing with their cock and balls, **fleshlights, strokers, cockrings, ball stretchers, and ball sacks** are great options. Fleshlights and other strokers can be enjoyed both when stroking your cock or, for caged boys, with the use of a dildo for a kinky, trippy headspace (some folks even cum in their cages while stroking a strap on with a fleshlight!). Cockrings are usually made of silicone (my preference), metal, or leather and can be great for staying hard and maintaining stamina while topping. For folks into ball play, stretchers and sacks are enjoyable and can allow for a range of sensations, from a gentle squeeze to a heavy and constant pull. Plus, these can be worn outside of play for a stretch through the day!

Next up, many bottoms may be interested in getting into **chastity**, both as a way of refocusing to pleasuring themselves with their hole and for the undeniably fun headspace you get from locking up and giving away your key! Check out the [Chastity](#)

subsection in the Gear section for more information on cage options, sizing, and tips for locking up.

A fantastic additional toy for folks getting into chastity is a **vibrating wand**, which can be pressed against cages, tit toys, and plugs to lead to intense sensations and, even, caged milkings. (For tops, vibrating wands can also be purchased with stroker adaptors.)

Finally, there is a wide range of kink-specific toys, including toys for **electro-play, medical play, sounds, and pumps for both cocks and asses**. Owing to the great intensity and great risk of injury, these toys should only be bought from reputable sellers and, when playing with others, should only be used by experienced partners.

## **Gear**

Fashion and gear play an exciting role in the world of play, providing opportunities for self-expression, exploration, and a sense of community. Adding various forms of gear can elevate your play experiences and ignite your imagination.

However, remember that gear is not a requirement for play (after all, most great play happens naked) and should be pursued based on your comfort level.

The following sections highlight some of the main types of gear, but there are countless other options available, including novelty gear and cosplaying. Ultimately, the choice is yours to indulge in as much or as little gear as you desire.

While gear can be quite expensive, there are often second-hand marketplaces where folks can sell lightly used and loved gear. Check out places like [Second Skin](#) and clothing swap and resale opportunities at conferences and conventions for gear buying options at lower prices.

## **Leather**

Leather gear, exemplified by renowned brands like Mr. S Leather and MR. Riegillio, offers a rugged and sexy aesthetic that has a rich history in BDSM and gay sex.

- **Harnesses** are a popular choice, adding a touch of dominance and enhancing your physique.
- **Leather jocks** can be a bit tricky if you're planning to top, but detachable codpieces can make them more versatile.
- **Collars and restraints** are also great additions to enhance power dynamics and intensify play.
- **Jackets, vests, chaps, and pants** can add to a full leather look, though these items are usually less commonly used in scenes due to their expense and bulkiness

Bear in mind that good-quality leather is expensive and requires care to maintain in good condition. Be cautious of poorly made harnesses that are designed more for their look than actual use and comfort—good leather should be a joy to wear, not a chore!

## **Latex**

Latex clothing is sleek, sexy, and highly customizable. For many latex wearers, the enjoyment of a “second skin” is intense, as is the headspace of being encased in latex, sometimes from head to toe! Brands like Libidex, Regulation, and Kink Projects offer a wide range of latex gear, though some may have longer lead times for custom pieces.

Latex makes for gorgeous kinky looks, but good quality pieces are often expensive. Latex also demands special care and attention to maintain in good condition. Colored latex pieces, particularly light or transparent colors, can discolor when in contact with metal or darker latex, so pieces need to be stored carefully and, at times, separately, to keep in good condition.

Here are some tips to maintain latex:

- **Get a garment bag for storage.** This will keep your pieces from coming into contact with other clothing. Small pieces can be stored in Ziplock bags for easy storage and access (plus they can be quickly packed away for playdates and travel).
- **Use high-quality silicone lube to easily get into pieces.** For catsuits and leggings, apply silicone into the interior of the piece before getting into it. Take the piece between your hands and rub your palms together, letting the lube get everywhere inside. Add extra lube to the entry and exit points to smoothly enter, adding extra bits wherever you hit a snag.
- **Use latex-specific polish like Vivishine to polish latex once on.** Microfiber towels make for great buffing and a gorgeous shine, but you can use any soft towel or cloth as well.
- **During play, never ever ever use cream-based lubes that are incompatible with latex.** These will eat away at the latex and lead to the deterioration of your pieces. Silicone lube, water-based lubes, and ropy, liquid lubes like X Lube will all work fine with latex.
- **Once done, wash your latex gently in warm water with a scentless soap** or detergent that is latex-safe. Dry the piece *inside and out* with a towel.



- **Before storing your latex, apply baby powder to the inside and outside** to maintain the longevity of your latex pieces.

Many folks interested in latex are probably drawn to catsuits, which fully encase most of the body. Because these suits are often highly customizable but easily can run into the hundreds of dollars, I'll provide some tips on catsuit selection below, before briefly touching on some other types of latex pieces you might find.

### Catsuits

Catsuits provide a sleek and captivating look and are a favorite for drone play, pup play, watersports, fisting, and tons of other kinks.

Here are some of the factors you might want to consider when browsing different catsuits, based on the options you'll be present with:

- **Entry type:** Front and back-entry suits have zippers running up the torso, allowing folks to zip in and out of suits. Shoulder entry suits have zippers running along the length of the shoulder. Both of these types of suits are relatively easy to get into, though back-entry suits may be a bit finicky (pro-tip: if you can't ask a friend for help, tie a string to the zipper before getting into it so you can more easily pull it up!). The downside of these types of suits is that the fly and zipper can be distracting during a scene, especially if you are thrashing around and feel the zipper digging into you. Zippers can also get stuck and cause pinching, or flags can snag the latex and cause a tear. By contrast, neck entry suits have no zippers for entry, requiring you to enter them from the neck hole. These suits are fantastic for distraction-free headspace, but can be difficult to enter even for the most lithe of players. They also can rip if stretched too much, so think twice before lending neck-entry suits to folks with broader shoulders or wider hips.
- **Crotch and nipple access:** While suits can certainly be bought without any sort of crotch, ass, or nipple access, many players prefer having the option to access these sites during play, especially the crotch and ass. Most suits will have 2-way zipper front and/or back access, with customizable options (e.g., front crotch only, back access only, full-access) and with customizable colors for the fly and zipper. Suits can also be bought with zippers for nipple access, though this is not as common. Note that front- and back-entry suits may have more limited options based on their design; in most of these suits, the fly for access will extend to the crotch and ass with 3-way zippers (the top to zip you in, while the bottom two expose a specific area of the crotch or ass for access). Alternatively, some suits are assless or crotchless, or with exposed chests and nipples, allowing unfettered access. These options, while less versatile for public wear (many rubber conventions require full crotch and ass coverage),

are ideal for play-dedicated wear, and can be more comfortable for tops to contend with without the anxiety of catching pubes in a zipper or pounding their groin against an uncomfortable fly.

- **Attached gloves and feet:** Full body suits will typically offer the option of fully encasing the hands (attached gloves) and feet (attached socks). These types of suits are best for players looking for a fully encased experience (like drone play), but are more challenging to clean and can be quite hot during extended periods of play (some latex wearers talk about sweat pooling in their toes after long sessions). For a more versatile and cleanable alternative to full encased catsuit options, you can buy latex gloves and socks separately and wear them with a latex suit, taking them off as you desire.
- **Style variations:** While your traditional catsuit will cover everything from neck, to wrists, and to ankles, you can get shorter (and less expensive) suits that only extend to the thighs and biceps (in the case of surfsuits), or even just to the shoulders (in the case of singlets). These suits are more comfortable for active wear and parties, and often offer just as much customization as full body catsuits.
- **Sheaths:** Finally, catsuits can come with cock and anal sheaths, in the same or different color as the main suit. These can be fun, but they limit the use of your suit; if you're on the fence, you can always buy latex shorts with sheath options and wear it underneath your catsuit.

### Other options

Latex offers a wide range of exciting options beyond catsuits and surfsuits; if you can wear it, there is probably a latex version of it! (For more on latex gloves, which are an essential item for fisting, see the [Gloves](#) section.)

**Leggings** made of latex provide a tantalizing alternative to a full suit, hugging your legs in a sleek and shiny embrace. They can be paired with various tops or accessories to create a striking and customizable ensemble. **Shorts** made of latex offer a provocative and versatile option, perfect for those who want to showcase their legs while exposing more skin.

For those who prefer lingerie, latex **stockings** are an excellent choice. They can be paired with garters or suspenders for added allure and are a popular choice for those who enjoy the classic appeal of stockings while embracing the unique characteristics of latex. And, of course, **corsets and full dresses** are excellent, though pricey, options for folks into femme and sissy play.

For folks interested in anonymity, **latex hoods** offer a great opportunity to completely immerse yourself in the sensory experience of play. Hoods are highly

customizable, allowing for removable gags and blindfolds, or full/partial encasement. Hoods can be worn in combination with catsuits to allow for a full coverage look; to make the coverage seamless, put the hood on first before slipping into a catsuit to get the hood underneath the neckline of the catsuit.

### *Neoprene*

While leather and latex are undeniably beautiful, good quality items from these materials are not cheap. If you're seeking alternatives, options like neoprene offer affordability and vibrant coloring. Neoprene harnesses and jockstraps with removable codpieces—like those sold by Cell Block 13, Mr. S Leather, and others—can be worn on their own, or layered on top of latex catsuits for a hot, customized look (pro tip: this is a really great way of adding a splash of color and customization to an all-black catsuit if you're worried about going with a plain black option). Neoprene is also perfect for raves, circuit parties, and festivals due to the material's weight, stretchiness, and portability.

Neoprene harnesses typically use snaps rather than buckle systems, so they are not designed for intense use. Similarly, the material's lightness compared to leather makes it less suitable for bondage play.

### *Chastity*

If absence makes the heart grow fonder, the same must be true of chastity and the desire for touch and stimulation. Denial can maddeningly increase desire, or refocus it to the desire for touch and excitement elsewhere...like one's nipples or one's hole. And, when used with partners, it can heighten headspace and contribute to dominant and submissive scene dynamics with useful versatility; a caged boy can be a dominant alpha with a strap on or a good girl with a locked up clit. Chastity, like all other aspects of play, is what you make of it!

This section will provide some practical guidance for folks new to chastity play, including recommendations on types of cages, how to size and put on a cage, and ways of incorporating chastity play into solo and partnered play.

### Shrinkage and erectile dysfunction

Folks interested in chastity may be concerned by the idea of shrinkage, whereby long-term cage use makes the penis smaller. (For others, this idea could be part of the appeal!) You will find differing advice online, but in general, the material of the penis is stretchy, and long-term wear will not reduce this stretchiness permanently. While confinement in particularly small cages over the long term will temporarily reduce the size of the penis, this effect is reversible, and the penis will return to its natural state outside of chastity.

Similarly, folks may be concerned about not being able to get erect again when locked for long periods of time. Chastity does not cause erectile dysfunction; while there may be difficulty in getting hard again after a long lockup, this is likely to be psychological rather than physiological.

### Types of cages

Many of the original designs for chastity cages were made of **metal or plastic**. While these designs remain popular, newer and more wearable models are increasingly being made from **3D-printed resin**. These designs (such as the [Cobra cage from Kink3D](#)) are often lighter, smoother on the skin, and more comfortable for long-term wear without snags or pinches.

In terms of chastity cage designs, there are two primary styles: **open cages** and **closed cages**. Many 3D-printed resin cages are of the open style, with a sort of web-work structure that allows for breathing room while keeping a total enclosure. Wire bird cage designs (which are designed with either vertical bars down the length of the shaft, or as horizontal bars around its circumference) are also in the open style. Closed cages are designed to fully enclose the shaft; while these offer a more intense visual display of chastity, they require removal for rinsing, and can be less comfortable in the case of hardons.

Similarly, there are two styles of locking designs: **separate locks** and **cylinder locks**. In both cases, the lock forms the linchpin that secures the shaft of the cage to the ring that goes around the shaft and balls. Separate lock designs have a post that threads through a connector, through which a mini padlock is secured. These designs are among the most common for metal and plastic cages. Cylinder lock designs are more discrete; the lock itself is a small cylinder that slides into a slot that connects the shaft and ring parts of the cage, so there is no bump that forms from the padlock. In both designs, the keys are very small (most sets come with a spare pair); unfortunately, most of the locks are not unique, so it is possible to unlock them with interchangeable keys.

In addition to chastity cages, **chastity belts** (such as those sold by Carrara Designs) offer a more extreme form of restraint. These belts are typically made of stainless steel and are designed to fully cover the groin, often wrapping around the waist as well as connecting under the legs (similar to a thong). These designs are usually custom-made to ensure proper fit and are the most expensive options for chastity devices.

In terms of other accessories, some players find it comfortable to wear an **adjustable elastic belt strap** that secures the cage against the body, reducing discomfort during erections. For subs locked by a keyholder, **serial number tags** can be used to provide accountability and demonstrate that a sub hasn't been secretly unlocking

without permission. Some chastity cages include **hollow sounding tubes** (adding an additional layer of dominance by controlling when a sub can piss) or **flat, perforated heads** that are designed to shrink or “nullify” the shaft by compressing it, while letting piss to flow through the pores.

### Selecting a cage size

When selecting a cage size, pay close attention to the manufacturer’s specifications and guidance on sizing.

When measuring yourself for a cage, be sure to measure when entirely flaccid. When in doubt between two sizes, consider going a size down for a snugger fit, which will (ironically) be more comfortable for secure, long-term wear. The risk of roomier fits is that, if you start to get hard, the shaft can snag and angle uncomfortably within the cage as it grows erect. Over longer periods of time, this can cause chafing.

For folks interested in shrinking their penis (again, this effect is temporary, but can be exciting for long-term wearers of cages), you can downsize cages over time. A cost-effective way of doing this is finding folks to swap cages with, as buying new cages can get expensive.

### Putting on a cage

The easiest way to put on a chastity cage is to apply silicone lube to the shaft and cage, put a condom on, and then thread the tip of the condom through the tip of the cage. This will pull the cage fully on and minimize pinches and snags. A similar effect can be achieved with a small plastic bag or a strip of cellophane.

### Tips for solo chastity play

- **Start with short-term lockups.** Explore locking yourself up for just a single scene, for a few hours, or for a day. Overnight lockups can be difficult due to morning wood, so it’s a good idea to start with a reasonable duration to explore chastity.
- **If you struggle with impulse control, consider freezing your keys in water.** Put your keys in a Mason jar filled with water and put it in the freezer; that way, if you need to unlock, you’ll have to go through some additional effort to uncage.
- **For more intense lock-ups, get a time lock container.** These containers are great for folks who struggle with impulse control. The containers, which retail for around \$30, can be programmed to unlock only after a timer you designate has elapsed, ensuring you can’t unlock it until you’ve done your time!

- **Get a vibrator.** Vibrators pair nicely with cages, in that they can provide stimulation to a cock without letting it be stroked or released from chastity. With enough time and stimulation, a vibrator can make caged boys cum....thus eliminating the need for them ever to be unlocked!
- **Let yourself focus on other erogenous zones.** With one's cock locked up, your body has freedom to explore other places for enjoyment, such as your tits or your hole. Using [toys](#) can help elevate these experiences and retrain your body to find pleasure from everything but its cock.

#### Tips for chastity with a partner / keyholder

- **Choose a keyholder/chastity sub carefully.** Locking up with a partner can be incredibly fun and bonding, but it is important to ensure that the other person isn't taking up their role lightly. Ensure that the person you play with understands (and is excited about) the commitment, either of being an engaged keyholder or a dedicated locked boy. And remember that key holders do not have to be dominant; they can just be a good friend who will help you reach a goal (like an accountability-buddy) or could even be another locked boy with whom you swap keys.
- **Talk through everything.** Before engaging in lockup, have a clear conversation to set expectations. The tips below include some recommendations for things to discuss and align on.
- **Decide on the duration and terms of lockup, starting low and slow.** Just as with any type of play, you get to decide what counts as part of your fun. While some folks might insist that nothing short of 24/7 lockdown counts as chastity, the vast majority of players take a much more inclusive view. (After all, hygiene requires that even permanently locked subs rinse their groins, which may require uncaged depending on the cage design.) Decide with your partner when they are to be caged and when they are allowed to unlock (e.g., while sleeping, while showering, while flying, when visiting a doctor, when swimming).
- **Decide on permitted and unpermitted behavior.** Adding rules for a chastity sub to follow can clarify expectations and add to the pleasure of restraint and denial. For example, partners can align on what type of stimulation the sub is allowed (e.g., a vibrator on the cage, or nipple/anal play only with the cage totally ignored), whether the sub is allowed to cum (e.g., from rubbing their cage, from being fucked), and what accountability steps will be taken for the sub to show their adherence to chastity (e.g., daily check ins, cage pictures within 10 minutes of a check-in text, posting to X/Twitter). One favorite rule (from chastity expert [Chirenon](#)) is that any precum, piss, or cum that comes

out of the boy during play must be swallowed by the boy. You can decide on your own rules, as well as the consequences for breaking them!

- **Decide on punishments.** Punishments can enhance the dominant/submissive dynamic of chastity, but it is important for keyholders and chastity wearers to be aligned in their expectations. In addition, it's important for punishments to be consistent with the ultimate desires of subs and doms; namely, to explore kink consensually, affirmingly, and in a way that helps them grow. In this vein, often the most effective punishment for a submissive who breaks the rules is knowing that they have disappointed their dom. Other punishments can extend the length or rules of chastity (e.g., requiring more frequent cage checks, requiring subs to use a cage tag to prevent tampering) or leverage interests that a sub is curious about, but needs additional incentive to explore (e.g., impact play, feminization, water sports). Be cautious about forcing a caged boy to end their lockup or forcing them to cum as a punishment; many caged boys pride themselves on their longest streaks, and prematurely ending a lockup can result in a dispiriting reset back to zero.
- **Use games to heighten your pleasure.** Gamifying chastity play can help pent-up submissives find outlets for their denial. Games can be used to add time to lockup (e.g., losing a game can lead to rolling a die, which adds so many minutes, hours, or days to lockup). A sub can post to X/Twitter, indicating that they will extend their lock up for each like and retweet (though be warned: a viral tweet can lead to unexpected perma-locking!). Partners can also link chastity to other goals, like getting fit or reading more; if a sub achieves their goals in one, they may earn a reward for the other.
- **Decide on rewards.** Depending on the goal of lockup, you can explore allowing subs to unlock as a reward for good behavior, or extending their lockup and rewarding them with other types of stimulation, such as a gangbang, a new toy, or a fisting scene.
- **Decide on key storage and have a back-up for emergencies.** It's good practice for the sub to have access to an emergency key, just in case. If a sub struggles with impulse control, this key could be put in a piggy bank, or given to a close friend who would be available in case of the need for an emergency uncaging. Subs should know where a key holder is storing their key (for example, in a desk drawer or around the dom's neck).
- **Decide on reasonable expectations for the keyholder.** Locked boys are intentionally depriving themselves of stimulation, which means that key holders have all the more reason to step up and provide them with

encouragement, which can take the form of teasing them, playing games with them, and giving them attention and distraction while they push themselves to lock for longer and longer. Decide on reasonable expectations for both the cage wearer and keyholder.

### *Lingerie, skirts, and femme clothing*

Seeing men in lingerie makes me go feral, and I'm so glad other people are coming around to my point of view. Lingerie, skirts, and other more feminine clothing options can be fantastic for so many reasons: for some folks, they help explore their gender identity and expression, underscoring the fluidity of gender and the role play can take in affirming that exploration. For others, feminine clothes just underscore their masculinity (again, men in skirts and thick thighs in lingerie are manly and hot as fuck) or add a level of naughtiness without necessarily being about gender. And, of course, lots of people wear lingerie cause it feels good, full stop!

**Stockings**, a classic lingerie staple, add an instant touch of elegance and allure to any outfit, and they do wonders for accentuating hips, thighs, asses, and other curves. Be prepared for the possibility of them ripping during intense moments, as that can often be a part of the excitement and spontaneity of play. (For this reason, opt for inexpensive options when buying.) For men, women's stockings will typically fit fine (due to their stretchiness), but you may want to look for garter & stocking combinations that allow for crotch and ass access to avoid needing to rip them open to have at the fun bits!

**Body lingerie** takes things a step further by embracing the contours of your body with seductive and revealing designs. These alluring pieces can include bodysuits, teddies, and one-piece lingerie ensembles that highlight your curves and leave little to the imagination. Slick it Up and Leak Your Sex Tape makes several beautiful options, but the price and intricacy of these designs make these options better for parties and day-to-day wear vs. intense play sessions. (I'd probably cry if a \$100 lingerie bodysuit tore.)

**Skirts** offer a versatile and flirty option for adding a touch of femininity to your play wardrobe or accentuating your assets with easy access. Red plaid is a classic, as are mini-skirts in bright colors. Pair them with stockings, knee-high socks, or thigh-high socks for a captivating combination that exudes playfulness and seduction.

For those interested in femboy looks or sissy play, there are endless options, like **arm warmers, body harnesses, chokers, cat ears, wigs, makeup, and heals**. Combine these femme elements with lingerie, skirts, or other playful outfits to create a look that reflects your unique style and fantasies.



## *Sporty*

When it comes to sporty play, there are options that blend athleticism with sexiness. Beyond gearing up from a sports goods store, BIKE/GYM, NastyPig, Mr. S Leather, and Cellblock 13 make athletic wear designed for kinksters.

A favored classic are **jockstraps**, a staple in the world of gay fashion and play. With their supportive pouch and revealing back straps, they provide a provocative and enticing look that can be combined with pretty much anything and are one of the few pieces of gear that can be worn alone. (I like to pair mine with **knee-high ribbed socks** for an athletic slutty look, and for extra storage options!)

For a more covered sport look, **singlets** can be a fantastic option. While you can certainly find great options from sporting goods stores, singlets with zippers and detachable codpieces designed with play in mind are available from kink clothing retailers and are probably a better option for kinksters looking for easy access.

Last but not least, **baseball caps** are a timeless addition to add color and flair to a sport look (plus they can be tucked down to add a bit of anonymity for taking pics and videos). Many kink brands sell their own caps, or you can get caps in specific colors to flag your kink or complete your look.

Of course, there are tons of other accessories you can wear for a sporty look, including **crop tops** (my favorite), **jerseys**, **shoulder pads**, and **football helmets**. Some kinksters will even get customized jerseys and jockstraps with their handles on them. Go team!

## *Circuitry*

Circuit party looks are all about making a bold and vibrant statement. These outfits are designed to catch the eye and create an electrifying presence on the dance floor; brands like Masculo and Slick It Up are great examples. While circuit party fashion incorporates some elements of kink, such as harnesses and jockstraps, the primary focus is on creating a visually striking look rather than serving practical play purposes.

**Harnesses** in circuit party fashion often take on a bright, sparkly or glamorous appearance, embracing neon, glitter, sequins, and eye-catching embellishments. Neoprene wear can be ideal for their comfortable weight and look, especially in bright colors that pop under UV lights. Similarly, **jockstraps** remain a popular choice for circuit party enthusiasts, combining support, sexiness, and a revealing (and accessible!) design. Lastly, **leggings**, **mesh tops**, and **bodysuits**, can add an extra layer of sexiness with their form-fitting and attention-grabbing designs.

In terms of other things to bring, **earplugs** are essential for any event where there will be loud music! If you are a raver or regularly go to circuit parties and EDM events, investing in a pair of high-fidelity, reusable earplugs is a must. They shield your ears from excessive noise, preventing tinnitus (ringing in your ears) and potential hearing loss in the long run. Tinnitus, while often temporary, can signal damage; however, once incurred, it might lead to permanent issues without future protection. When I go to circuit parties, I usually bring three extra pairs, in case I lose mine and in case friends need to borrow some.

To carry your essentials while keeping your hands free, **a fanny pack or leg harness** is a practical and stylish choice (but be careful about pickpockets). **Drawstring backpacks** are also a good option for storing items and streetwear clothes, especially if the folks at clothes check charge per item and do not offer bags of their own. For raves and music festivals, you can find **hydration backpacks** (backpacks with refillable water pouches) that can help you stay hydrated without having to carry a water bottle around. In a pinch, **knee-high socks** are also helpful for storing things like cash and IDs, but again be careful of pickpockets and losing items while dancing.

Finally, lots of circuit looks will involve accessories like **sunglasses and fans**, which offer practical as well as aesthetic benefits (no one wants to walk home at 8 AM from a party, bleary-eyed, and have to face the blazing sun without some shades).

### *Puppy*

Pup play has lots of gear options, but again: all of this is optional! All you need to enjoy pup play is the right headspace. The items listed in this section are meant to help, but none of them are required! These items can be worn on their own or combined with any of the above (pup hoods, for example, are commonly spotted at circuit parties).

Top of the list are **pup hoods**, which typically are made of neoprene or leather (less commonly from latex or molded rubber). Brands like Mr. S, Leatherwerks, and Mistrbear make very popular designs, which range from full head hoods to designs with open muzzles and partial coverings. These hoods also come in a range of colors, with most companies offering options to customize individual sections, like ears, noses, and muzzles.

If you opt for a neoprene hood, many of these will come with a tag in the back; get a backpacking clip to easily clip and unclip your hood to a belt, harness, or fanny pack when you want to take it off at an event without losing it! Also, consider getting a cheap mannequin head you can use to store your hood on; this will keep them from getting wrinkled, plus it's a nice way to display your pup side!

**Collars and leashes** are iconic symbols of dominance and submission within the realm of play. While traditional BDSM customs may dictate that collars should only be worn by those who have been formally collared by a handler, it's important to recognize that personal preferences and dynamics can vary greatly. The idea that collars should only be worn under specific circumstances is limiting and dismissive of individual desires and expressions.

As discussed in a [previous section](#), **pup tail plugs** offer an ideal choice for good pups wanting to feel full and in the puppy headspace. These plugs come in various sizes and colors, giving you a range of custom options. For pups wanting to wear a tail without a plug, **show tails** are designed to slide into a belt or strap, and can be worn over clothes for a clothed, puppy look.

Finally, for more fun on all fours, neoprene and leather **pup mitts** are less common pup play items, but offer padding for hands and an element of submission from reduced hand mobility. Some pups may also want to get a pair of **knee protectors** if they want to stay on all fours on rough surfaces, like kneeling on pavement. And, of course, **kennels, oversized doggy beds, and doggy bowls** are useful additions for more intense pup play sessions.

### *Swimwear and underwear*

While this last category is a sort of overflow section, lots of folks have asked me where to get gay swimwear and underwear for day-to-day wear. Here are some notable brands known for their exceptional swimwear and underwear collections favored among gay men:

- **Andrew Christian:** With a focus on sexy and provocative designs, Andrew Christian has gained popularity among folks looking for bright and popping looks. Their swimwear and underwear incorporate innovative features such as enhancing pouches and bold colors, creating a captivating, but occasionally garish look. In addition, the materials are not always meant to last, evoking a more fast-fashion look that is always trying to outdo itself in being loud and proud.
- **Pump!:** Known for its athletic-inspired designs, Pump! offers a range of swimwear and underwear that combines sporty aesthetics with a touch of fun. Their collections feature vibrant colors, mesh details, and form-fitting styles and are great for a more sporty, playful look.
- **Aussiebum:** Hailing from Australia, Aussiebum is recognized for its comfortable and affordable swimwear and underwear, which are available in broad colorways and style options. Their pieces are comfortable enough for

daily wear and for play, though their ubiquitousness in gay wardrobes does make them somewhat less eye-catching.

- **Addicted:** A popular Spanish brand known for bottomless pieces and striped patterns, Addicted makes eye-catching pieces with vibrant colors and physique-flattering designs. More circuitry than casual, Addicted is a good choice for a sexy look, but maybe not for everyday wear.
- **BOX** is a popular brand known for its modern and sleek designs in men's underwear. Based in Australia, they offer a range of styles, including briefs, trunks, and jockstraps, crafted from stretchable fabrics for a supportive fit.
- **Bonds**, an iconic Australian brand, is beloved for its diverse range of comfortable underwear and swimwear. The brand is a champion of everyday comfort with soft and breathable fabrics, usually in sleek but understated colors and patterns.
- **Bluebuck**, a British brand, specializes in sustainable men's underwear and swimwear in blues and pastels. They prioritize eco-friendly practices by using organic and recycled materials, offering styles such as briefs, trunks, and boxer shorts that are both soft and durable. Another excellent choice for a more understated look.
- **Calvin Klein:** A well-established brand in the fashion industry, Calvin Klein offers a wide array of underwear options for the modern gay man. With sleek designs and premium quality, their products are both stylish and timeless. (And who among us did not have a gay awakening while staring at the wall of CK models at the mall?)
- **Versace:** Celebrated for its iconic Baroque style, Versace brings opulence and glamor to swimwear and underwear. Their collections feature bold prints and intricate detailing, albeit at a higher price point than other good quality options. Their Greco-patterned jockstraps in black and white are cute for the trophy boy look, but a little garish in some of their neon colors.
- **Charlie MZ:** The outfitter of sugar babies and trophy boys everywhere, Charlie MZ combines comfort, athleticism, and fashion in their swimwear and underwear lines. With attention to detail and quality craftsmanship, their pieces are designed to make a statement, in gorgeous colors and fabrics. Their products, however, are expensive, and sales are infrequent and discounts are usually linked to your subtotal spending.
- **Aronik:** Though on the higher end of the price spectrum, Aronik is renowned for its luxurious swimwear in sexy cuts that flatter the figure. Known for their

bold and vibrant prints, their collections exude sophistication and elegance. Look out for sales around holidays like Memorial Day, Labor Day, and the Fourth of July, else these pieces are barely affordable.

## **Cleaning Out for Play**

Preparing for play is an essential part of the experience, ensuring both your comfort and the enjoyment of your partner. While it may not be the most glamorous aspect, it plays a vital role in creating a pleasurable and healthy encounter.

Throughout this guide, I'm going to emphasize a **bottom-affirming approach to cleaning out**, focusing on making the preparation process as enjoyable as possible. Cleaning out before play is often seen from the perspective of tops, who consider it necessary for their own enjoyment. ("I'll have the burger and for him, the salad.") However, this guide shifts the focus to making prepping more comfortable and empowering for *you*.

It's about finding methods that work for *your* body, ensuring *your* comfort, and enhancing *your* confidence throughout the entire experience.

When I suggest, for example, lighting a candle or scrubbing with a body wash you love after prepping, it's not about making your body tolerable or pleasing for your top or otherwise about meeting *their* expectations. It's about prioritizing your own well-being, feeling confident, and approaching play as a thoughtful and considerate partner.

You deserve to feel lovely and cared for, and presenting yourself with sparkly, well-cared for holes is an act of self-care. And any respectful partner will be patient with the time it takes to achieve that, and gracious and understanding if any accidents arise.

Remember, the goal of preparation is not to satisfy your partner's desires alone, but to create a mutually pleasurable and satisfying encounter.

### **Covering the essentials**

In this section, we will discuss the essential supplies, diet, and supplements that contribute to a good cleanout experience, before diving into a step-by-step guide to cleaning for intense play.

#### ***Douching supplies***

There are two main types of douching supplies: enema bulbs and hoses. Enema bulbs are commonly used for quick rinses and are highly portable. However, with the

addition of a few accessories, you can easily install a hose that provides a faster, deeper, and more comfortable cleaning experience.

## Bulbs

Bulbs can be useful if you are traveling and don't know what the douching situation will be like wherever you arrive. They can also be useful for performing spot checks (see below) if you are visiting a partner who is hosting but doesn't have a douching hose.

When it comes to bulbs, smaller ones are actually better as they are easier to grip and squeeze. Avoid using saline solutions as they can irritate your anal area; lukewarm, drinking-safe water will do just fine.

Most wash bulbs will have a detachable tip; these can sometimes break, so it's not a bad idea to have a few extras in stock. And, of course, you can use water bottles as an alternative in a pinch, though this tends to be messier and less controlled.

## Hoses

When it comes to using a douching hose for a thorough cleanout, having the right supplies is crucial. While there are pre-made kits you can find online, many have inferior parts for a higher cost. Instead, you can buy your own pieces for better quality at an overall savings. Here are the essential items you'll need:

If you have an existing shower hose and want to adapt it for douching:

- **Silicone douche nozzle tip:** Opt for a silicone nozzle that is long enough to reach deep and has a single exit hole at the end for a comfortable and effective cleaning. Avoid hoses with holes on the sides, as they may cause discomfort.
- **Flow control valve:** To regulate the water flow during the douching process, a flow control valve is key. This valve allows you to adjust the water pressure to your desired level, or stop the flow altogether, ensuring a comfortable and controlled experience. For best results, the flow control valve should go installed between the hose and silicone douche nozzle tip.
- **Quick connectors:** A quick connector can allow you to quickly switch out your silicone tip for a handheld showerhead. This is a great option if you are sharing your bathroom with others or have guests coming over.

If you do not have a shower hose or want an extra long shower hose option for easier access:

- **Hose:** Extra long shower hoses can allow you to reach your toilet or more comfortable positions in the shower compared to standard length hoses you'll find with handheld showers.
- **3-way diverter:** If you would like to install an extra long hose for douching, while retaining the use of a handshower, you can install a 3-way diverter that will allow you use of an overhead shower head, a handshower, and your douche. If you already have a handshower, you will already have a 2-way diverter that can be used instead, if you don't mind unscrewing your hand shower hose and replacing it with a longer hose, if you'd like one.
- **Basic plumbing supplies:** If you are traveling, don't forget to have basic plumbing supplies on hand, such as tape, washers, and plumbing wrenches. These items can be useful for ensuring secure connections and preventing leaks, providing a smooth and hassle-free douching experience. If you are flying with your douching set up, make sure that your wrench is in your checked bag or small enough for a carry on (at the time of writing, TSA allows for tools smaller than 7" to be in your carry on).

By having these supplies readily available, you can assemble a functional and efficient douching setup that meets your specific needs.

### *Diet*

**One crucial piece of advice is not to starve yourself before play.** Unfortunately, it is remarkably common to come across this advice, which can be considered absolutely atrocious and guaranteed to make for hangry bottoms and rushed scenes.

It's important to dispel the misconception that having lunch before play will lead to you pooping that meal out an hour later. The digestive tract is a lengthy system (in some cases taking multiple days to transverse), so it's unrealistic to expect food to pass through in just an hour. Instead, it's more likely that the food you ate a day or so ago will need to be rinsed out before play, but taking a good approach to cleaning will take care of that better than starving yourself.

Now yes, eating does trigger the internal reflexes that move waste along the digestive tract. But instead of taking this to mean that you shouldn't eat before play, you can use it to your advantage for an easier clean out; **eating just before cleaning or after an initial round of rinsing can be helpful in getting things moving and ensuring no surprises down the line.**

To support a good cleanout experience, it is recommended to include **fiber-rich foods** in your diet in the days leading up to bottoming. Fiber aids in maintaining regular bowel movements and promotes overall digestive health. Be mindful of foods

that may irritate your stomach, such as those high in oil and spices, or dairy for folks with lactose sensitivity.

In terms of drinks, **soft drinks with caffeine, coffee, and tea** can also speed up the digestive system, which can be beneficial just before cleaning out, while others may want to avoid it ahead of play. Alcohol, similarly, can have negative impacts on your digestive system. Individual experiences may vary, and what works for one person may not work for another.

It's important to approach the diet aspect of cleanout with a critical mindset, as lots of “bottom-friendly” diet advice can make you feel like nothing is safe except salad and ice chips. Contrary to popular belief, many individuals can eat a full meal before bottoming without experiencing any issues, as long as they allocate sufficient time for a proper cleanout.

### *Supplements*

Supplements can play a beneficial role in supporting a successful cleanout experience. One key supplement to consider is **fiber**, which can have a meaningful impact on bowel regularity and overall digestive health. Taking fiber in the days leading up to play can help ensure a smoother clean out process in the days that follow.

While there are plenty of fiber pills targeted towards gay men, it's worth noting that generic psyllium husk fiber options have the exact same components and work just as effectively as more expensive ones, so there's no need to break the bank. However, be aware that some physicians recommend avoiding fiber intake simultaneously with medications like PrEP. If you're taking such medications, consider spacing out the consumption of fiber supplements by a few hours before or after to avoid issues with absorption.

Another helpful supplement to consider is an **antidiarrheal**, such as loperamide (the generic for imodium), which is available over-the-counter at your local pharmacy and can also be inexpensively purchased online (though be sure you're buying from a trusted source). Antidiarrheals can assist in maintaining a clean and prepared hole after the initial cleanout process (but be sure to use them sparingly and always consistent with instructions). This can be particularly useful if you need to prep earlier in the day but still want to stay ready for longer periods of play later. By reducing the risk of unexpected bowel movements or discomfort, antidiarrheals can help you maintain a sparkly hole and enhance your confidence during play.



## Step-by-step guide to a sparkling hole

This section is going to get a little graphic, so be warned! Before we get into the step by step, here are some important guiding tips:

- **Each clean-out is unique, even for regular bottoms.** Just because you cleaned out quickly the day before doesn't mean that the next clean out will be just as rapid, so don't beat yourself up if some days take longer than others. Likewise, your first few rinses may be a breeze, but then you find a rough patch that is stubborn and hard to rinse out. Over time, you'll learn the number of rinse cycles you need to feel confident and will be able to gauge your prep time more accurately.
- **Opt for lukewarm water for the douching process.** It's better to lean towards colder water rather than hotter water to avoid any discomfort or potential harm, plus warm water can stimulate intestinal peristalsis and irritate the lining of the colon.
- **Water should be pushed out *gently*, never hard.** Your rectal muscles are strong, and pushing water out rapidly is a great way to make your lining irritated. Friction and pressure from vigorous pushing is also a trigger for hemorrhoids.

### *For brief cleanouts (for spontaneous sex and short scenes)*

Generally speaking, for most short scenes involving light play, using the restroom before playing, taking a quick shower, and ensuring a high fiber diet is enough to minimize the risk of accidents, but this is where knowing your body comes in handy. A few quick rinses of lukewarm-cold water to clear our debris from the rectum can help, but it is important not to put too much water inside, as it can get trapped in the sigmoid colon, requiring a longer cleanout. To avoid over-rinsing, add a small amount of water with a douche, and shake the water around to rinse out the rectum. After repeating this step a few times, take a warm shower and finger yourself; your goal is to feel your hole relax and let any remaining water escape.

### *For more intensive cleanouts (for toys and fisting)*

1. **Decide on intensity:** If you are going to an all night sex party where you want to be clean for ages, consider splitting your prep into two parts: a first rinse, followed by a break (maybe have a meal and some rest) before a second rinse closer to play time.
2. **Set aside sufficient time:** Allocate an hour or two solely for each rinse. It's not that this will take two hours; it's that you will want the time to not feel rushed!

Communicate the need for time to prepare to your partner, emphasizing the importance of patience and understanding.

3. **Create a comfortable environment for yourself:** Make yourself comfortable by lighting a candle, selecting something enjoyable to watch on your phone, or playing your favorite music.
4. **Begin with clearing the rectum:** Before starting the deeper douching process, it's essential to clear the rectum of any fecal matter. Take the time to empty your bowels naturally or use a light douche to ensure the rectum is as clear of stuff as possible.
5. **Gently fill the rectum and transverse colon:** Now that you have cleared the rectum, slowly introduce water into your hole. Once the rectum is full, you'll feel an increase in resistance (it may feel similar to a cramp); this is the water building up in your rectum before your sigmoid colon (what some folks call the "second hole") relaxes, allowing the water into the descending colon. Adjust the flow of water or take pauses to let the descending colon get flushed with water.
6. **Hold:** Hold the water inside for 15 minutes to allow your body to relax. I usually lay down on my back or my left side for a few minutes to help facilitate thorough cleansing and to let the water reach past the sigmoid colon. You may feel your intestines gurgle a bit.
7. **Release:** When you feel an increase in pressure in your intestines, gently release the water from your hole. If only a small amount is released, the water is likely only being flushed from your rectum, with water still trapped in your transverse colon. A lot of accidents in douching arise from stopping at this point, thinking that the coast is clear but water is trapped above the sigmoid colon and gets released during play. You may need to adjust your position, or take a break to let your body relax, before you start to expel the water trapped above. (Stimulating your rectum with a small toy can also help relax your hole for easier release.)
8. **Rinse and repeat:** Repeat the process of filling and holding the water a few more times. This repetition helps ensure a more comprehensive cleanout. Remember to take brief pauses between each holding period to allow your colon to relax and release any trapped water.
9. **Experiment with positions:** Shake your body and try different positions during the douching process to aid in a deeper and all-around cleanout, such as kneeling on all fours, squatting, or laying on your back. Adjusting your posture can help water reach different areas more effectively.

- 10. Pay attention to consistency of your rinse:** Your first few rinses should flush out the most solid waste (like pellets or logs of fecal matter), while later rinses will be flushing out waste that is more soft (as it has had less time in your digestive tract than others). By the end of your cleaning process, your rinses may only be flushing out mucus lining of the colon, a good sign that you have cleaned thoroughly.
- 11. Aim for a clear, odorless rinse:** The goal is to achieve rinses without discoloration or odor (white mucus with no discoloration or smell is fine). If you notice any excessive mucus or unusual coloration, it may indicate the need for further cleansing or a stubborn catch of water and waste that isn't being released. If you keep hitting a brick wall, so to speak, take a break and try again in 10-20 minutes after giving yourself a quick shower.
- 12. Conduct a depth test:** If you plan to engage in depth play, consider performing a quick test with a suitably soft, narrow, and flexible depth toy. This test can help you assess your readiness and comfort level before deciding to call it on your clean out.
- 13. Take breaks and be kind to yourself:** It's crucial to be mindful of overcleaning and to prioritize self-care. If you feel the need to take a break or catch yourself losing hope for a successful cleanout, don't hesitate to pause the process. It's important to listen to your body and ensure you're being gentle and considerate with your hole throughout the entire experience.
- 14. Final rinse check:** Once you have achieved a few clear rinses, stop and wait 5-10 minutes before finishing. Do a final check in the shower for water before giving yourself the all clear.
- 15. Care for yourself once clean:** Lather yourself with your favorite body scrub or body wash, and give your hole a good wash to enjoy the sensation. If you've been cleaning out in the shower, don't forget to give your legs and toes a nice wash, too. I love to use a lemon or vanilla-scented body scrub because 1) I think it's hot that my hole tastes like lemons and baked goods and 2) under hot water, it makes everything smell so good.
- 16. Before play, perform a spot check:** Once you're ready to start playing, it's advisable to do a spot check. Go to the bathroom and attempt to have a gentle bowel movement. Ideally, only a few drops of remaining water should be expelled during this process. You can use toilet paper wrapped around your hand and gently press against your hole while pushing to check for any residual water. If the water isn't clear, doing a quick rinse would be advisable until you get back to clear, but be cautious about going too deep; you don't want to trap more water inside you just before play.

## Communication and etiquette

Effective communication and proper etiquette are essential for a positive and respectful play experience. Here are some key considerations to keep in mind:

### Etiquette

When setting up a playdate with a partner who is hosting, it's generally assumed that the visiting partner has already prepped ahead of time unless discussed otherwise. In cases where prepping at home is not feasible, it's polite to ask the host if you can prep at their place. Inquire if they have a hose available for prepping and, if not, offer an alternative solution. For example, you can mention that you'll be prepping at home or your hotel, but you won't be able to do so earlier than a specific time. Open and clear communication helps ensure everyone is on the same page and avoids misunderstandings.

### Hospitality

If someone is preparing at your place, extend hospitality by creating a comfortable environment. Put on some music and offer to light a candle in the bathroom, creating a welcoming and relaxing atmosphere. These small gestures can contribute to a more enjoyable and considerate experience for both partners.

Similarly, bottoms should respect the personal space and preferences of a host, and for goodness sake, don't just disassemble a shower arm and stick it up your ass and *leave it for the top to discover, covered in poop!* (Clearly, I'm still not over this.)

### Respecting boundaries

Tops should never rush a bottom who is in the process of prepping. Similarly, bottoms should not let themselves be rushed. It's important to prioritize individual comfort and well-being during the preparation phase. If you need more time to complete the process, don't hesitate to ask for it. If your partner expresses impatience or dissatisfaction, they are displaying rude behavior that goes against the spirit of mutual respect and consent, which is a red flag for play.

### Balancing preparation and play

While it's crucial to allow sufficient time for thorough preparation, it's equally important not to unnecessarily prolong the process. If you find yourself in a pinch where you hit an unexpected delay, err on the side of caution rather than optimism. Communicate a reasonable timeframe upfront or request a longer delay if needed, rather than pushing back play by shorter intervals (Texting "I just need another 15 minutes" over and over again can be frustrating, especially if an hour delay would be fine instead and could let your partner get other tasks done in the meantime).

Balancing the preparation time with the desire to engage in the play allows for a smoother and more enjoyable experience for everyone involved.

For additional guidance on being a respectful playmate and communicating effectively with your partners, check out [Communication and Connection in Playdates](#).

## ✨ **Setting up to Play**

Imagine yourself in the midst of a wild session, riding a powerful toy on a fuck machine at full blast, when suddenly you realize you're as parched as a desert...and you forgot to refill your water bottle. Or you are getting worked up exploring an intense BDSM headspace with a partner...and you run out of lube midway.

Taking the time to set up and being intentional about the preparation process can work wonders in enhancing the relaxation and enjoyment of a scene for you and your partners. By taking some time to organize everything in advance and ensuring easy accessibility, you can maintain the perfect headspace and keep the momentum going.

This section is all about getting yourself comfortable and ready for a good time while taking care of those practical details to ensure a smooth and unforgettable experience. For my own list of steps I take before having fun and setting up a scene at home, check out my [Ultimate Pre-Play Checklist](#) in the appendix!

### **Clothing**

Forget about changing into kink gear right away; I like to save it for the grand finale of the setup process. This way, your prized gear remains protected and ready for action. Plus, it creates a nice, clear transition from the preparation phase to full-on playtime, setting the stage for a really enjoyable headspace free from logistical worries.

When it comes to set-up clothing, opt for outfits that allow you to move freely and feel completely at ease. Don't forget to secure any valuable jewelry in safe spaces, ensuring they stay protected throughout the session. And if you happen to be wearing a chastity cage, make sure you know the whereabouts of those precious keys! (Consider leaving yourself a helpful note just in case your memory decides to take a vacation at the most inconvenient time.)

## Supplies

Before diving into play, ensure you have all your supplies already prepared and within reach.

- Make sure to have a variety of lube options available based on the play you will be having (e.g., water-based or silicone lube for fucking, cream-based and roxy, liquidy lubes for toys and fisting)
- Have paper/cloth towels, puppy pads, and gloves nearby for easy cleanup
- Ensure you have enough bath towels for post-play showers for you and your guests
- Have a trash can or similar option nearby to throw away paper towels and pup pads in case of accidents

## Ambiance

By paying attention to lighting, smells, music, and temperature, you can create a complete ambiance that enhances the overall experience and allows you to fully immerse yourself in the play session.

### *Lighting*

If you are playing at night or in a room without natural lighting, adjust the lighting to match your desired mood. For illuminating playspaces, LED strips and multi-color lights are popular choices for customizing the ambiance. (Down-lighting—or using “the big light”—is less common. Personally, overhead lights always feel a bit cold and clinical to me.)

When using multiple light sources, I like a mix of cool colors like blue and purple with warmer tones such as red and pink to create a two-toned contrast. Using multiple colors not only adds visual interest but also helps with visibility and spotting any issues that may arise; it can be hard to spot blood from fisting, for example, in red-only lighting.

For filming, bear in mind that most phone cameras require bright lighting in order to avoid a grainy effect. Bright, diffused lighting is best, but the flash on your phone or from a ring light will also work (though a phone’s flash will drain the battery or overheat the phone more rapidly).

Avoid lighting the scene with a single color (e.g., red), since 1) this may not be bright enough and 2) the footage will not capture contrast or depth particularly well.

## *Smells*

For lots of kinksters, some of the most powerful smells that add to a scene come from play itself! Kink gear, especially if made of good-quality leather, can be a powerful aphrodisiac. And let's not forget how amazing people smell too!

However, if you're concerned about unwanted odors, consider using candles or aroma diffusers. You may want to limit scents to the bathroom area if you wish to preserve the unique smells of the play session in the main play space.

## *Music*

Choose music that sets the mood and enhances your enjoyment. While many players opt for techno or EDM tracks for their rhythmic and trance-like qualities, don't feel limited to these genres.

For some sample playlists for play, check out the following links:

- <https://toppedtoys.com/pages/topped-mixes>
- <https://open.spotify.com/playlist/2wmpPfyiELtN9vhqPWkXIU>
- <https://open.spotify.com/playlist/16D6So8SMFyClI0ZFgw8MD>

## *Temperature*

Consider the temperature in the room and adjust accordingly to ensure comfort throughout the session. If you expect to have more players over or if you plan on wearing latex or other encasing outfits, opting for cooler temperatures may be preferable. However, be mindful of fans blowing cool air directly on lubed-up skin, as this can be an unpleasant sensation.

## *Toys*

If you have specific toys in mind for your play session, lay them out within easy reach. Having them organized and readily available will save you time and prevent interruptions during play; it also helps you confirm that your gear is clean and ready to use. It's also wise to plan ahead for a designated place to store the toys once they are no longer in use, such as a dedicated bucket or container you can use for cleaning up.

If you are planning on using a fuck machine, take the time before you get started playing to adjust the settings and set up the position you want to be fucked in. Secure the machine with heavy objects (like textbooks or dumbbells), with suction grips that secure to hard floors, or with zip ties secured against support structures. A good way of determining the settings ahead of time is to adjust the thrust to a low-to-medium length, put the machine in its fully-extended position, and adjust the

length such that you are comfortable with the depth. Consider angling the machine up or down based on the curve of your toy and your body's angles. Taking the time to set up these logistics will help cut down on mid-scene frustrations that can take away from headspace.

## Food

While indulging in play, you'll want to stay fueled and energized to enjoy yourself. If you find yourself getting snacky during play, or if you want to offer your guests some play-friendly food options, consider having a selection of grapes, celery, chips, cookies, or any other snacks you prefer readily available for a quick and satisfying nibble. Avoid dairy-rich foods, foods with strong smells, and foods that require utensils or plates.

## Filming

Filming a play session can add an exciting dimension to your experience, but it requires careful consideration of various factors:

- **Lighting and visuals:** Ensure optimal visibility by paying attention to lighting. Soft, neutral lighting can highlight the scene effectively. Mineral and coconut oil can create a gentle sheen on the skin, adding to the visual appeal (but be careful about using it when playing with condoms or playing in rubber gear).
- **Camera angles:** Experiment with different angles to capture the best shots. Side angles often showcase a wide range of movements, offering a comprehensive view of the action. POV shots can be engaging but might require precision in filming. Shooting from behind can be visually appealing, but may require care in setting up camera angles to avoid obstructing the view—try lower positions or upward angles for clearer shots.
- **Technical aspects:** Check that any remote control or Bluetooth devices for filming are connected and functional before recording.
- **Music and copyright:** Be cautious with background music as copyrighted content can lead to takedowns.
- **Aspect ratios and posting:** Determine suitable aspect ratios for posting on various platforms, as horizontal shots often fare better on some platforms. Vertical shots may face cropping issues on timelines, like X.
- **Privacy and consent:** If filming with partners, establish privacy considerations beforehand. Discuss covering faces, tattoos, or other identifiable features.



Ensure mutual understanding and consent regarding what is acceptable to film (e.g., filming from the neck down, pixelating tattoos and/or blurring faces).

- **Communication during filming:** If you are the person filming, announce when you're about to start or stop recording. Clear communication helps everyone involved feel comfortable.
- **Content sharing and consent:** Have a plan for content sharing, including setting expectations for how long it will take to edit and share materials) and seek mutual consent before posting. Sharing edited clips with partners for verification before posting ensures everyone's comfort and consent.
- **Review model release agreements carefully:** If signing a model release form for a studio or for someone's personal use, ensure that the model grants each party full rights to the content and does not include overly broad language that limits liability if you are hurt or injured by your scene partner.
- **Considerate filming etiquette:** If filming for someone else, be mindful of your hand placement to avoid obstructing the camera or microphone. Avoid chewing gum or creating unwanted noise against the microphone.

## Hosting groups & organizing orgies

Sex parties can be transformative experiences, with folks coming together (pun intended) to enjoy each other's company and bodies. The notes below are considerations for hosts looking to plan a party; sex parties, of course, can happen spontaneously, and many great orgies happen without requiring a lot of prep work. But for folks looking to host their first party, or looking to make the experience smoother, the tips below may be helpful!

### *Invitations*

Like any good party, the most important bit of an orgy to think through ahead of time is whom to invite. Here are some considerations to keep in mind with thinking through your guest list:

- **Start with an honest assessment of how much space you have available to play:** available bed space and soft surfaces will be the most common constraint. While not everyone at your orgy may be playing all at once, you'll want enough room for most folks to be able to play comfortably in the shared space at the same time.
- **Invite eager and non-judgemental folks:** invite folks who are social, playful, and (for lack of a better phrase) shame-resistant. Folks don't need to have

experience with group play (though it helps), but do need to be open-minded; no one wants to feel judged while they're naked and in the middle of play.

- **Maintain a good top-to-bottom ratio:** generally speaking, most orgies I've been to have had the issue of too many bottoms rather than too many tops, but there are cons to both. Too many tops could result in bottoms getting exhausted, while too many bottoms may result in a party that winds down more quickly as 1) bottoms get bored waiting and 2) tops get exhausted. A good rule of thumb is to aim for a 1/3 mix of top, vers, and bottom.
- **Focus on folks you've met:** inviting folks you've already played with helps vet folks who you know are fun in bed. The better you know your guests, the lower the likelihood of any unpleasant interactions down the line.
- **If inviting strangers, start with friends-of-friends:** It's generally safer to invite people who are friends of your existing friends rather than complete strangers from apps or websites. This adds a layer of familiarity and trust among attendees.
- **Great vibes can come from having a mix of people who know each other and those who haven't met yet:** This creates a balanced environment where guests are comfortable among folks they already know and still have the opportunity to meet new people, fostering a more dynamic and engaging atmosphere. People tend to be on their best behavior when there is someone new to impress! It can also be nice, as a host, to have invited folks who you know but haven't played with recently/often, or who you haven't gotten to play with yet. You deserve to have fun with new friends, too!

For the invitation itself, it's a good idea to send this out a few weeks in advance. Giving your guests ample notice ensures they can plan ahead and increases the likelihood of attendance. This also gives you time to manage RSVPs, invite more people, and make necessary preparations. In your invite, consider the following:

- **Be explicit that you're inviting people to a play party:** Kind of a no-brainer, but inviting folks to play helps folks prepare and set their expectations more accurately. Don't host a regular gathering with the aim that it transitions into something sexual, as this can lead to misunderstandings and discomfort. Most group events, even spontaneous ones, start with an established sexual vibe.
- **Think about whether you want your party to be someone's first or last stop of the night:** orgies can be the fun pre-game folks have before going their various ways to parties and clubs, or it can be the event that people come to after having a night on the town. If you're worried about people showing up

intoxicated, starting a party on the early end can help mitigate this and also help bottoms prep and be ready.

- **Provide an arrival window:** Consider specifying a time frame for guests to arrive (e.g., 7:30-9PM). Guests arriving in the middle of play can be distracting, especially if hosts need to check their phones or answer the door, disrupting the flow of the event.

You may also want to share logistical information to help attendees plan ahead and ensure everyone is on the same page. You can send this information along with the invitations or closer to the event date to those who confirmed attendance. Key details to include are:

- **Food and drinks:** Inform guests whether light food and drinks will be provided, if they should bring their own alcohol, or if you'd prefer the event to be alcohol free.
- **Supplies:** Let guests know if they need to bring any specific supplies (e.g., poppers) vs. what they can expect to be provided (e.g., lube and condoms). Depending on the type of play you expect to occur, you may also want to specifically note if you will have supplies for fisting (e.g., specialized lube, mats), equipment (e.g., slings or rope); or areas of your space dedicated to specific kinks (e.g., a shower/tub reserved for watersports). See [Supplies](#) for more tips.
- **Timing:** Clearly state when you want folks to show up. If you have a desired time when you'd like things to wrap up (ahead of bedtime, for example), include an end time of the event. This helps guests plan their evening and understand how much time they have to play before "last call."
- **Attire:** Provide guidance on what kind of attire is appropriate for the event; jockstraps are a classic, safe choice. To help folks keep track of clothes, provide trash bags and Sharpies at the door. If you have the room for it, placing bags/shoes away from the point of ingress/egress into your space helps improve the experience for guests and reduces the risk of lost or forgotten items. You can also have a box for lost and found items.

#### Sample text message to send to confirmed RSVPs:

*Last reminder!*

➔ *Jockstrap/orgy tonight at 8:30, please arrive no later than 9:30.*

➔ *If you're not feeling well, we will catch you at the next one. plz let us know if you can't make it tonight.*

➔ *Address is 1234 Main Street. First floor is socializing, light snacks and drinks. Second floor is for sex.*

*Always ask for consent!*

➔ *We have lube and condoms. You can bring your own poppers but if you spill any plz let us know asap.*

➔ *Shower available in the basement.*

- **Preparation:** In general, unless it's a small group among close friends, ask people to already come rinsed and ready for play to keep things convenient and tidy. If you'll have a bathroom available for spot checks and quick rinses, you can mention that as well.
- **Phones and filming:** As a default, folks should expect phones to be away and to not have photos or videos taken of them during play. If you are inviting folks over for filming and content creation, be sure to make this explicit (including whether to expect folks' faces to be included in filming) and follow the tips in the [Filming](#) section.

## Set up

### Layout

- **Differentiate the space.** Designate a chill-out area where guests can socialize without engaging in play. Have snacks and refreshments in this area, and have chill music playing in the background. Kitchens and living rooms are ideal for this purpose, providing a comfortable environment for conversation and relaxation—and they can be a great place for people to recharge for round 2!.
- **Create multiple play areas, if possible.** Having several play areas allows guests to spread out and choose settings that suit their preferences. Some guests may feel more comfortable in smaller groups, while others might enjoy being in larger, more social settings. Bedrooms, basements, and living rooms can all serve as play areas.
- **Use soft lighting and candles to set the mood.** Softer lighting generally creates a more relaxed and inviting atmosphere. Candles can add to the ambiance, making the environment feel cozy and intimate.
- **Adjust the temperature as needed.** Start with a warm temperature to ensure guests are comfortable taking off their layers when they arrive. As play progresses and body heat increases, you may need to adjust the temperature down to keep the space comfortable for everyone.
- **Provide different levels and surfaces for play in the play area.** Offer various options such as beds, couches, chairs, rugs, and pillows (and, if you really want to go all out, fuck benches and slings). This allows guests to choose whether they want to kneel, stand, or lie down, letting folks have different variations and positions during play.
- **Set aside a bathroom for touch-ups and showers.** If possible, designate a bathroom specifically for bottoms to freshen up or for folks to take a quick

shower. This ensures that everyone has a space to rinse off and maintain hygiene throughout the event. Keep the bathroom stocked with spare towels and consider having a very obvious container of body wash and a silicone scrub pad available, as well.

### Privacy and peace of mind

- **Lower the blinds.** Ensure that blinds or curtains are lowered to provide privacy for your guests. This helps create a secure and intimate environment, free from outside interruptions or prying eyes.
- **Close any closets and mark off doors you don't want people going into.** Make sure to close any closets and clearly mark off doors to rooms that are off-limits, such as your roommates' rooms. This helps guests understand which areas are accessible and prevents any accidental intrusions into private spaces. Consider using signs or putting tape across doors you don't want people opening.
- **Protect your valuables.** Put away expensive items such as jewelry or delicate throws. This isn't about distrusting your guests but rather about giving yourself peace of mind. If something does go missing, you won't feel the need to blame anyone. Also consider items around your home that could be easily knocked over or broken and move them to a safe place. Lube, and especially poppers, can leave stains on carpet and quickly damage wood or leather—ask your guests to notify you if there is a spill and have paper towels on hand in each room where there is play.
- **Cover beds, chairs, and sofas with towels or other protectors.** Lube and poppers can get messy and may damage sheets and other surfaces. Consider purchasing sex sheets to put on your bed (see [Supplies](#) for more). This should be done not only in the play areas but also in the chill-out areas. Towels help protect your furniture from stray lube and cum, and they help make post-event cleanup much easier.

### Snacks and supplies

- **Have drinks and snacks available in the chill area.** If you're serving alcohol, ensure there are non-alcoholic drink options for your guests to enjoy as well. It's common, especially for bottoms, to not eat much before a sex party. Consider having a more substantial treat to serve at the end of a party (I have had great success with serving fresh-baked cookies, for example, as a sweet treat that wraps an orgy up on a wholesome note!). Serving food can also be a great way to signal that the party is coming to its close.

- **Consider having name tag stickers and/or wristbands to signal interests.** Name tags can help with introductions when organizing a group where folks may not know each other, and you can have additional stickers ([peach and eggplant emojis](#), for example) to let people customize and signal what they're into. Color coded wristbands and Solo cups can also work.
- **Place small lube dispensers around the play areas.** Make sure supplies are readily accessible for guests when they need them. Be mindful that water-based lube is much easier to clean up than silicon-based. However, some guests may have strong preferences for a specific type of lube, so decide in advance whether to offer multiple lubes and whether to invite folks to bring their own.
- **Hand towels are ideal for cleanup.** Alternatively, you can have paper towels available, but make sure to have trash bins around play areas for easy disposal. Disposable wet wipes in the bathrooms can also help your guests quickly remove lube from sensitive areas.
- **Use solo cups for water and drinks.** This can cut down on dishes to clean and make it easier to wrap up your event. You can even color code the cups for folks to indicate their positions / interests. Have Sharpies available for folks to mark their names on cups.
- **Toys tend to not be used.** You can have toys available for guests, but in my experience, they tend not to get used. Don't be surprised if they remain untouched.
- **Mouthwash is a great addition.** A bottle of mouthwash and disposal paper cups give your guests an easy way to freshen up before, during, and after the party.

### *Action*

- **Invite close friends or enthusiastic guests to arrive early.** Have some of your close friends or guests who are really excited about the event come earlier to help set the vibe and welcome other guests. Their presence can create a warm and inviting atmosphere from the beginning.
- **Consider asking folks to leave their clothes at the door.** Disrobing at the start of a party, before play begins, can help folks overcome some start-of-orgy jitters and provide a transition step between arrival and playtime. It can also help folks keep track of their clothes (which becomes much harder if everyone is stripping down in a bedroom all at once) and get a sense of their comfort with being naked in front of others before play starts.

- **It's totally normal for the beginning of a party to feel a bit awkward.** Guests often take cues from the host before starting to play. As a host, consider being the one to kick things off by explicitly letting folks know they can head to the play areas or by leading by example and getting things started yourself.
- **Remember to enjoy yourself as a host.** Being a good party host can sometimes feel stressful, as you may find yourself focused on ensuring others are having a good time while neglecting your own enjoyment. If you notice this happening, take a moment to observe the pleasure occurring around you. Your guests are experiencing joy thanks to your efforts, and that's something to be proud of.
- **Expect play to ebb and flow.** Understand that play may start, stop, and pick up again throughout the event. Guests may drift in and out of play, and this natural flow should be expected and embraced.
- **Don't pressure people to participate.** Encourage guests to enjoy socializing without feeling pressured to participate in play. If you're worried someone is feeling shy, you can always ask, "Is there someone you'd like me to introduce you to?" This can help them feel more comfortable and included. While it may be tempting to play matchmaker, take your cues from your guests; some folks may just not be in the headspace for new playmates or may be waiting their turn with someone else.
- **Have a plan for handling conflicts or unhappy guests.** Be prepared to deal with any issues that may arise, such as a guest not having a good time or having a bad experience with another guest. As a host, you may need to address conflicts or ask someone to leave if necessary.

## **Having Fun 101**

When it comes to playing with toys and fists, there are so many ways to enjoy yourself, so it's no surprise that folks have questions about how to improve their play and explore new levels of pleasure and intensity. Tons of folks have reached out with questions like, "How can I take bigger toys?" or "How do I go deeper in play?" This part of the guide aims to address those questions and provide helpful insights and tips to assist you in your journey.

In this section, I'll provide some tips for three main types of play: width play (stretching the fuck out of your hole), depth play (going deep as fuck in your hole), and endurance play (using the fuck out of your hole).

These activities can be enjoyed both alone and with friends, allowing for different levels of intensity and growth.

Because a lot of folks may be coming to this section wanting to hit a specific goal (e.g., taking a new XL toy, taking their first fist), it's important to note that while it's natural to have goals and aspirations, it's crucial not to become fixated on them. Setting high, inflexible expectations can lead to disappointment and potential injuries. Instead, focus on personal progress and the enjoyment of the journey, rather than solely focusing on reaching certain milestones.

Furthermore, it's essential to understand that there is a natural variation in your body's capabilities. One day you might be able to handle larger toys or engage in more intense play, while on other days, you may need to take it easier. Embrace this natural variation and listen to your body's needs and limits. Don't be discouraged if you can't handle something you were able to handle previously; it's all part of the ebb and flow of your individual journey.

Since communication plays a crucial role in partnered play, I've written a separate dedicated section on [👯 Playing With Others](#) to help you navigate these dynamics effectively. Additionally, if you're specifically interested in fisting, whether as a beginner or as an experienced player, the section [👊 Having FFun with Two "F"s :\)](#) will go in depth on how to up your ffun!

Remember, the key to having fun is to embrace the process, be mindful of your body's signals, and maintain an open and adventurous mindset. Enjoy the exploration and discover what brings you the most pleasure and fulfillment along the way.



## Width play

When it comes to width play, approach it gradually and with patience. The desire for a wider and wider stretch is insanely addictive, but it can also lead to injury if it's not checked with some restraint; if you are always chasing a wider stretch without listening to your body, it's not a matter of *if* but *when* you will hurt yourself.

**For width play, I recommend getting a range of cones or rounded plugs in progressively larger sizes.** These shapes are ideal for gentle stretching and can help you become more accustomed to the feeling of fullness. Realistic toys can also be a great option for width play, as they provide a more lifelike experience and can help with transitioning from being used to bottoming for cock to bottoming for toys.

*For beginners*

- **Starting small and working your way up is key, especially if you're new to this type of play.** Even experienced players often begin with smaller toys and gradually progress to larger ones. This allows your body to get comfortable and adapt to the sensations, as well as ensuring the hole is well-lubed before sizing up. (I often put in the smallest toy I have *just* to overcome the hole inertia after a cleanout where everything is extra tight and sensitive.)
- **Differentiate between uncomfortable stretching and pleasurable stretching.** Pay attention to your body's signals and listen to what feels good. If you experience any pain or discomfort that feels more like snagging or tearing, it's a sign to slow down and reassess. Pleasurable stretching should feel satisfying and enjoyable, without causing any harm.
- **Let your body weight help you.** For most beginners, the easiest position for width play will be sitting on the toy on a flat surface, like a chair or on the floor. This lets you use your own body weight to bring yourself down on the toy, while letting you lift off comfortably if you need a break.
- **Gently pushing out can help toys and fists slide in.** A gentle push out can help relax your hole so that it more comfortably takes a toy or fist on the first time.
- **Deep, steady exhales can help overcome points of tension.** There have been so many moments where a toy is *juuuust* about to go in, but I can't seem to manage that extra little bit of width, and then I'll realize that I've stopped breathing from the effort. A deep breath in and out and suddenly, swoosh, I gobble up that toy like it's nothing. If it helps, think of it like meditation! (Protip from a friend: it's fun to have a mantra while you're relaxing your hole!)

- **Be generous with applying and reapplying lube.** This is especially key when taking your first toy of the session (where you are at your tightest) and when switching between toys. I usually like to reapply lube right after taking any toy for the first time, since a lot of lube will get pushed off from the deepest points by your hole gripping the toy.
- **Our goal is to swallow up toys smoothly, not to smash them in.** One of the reasons I tend not to like having tops use XL toys on me is that they often lack the patience to let my hole *swallow* the toy at its own pace. Taking a 12" round toy can take minutes per try, and even though I know I can take it, I've taken it before, and I can take it again, each time is its own pleasurable struggle that should take its own pleasurable time.

*For more advanced players*

- **Practice reps with the toy:** Once you have become comfortable using a toy gently, incorporate repetitions to further enhance your experience and build your endurance. You can try for a certain number of repetitions, practicing pushing out to relax your hole, and try to ramp up speed and force to add variation and intensity.
- **Be mindful of your limits:** While pushing boundaries can be exciting, listen to your body and respect its limits. Don't force yourself to go beyond what feels comfortable or causes pain.
- **Consider not stroking / using a chastity cage:** Using a cage or similar device can help limit distractions and provide a more focused play experience. This can be particularly helpful if you find yourself easily distracted during play sessions.
- **Explore chest toys:** To add a new dimension to your play, consider incorporating [toys for your nipples](#). These toys can provide a pleasurable distraction and help enhance your overall experience.
- **Try sitting on a chair and pulling yourself down:** Overcoming sticking points can be challenging, but by sitting on a chair and pulling yourself down onto the toy, you can work on gradually increasing your depth and exploring new sensations, using gravity and that little extra effort to slide over tricky widths.
- **Get comfortable with each size before progressing:** Just like a workout routine, increase the size of toys in paced incremental changes. Focus on getting fully comfortable and confident with one size before moving on to the next. This approach ensures a safer and more enjoyable experience as you gradually advance.

It's important to remember that progress in width play is not solely measured by "sizing up." The ultimate goal is to have fun and explore without causing any harm or discomfort. Focus on enjoying the sensations and the journey of self-discovery, rather than fixating on achieving specific size goals. By prioritizing your comfort, pleasure, and safety, you can have a fulfilling experience while exploring width play.

## Depth play

Whereas width play focuses on stretching out your hole, depth play focuses on stuffing it as deeply as possible. These two types of play, of course, can be complementary, but it is more common to see width play focus on shallow, wide stretches whereas depth play is characterized by long, deep, and narrow stretches.

Because the sensations of depth play are very different from those of width play, they can be confusing, even unsettling, to some first-time players. (A few friends have shared that they felt sure that something had perforated inside them during their first depth play experiences, only to find that everything was absolutely fine.)

In depth play, things can poke in unexpected spots, many of which are not used to being poked! Toys and fists can hit snags in the various folds and bends of your hole, leading to unpleasant strain in sensitive areas. In response, you may encounter a moment of recoil, where your body is afraid you've gotten prodded in the wrong place.

Just as with width play, however, patience and lubed-up coaxing can help overcome challenges and help expand your comfort with depth play. Each person has a unique set of curves and bends that toys and fists have to navigate through to make it in deep. (Fisters will refer to this as someone's "path", and will use their fingers to navigate and familiarize themselves with a path before ramping up the intensity.)

With respect to toys for depth play, I highly recommend thin toys with ergonomic finishes as a starter. While there may be a temptation to economize with a long toy that is also thick at the base, this can make things harder on both ends. Often, overcoming a width challenge requires a bit of force, which can, conversely, make taking a toy deeper less pleasant, especially if your body is tense about hurting yourself.

### *For beginners*

- **Use and re-apply lube frequently:** Even more than in width play, ensure that you have tons of lube and that you are putting lots of it in your hole. As you progress deeper into your hole, toys and fists are encountering "new" skin; as you go deeper, less and less lube is coming along for the ride, increasing the friction and making things more prone to get stuck.

- **Laying on your back or side may help with curves:** As a fist or toy is going deeper, it will encounter curves and bends in your hole; the first and most prominent of these is a leftward bend from the rectum to the sigmoid colon, which, despite being a bend and not a sphincter, is often referred to as the “second hole.” As you shift your body in different positions, your internal organs are shifting as well, allowing for new alignments of curves that can potentially ease a deeper passage.
- **As with width play, don’t forget to breathe:** Breathing helps relax and expand your path, allowing toys and fists to slip past snags.

*For more advanced players*

- **Experiment with different positions at different depths:** In depth play, typically a position that works for one wide toy (e.g., squatting on a chair) will work for another. In depth play, you may find that one position is comfortable for initial entry, while a different position is better as you go deeper. Try adjusting positions when you hit a snag; as you gain more familiarity with your body and how your hole curves, you’ll figure out which sequence of positions is best for you.
- **Use inflatables and anal beads to warm up:** Dildo-shaped inflatables with a solid core can be helpful to expand deeper areas of your hole. Insert the inflatable as deeply as is comfortable, then inflate. As you deflate the toy, try to slide it deeper in, and then repeat the process. Anal beads can similarly be used to apply wider pressure deeper in your hole, and can be yanked out for additional fun.
- **Flared-headed toys provide fullness in all directions:** Horse cock toys are often great for depth play, since they offer length and a flared head. The flared head can push past obstacles at deeper lengths, where a narrower tip might get snagged. Horse cock toys also have a medial ring, which can offer a challenge for width as well as a sense of accomplishment when your hole slides past it!

## Endurance play

Taking large toys, either that are very wide or very long, is a fun challenge, but even small toys can make you sweat when they’re in you for hours...or when they are being railed into you at supersonic speeds. Just as there are unique sensations with differently shaped toys, the same toy can generate unique sensations depending on how long or how fast you take it. Similarly, the headspace of being plugged all day or taking a brutal nonstop pounding with a comfortable toy is intensely fun.

## *Duration*

For most players looking to be stuffed for long periods of time, oval or conical plugs are ideal. (Dildos with flared bases will stick out, and hollow toys, while fun, risk drying out the interior of your rectum.) A comfortable ergonomic plug with a flat base and comfortable neck taper for your hole to rest on will let you set it and forget it.

For duration play, I recommend using a size or two smaller than your “comfort” width plug if you are looking for a gentle reminder that you are stuffed all day. (In my case, I am comfortable with a plug in the 10” round range, so for long-term plugging I’d go for something in the 8” round range.) Even small toys, however, can be very fun for long-term play; sometimes I’ll plug in with a 4” round plug and treat it like a pacifier, giving it a squeeze whenever I need a little distraction in my day.

In terms of lube, I would recommend a creamy lube that won’t dry out instead of a liquid, ropy lube; watery lubes dry out in your hole over time, while a creamy lube that is toy-safe will keep you slick for hours.

If you want to wear your plug out and about on the town, consider wearing a thong or g-string in order to keep the plug supported and pressed against you tightly. The practical benefit also helps you feel confident that nothing will accidentally slide out of place!

If you really want to push yourself, you can consider overnight plugging (some folks combine this with chastity for a real mind fuck!). In this case, be sure to lube up adequately and use a smaller toy to avoid irritation.

## *Speed*

Intensity can also be hit with speed, where even small toys can feel incredibly satisfying getting punched into you more times than you can count per second.

To really achieve mind-numbing heights of speed, you’ll want to either play with a partner or, even better, with a proper fuck machine. Fuck machines are fantastic for speed play, since they can hit high stroke counts per minute without tiring.

For toys, I’d recommend Vac-U-Lock toys that can be secured to a fuck machine or to a handle if playing with others. Realistic toys, ribbed toys, and textured toys are all great for high-speed play; in terms of sizing, I would recommend going for smaller toys rather than medium or bigger ones if you really want to let her rip for 30 minutes to an hour.

For lube, I recommend liquid, ropy lubes. Be sure to have plenty ready to regularly reapply; with speed play, there is a lot of friction, and you will want to have lube on

hand to help cool you down and ensure a smooth ride. (At super high speeds, you may even start to churn the lube in your hole, making a creamy hot mess!)

I find that the best sensations with long, fast sessions come when I let my body relax and just feel my hole getting totally railed. At about 15 minutes, I start feeling involuntary contractions that a fuck machine just punches through; at that point, there is an incredible feeling that comes from knowing that even if I push out, the thrusting won't stop...and I just have to lay there and take it!

## **Having FFun with Two “F”s ;)**

When I first started getting into play, I remember finding fisting really scary and off-putting; now I'm writing a guide to it to help people get better at it or take and give a fist for the first time. Go figure :)

Just as my own experience with fisting evolved from something I didn't like to something I love, having an open mind in your own journey can vastly explore your experience with pleasure and play.

All of the tips and guidance in this section have come from experience with experienced players; I am extremely grateful that many kind and patient players have imparted their advice and technique to me through the years, and my hope is that this section pays it forward to other folks looking to expand their fisting repertoire.

In this chapter, I'll go over the basics of fisting, starting with the foundations of [preparation](#) and [communication](#) for facilitating a great fisting session. If you read nothing else in this chapter, these beginning sections are essential: the majority of amazing fisters are not exceptional because of a specific technique but because they are adept at listening to and reading the bodies of their partners, because they are well prepared to fist, and because they take their time.

Once we've gone over these essentials, we'll then talk about the arc of a typical fisting session, from [warm up](#), to the [first fist](#), and [beyond](#). I'll then touch on some specific [techniques, positions, and variations](#) that you can try to expand your fisting sessions, before getting into [cool downs and wrap up tips](#) for drawing a session to a close. Finally, I'll mention a few [health and safety tips](#), along with specific guidance on [self-fisting](#), [fisting & bondage](#), and [fisting in groups](#).

### **Getting ready for FFun**

Just as with any play scene, preparation goes a long way to facilitating a stress-free experience. Check out [🌟Setting up to Play](#) for specific tips and make sure you have

plenty of [lube, paper towels, puppy pads and/or play sheets](#) to avoid messes and stains.

For folks looking to fist top, check out the section on [Filing nails for play](#). For folks looking to bottom, check out the chapter on [Cleaning Out for Play](#) and follow the steps for a deep cleaning.

### ***Communication and norms***

Intense play, like fisting, relies on a heightened level of communication to make for a phenomenal experience. It goes beyond just exchanging words; much of it is conveyed through nonverbal cues and unspoken norms. Fisting creates a unique dynamic where understanding your partner's needs, desires, and limits allows you to take someone to the very limits of pleasure and ecstasy. In this context, communication is not solely about talking but also involves attentively and patiently reading each other's bodies, recognizing unspoken cues, and respecting the roles in setting the pace and meter for play.

Because communication is so critical for maintaining connection, headspace, and all things good in fisting, I wanted to lay out some guiding tips before you dive into fisting with a new partner. In addition to these suggestions, I highly recommend reading the chapter on [Communication and Connection in Playdates](#) in detail.

#### Bottoms set the meter of fisting

As the person taking the fist, bottoms set the speed and intensity at which the session progresses, ensuring it aligns with their comfort levels, desires, and boundaries. By way of example, if a bottom taking a fist says “Go slow!”, this doesn’t mean that the top should slow down for 30 seconds and then go back to what they were doing before. It means that the bottom wants you to dial it back, and not to speed up until they’ve said so. Good tops check in with their bottoms when they want to speed up intensity.

This is not to say that the preferences of fisting tops do not matter; rather, this is to emphasize that fisting may often require tops to exert more patience and restraint to align with the bottoms’ preferences and to build trust. Over time, as the bottom warms up and expresses a desire for more intensity, the boundaries and comfort levels may expand, giving tops more room to explore variations in speed, width, and depth. Again, however, this exploration always exists within the borders of the bottom’s consent.

#### Talk about preferences before the scene starts

To say “I like fisting” tells you very little about the type of fisting I enjoy. To know that your partner has taken doubles doesn’t tell you whether they actually enjoyed it;

likewise, knowing that your partner has a tight hole doesn't tell you whether they dislike a good stretch. Without taking the time to find out the type of fisting your partner enjoys, you risk making assumptions that, ultimately, can lead to a less enjoyable and memorable experience for all.

Here are some examples of ways to set expectations and share preferences before a fisting scene:

Examples of talking about yourself...	Examples of asking about your partner...
<p>"My hole is really tight, but it's very flexible. I'll tell you if anything starts hurting, but if you feel tightness, it'll open up with a bit of pressure and patience!"</p>	<p>"Do you have anything on your wish list for this session?" (e.g., doubles, rapid punches, 100 punches in a row)</p>
<p>"My hands are pretty big and not collapsible. When you feel ready to take them for the first time, I'm gonna go slow and I want you to tell me when to push harder."</p>	<p>"Is there anything specific you love once you're warmed up?"</p>
<p>"I prefer width play over depth, and I prefer it when guys pulse their open hand in me or pull it out not quite all the way, rather than closed fist punches."</p>	<p>"Do you have a preferred position for starting out?"</p>
<p>"I love taking a hit of poppers before some rapid punches; if you could hold off on fisting me, though, till after I've screwed the cap onto the bottle, that would be great."</p>	<p>"What do you like to be called?" (You can volunteer what you like to be called, to get the ball rolling.)</p>

[Read the hips and body language](#)

Reading body language is especially important in positions where fisters are facing away from each other. In doggystyle, reading your partner's hips is critical for



understanding whether to ramp intensity up or down. Here are some key things to look out for (with immense thanks to Holewreckerff for their advice):

- **Bottom arching upwards (like an upside-down “U”):** This is usually an indication that the intensity is too much for your partner; consider reducing the force, pressure, or speed of fisting or offering a cool down.
- **Bottom pulling away and/or sprawling forward:** This is a clear indication that they need a break or are experiencing discomfort. Take a beat and don't resume fisting them until they push their hips back or otherwise indicate that they are ready for more; if they remain forward, offer a break to reset or wrap up the scene. (Note: do *not* try to “chase” a bottom who is pulling away unless you are very familiar with their body language and have a mutual understanding in how to explore their limits.)
- **Bottom arches their back down / pushes their hips back:** This often signals that they are enjoying the experience and want more intensity or stimulation. Keep what you are doing or consider taking it up a notch.
- **Bottom has lots of air coming out:** Air can get trapped inside the bottom as the hole loosens and as punches push more air inside; this can cause an increase in pressure that may be uncomfortable. To help release the air, use your fingers to help the bottom stretch and tell them to push out. Farting out air can make some bottom's anxious, so it's a good idea to be encouraging and let them know how hot it is that their hole is so loose and open!
- **Bottom is reaching for poppers:** Nothing can disrupt a scene as quick as a spilled bottle of poppers. If you see your bottom reaching for poppers or trying to unscrew the cap, try to minimize your movement. If your fist is already in, keep it in place without any big motions until the screw cap is fully back on and fastened. If your fist is not in, take the opportunity to relube or gently play with the hole without rocking the bottom's body or causing any shaking. Again, wait till the screw cap is back on before inserting. (You can also consider using inhaler caps, popper-soaked cotton balls packed in a bottle, or popper masks to reduce spillage.)

### *Lubing and re-lubing*

It seems obvious, yet every fisting bottom I've spoken to has had to tell this to a partner at some point or other: you are probably not using enough lube.

For fisting, it's not enough to just lube up and go for it; as fisting progresses, re-applying lube is essential to keeping holes sloppy and well slicked.

Lots of tops have misguided ideas about how much lube to apply, thinking that just coating the hand with a film of lube is enough. You want every surface, fist and hole, absolutely covered in lube. And if a bottom asks for more, you give them more. That's it. Bottoms get to ask for however much lube they want. Even if *you* think they have enough lube, they obviously don't agree (and they may be trying to signal that something feels stuck or sensitive), and pushing back on that is a great way to spoil the vibe.

When using a ropy, liquid lube for fisting, I'll first pour it on my hands and rub them together to warm the lube up a bit, since the shock of cold lube can make holes tense up at first. (As the session progresses, cooler lube can actually help ease the heat from friction.) Once the hole is gaping, I like to put three or four fingers into the hole, palm facing up, with the fingers slightly collapsed and overlapping to form a channel; I then pour the lube directly into the channel so that it goes right into the hole. It is both insanely hot to watch and makes bottoms feel like a wet and sloppy slut with a totally gaped-out hole.

When applying lube, try not to smear it anywhere other than the hole and the surrounding area. Getting lube elsewhere makes cleaning up harder and can feel uncomfortable for bottoms (for example, I really don't like how ropy, liquid lubes feel on my cock, so I'd rather a fisting top not try and stroke me with lube while playing with my hole).

## Warming up

Now that we've covered the essentials, let's start talking about warming up for fisting.

Even for advanced players, warmup can be both essential and highly enjoyable. (All the fisting sessions I've enjoyed have started out with some combination of making out, foreplay, and fucking.) This helps set the vibe, explore the dynamic and headspace, and build a sense of trust and communication within the context of play. That said, there are some players who prefer to just get right to it. I remember a hookup came over once and I truly don't think we touched at all except for my hands going inside him...and he loved it!

Because people have different preferences for a warm up, it's a good idea to check out with what folks are into instead of making assumptions. You may think that taking a fist is more intimate, for example, than kissing or a casual blow job, but for some players the reverse is true. Don't make the mistake of assuming that just because your hand is going inside a hole, making out or fucking is automatically on the table; always check what the other person is comfortable with and get a sense of what they like.

There is no correct way to warm up for fisting, but my personal favorite progression tends to start with exploration through foreplay: making out, stroking, licking, sucking, and dirty talk builds desire and intensity and gives a sense for the dynamic and headspace my partner might be craving.

As we transition towards more hole play, I will usually start with some light finger play, usually just rubbing on the outside of the hole, while making out or playing with other parts of my partner's body. I'll step up the pleasure with some heavy rimming, where the goal is to worship the hole and appreciate the whole ass. I'll get my bottom focused on opening up with some deep tongue fucking and some light biting, kisses, spanks, and squeezes on the ass cheeks thrown in to get them melting for it.

When I get the sense that the bottom is ready to start getting stretched out, I'll move them into their preferred starter position and warm up the lube by rubbing it between my hands. I'll focus on running my fingers along the outside of the hole, pressing against it with the lengths of my fingers before putting the tips inside. Gently teasing and building a rhythmic flow helps relax the hole before fingers start to go in; the idea is to build a sense of expectation, progression, and pacing that a bottom can rely on to incrementally open up.

Once you start to put fingers into a hole, it's good to start slowly and pull out steadily, building intensity based on how the hole is relaxing and the bottom's verbal and non-verbal communication. Add fingers one at a time, lubing and re-lubing as the stretch increases.

At four fingers, you'll want to ease into getting all but the thumb in as smoothly as possible. The webbing between your thumb and pointer finger should be flush against the hole, while your base knuckles on all four fingers are inside. Lightly wiggle the tips of your fingers to find the "path" along the rectum (think of trying to put on a long-sleeved sweater made of lace and soft yarn; you'll want to gently feel your way through the sleeve to avoid getting stuck). We want your fingers to travel along smoothly without hitting a snag, which will make the fist slide in more smoothly. Remember that a fist can't go inside without having a comfortable place to settle!

Note that some holes may easily bloom and be very relaxed as the stretching increases, while others may remain tight. (For me, I tend to stay tight, but will stretch widely over time.) If you feel tightness, check in with your partner to make sure the stretch is feeling good and that they are ready for increases in intensity.

Leading up to taking the fist for the first time, most bottoms prefer tops to apply steady pressure rather than trying to pulse their way inside. Steady pressure lets bottoms breathe and relax, ideally swallowing the fist with their hole; pulsing

pressure, by contrast, is irregular and can feel frustrating if the pressure is insufficient to overcome tightness.

For experienced bottoms, warm up may take less than 5 minutes, but for others, this process may take longer. For new fisters or for folks with large hands, it is especially important to take your time with the warmup phase and check in occasionally as you amp up the intensity.

## Taking the fist

When getting the fist in for the first time, the goal is not to punch through the resistance like a battering ram. Ideally, the bottom is relaxed and the top is steady, and the fist slides in as the hole opens up and smoothly swallows the fist. (For small hands and huge holes, the sensation can be akin to falling into the hole.) And while getting the fist in is an amazing milestone, it may just not happen in a given session; even pros can struggle depending on hand size, sensitivity, and any number of other factors. Be OK with letting yourself get stretched without necessarily pushing past your comfort zone just to achieve a full fist; there are so many intermediary sensations and accomplishments to enjoy.

Once your bottom is comfortable with taking the base knuckles of all four fingers, they are in good shape to take the whole fist. If I still feel a bit of resistance before trying to put the whole hand in with a new partner, I check in with them with a bit of coaching dirty talk: "Fuck that hole is so open...you ready to take it all?"

Once given the green light, lube up! Make sure you have your whole hand, from tips to wrist, covered in lube. Once your hand is ready, give the bottom four fingers again to warm up a little (holes can tense up a little during breaks to re-lube) and then tuck your thumb into your palm. Gently ease the hand in with steady pressure, holding at places of resistance while the bottom breathes deeply and steadily and tries to swallow the fist. (It can help for the bottom to gently push out, while the top applies steady pressure; this will let the fist go deeper each time the bottom relaxes and expands to push.)

Immediately after the fist goes in for the first time, hold it! For new players, especially, the first fist is overwhelming and momentous, with surprise, fear, and excitement all coming together into a heady cocktail.

Usually right after the first first, I keep the fist steady, with an open palm, not going any deeper or rotating much in either direction, and I focus on helping my bottom's headspace by getting verbal or stroking the rest of their body with my free hand (provided it's not covered in lube). Encouragement here is always welcome ("Fuck yeah!") and sets you up nicely for checking in with what your bottom wants; they

may want you to immediately pull out or to keep it steady while they savor the sensation

### After the first fist

When the bottom is ready, I'll usually say "I want you to push out on three, OK? 1...2....3" and then pull out my hand as they gently push in a smooth, steady motion.

Why do I pull the fist out after all that work to get it in? Pulling out does three things. First, it helps to relax the hole. Your body is much more relaxed pushing something out of your ass than trying to push something in, and there is a psychological component of knowing that you can take a fist fully in and out that makes the second pass that much smoother.

Second, it helps reassure the bottom that they are fine with respect to cleanliness. Many bottoms stay a little tense until those moments when they've had their hole thoroughly stuffed and everything is still looking clean and blood-free; visibly showing them that your hand is clear of anything of concern helps boost confidence and relax holes. I usually will say something like "You're absolutely spotless" while holding up my hand fresh from their hole so they can see that they are indeed fine.

Finally, removing your hand lets you apply more lube. Because the hole can grip the fist tightly, it can effectively wipe the lube off of the fingers, making the tips less covered in lube just as they are encountering new, unlubed surfaces deeper in the hole. Applying fresh lube helps keep things frictionless as you ramp up the intensity.

### Fisting techniques and styles

Now that you've gotten the warm up and first fisting out of the way, the world is your oyster! No two fisting scenes are alike, just as no two fisters have the same preferences. What follows is more a menu of options than a specific walkthrough; excellent fisting scenes come from flow, connection, and improvisation rather than from sticking to a very specific routine.

### Guiding tips

As you consider different techniques and variations for your fisting play, here are a few guiding tips to keep in mind:

- **Explore gradual variations in intensity.** Imagine a rolling landscape with smooth hills and valleys. A good fisting session will have its own peaks and troughs of intensity; ideally, these will be varied in intensity and duration, so that they bring the bottom to the limits of pleasure and keep them there for the length of play. For many players, keeping the intensity to just a single level

(a plateau) can get predictable and dull; conversely, trying to just increase the intensity again and again and again without any pull-backs will often exhaust a bottom very quickly, or could lead to an injury if the top isn't reading the bottom's body language.

- **There are many ways to vary intensity.** Intensity doesn't mean brutal punching. Intensity can mean velocity (more thrusts per minute). It can mean increasing the stroke length (pulling more or less of the fist out of the hole during each pass). It can mean adding more fingers to increase the stretch, or taking out the fist and putting three or four fingers from each hand inside to pull the hole open. It can mean adding rotation or other movement, or varying between hands to change the sensation. Likewise, reducing intensity doesn't mean having to go to no motion; it can mean sticking to a single hand, slowing down velocity, and making movements more shallow.
- **Take time to enjoy each variation of intensity.** It's alright to think of different fisting milestones in a continuum, from taking the first fist to taking punches, from taking punches to taking doubles. While there is an undeniable satisfaction from making "progress" through such a continuum, failing to enjoy each step out of eagerness to get to the next one will lead to missed pleasure...as well as a greater risk of harm. This can happen to both tops and bottoms; bottoms can be too eager to rush through early steps just as tops can be impatient and try to sprint through to doubles or check things off a mental list. For me, if I'm taking your fist and loving it, with my hole nice and relaxed, and the punches are going in like butter, I would prefer that my top plays with variation within that level (for example, faster thrusting or a more closed fist), rather than taking it as a queue to jump to doubles.
- **Consider playing to music.** Because fisting is about building connection through a rhythmic, sensual back-and-forth, it can be great for headspace and relaxation to play along with music. Playing in time with music can help the bottom and the top feel more connected and have something to focus on, especially during punches and endurance scenes. Rhythmic play helps build expectations together as scenes ramp up and cool down. For recommendations on music to play for play, check out the [Music](#) section of the [🌟Setting up to Play](#) section.
- **Pink is usually fine, deep red is not, but it's the bottom's call whether they're comfortable moving forward.** As a scene progresses, there may be a little bit of pink from small tears. These are usually not any cause for alarm, but it may be a good idea at the next pause to check in with the bottom to note the pink and ask how they are doing. Deep red blood is an indication of a larger tear, and tops spotting dark streaks in lube or one their hands should

immediately show the bottoms and suggest a break. In the section on [Blood and safety](#), I'll talk about how to properly care for holes if there is deep red.

- **Sensitivity increases during play.** As fists and toys rub against the hole, they can take off some of the lining and dead skin, increasing sensitivity. This increases over time, resulting in even small toys and modest intensity leading to intense feelings. Good tops will be mindful of this, typically building the intensity of a scene up with occasional breaks, before reducing the intensity as the scene gets closer to the end.
- **Checking in can further headspace while deepening connection.** One of the things I kinda dislike about BDSM guides is that they tend to make checking in sound so bland. I've heard from a few bottoms that they want their tops to check in with them, but that being asked every 5 seconds "Is this OK?" or "How does this feel" is really distracting and kinda a buzzkill. So what is a good top to do? One strategy is to make checking in a part of building headspace through dirty talk. Saying "Fuck yeah, you want me to speed it up, baby?" before ramping up intensity, or "You're so open, want me to put more fingers in while you show off for me, boy?" offer ways of inviting bottoms to set the pace while fostering headspace.

### *Techniques*

In writing this section, I was wary of it becoming too much like those terrible sex guides that list increasingly complicated sex positions with names that would make the web admins of Urban Dictionary scratch their heads.

At the end of the day, if a fist is involved and it feels good to everyone, you're doing it right. Fisting can be incredibly nuanced, or it can be very straightforward—it's up to each partner and each scene to sort out what feels fantastic, which varies person to person, setting to setting.

I'll go over the main fisting techniques or styles that you might find or see in porn, along with some variations that can be done to scale up or scale down intensity. I've sorted them from least to most intense, but with different sized hands or other variations, even low-intensity fisting can feel extreme, so take the sorting with a grain of salt.

### Internal pulsing

Once a fist is in a hole, pulsing is probably the lowest-intensity technique that still involves some amount of movement. As a result, it's a good position for beginners or for the start of sessions, or as a holding pattern for when the bottom needs a breath but doesn't want a full break and still wants to feel full. Internal pulsing can also be

good for bottoms who want to jerk off while getting fisted, since they can feel full while also enjoying movement that isn't overwhelming or distracting, which can make it hard to get hard.

*Variations:*

- With the fisting arm inside the bottom, use the free arm to “pound” against the forearm of the fisting arm, like a hammer steadily pounding against a nail head. This can add a steady vibration to the bottom's hole, which can gradually build, especially for large-handed fisters, into a distracting wave of pleasure.
- Internal pulsing can be a good launchpad for going into a number of other fisting styles, including width play and depth play. By increasing the depth of pulsing and slowing down the rhythm, you can transition into deep fisting, while increasing the tempo and the amount the fist withdraws can transition into width play and punches.

#### Widest point edging

This technique involves withdrawing the fist (palm open or clenched) only partially out of the hole, stopping at the widest point. The fister can then hold their fist at the point that maximizes the stretch, then plunge back into the hole, never fully withdrawing their fist. By repeating this process, the fisting top can edge the bottom's hole to the maximum width before fully re-stuffing them.

This technique is good for the start of play, especially for fisters with large hands. Most bottoms have an easier time pushing out a fist than taking it, and progressive edging at the widest point can exploit this to help holes stretch wider and wider.

*Variations:*

- Fisting tops can steadily ramp up speed and stroke length to really challenge the bottom, transitioning finally into full in-and-out fisting as the hole relaxes.
- Tops can also opt to hold at the widest point for longer, in order to force the bottom to relax while they are at the biggest stretch. For example, the top could hold their clenched fist at the tightest, widest point for a full breath cycle, or for a full inhale of poppers.

#### Open-palm in and out

As the name suggests, this technique involves steadily thrusting the open hand, with fingers collapsed and slightly overlapping, in and out of the fist. This is a gentler version of closed fist punches, but can echo the same intensity with greater speed and thrust length.



This is a good technique for warming up to punches, since the transition between steady in and out open-palm fisting and closed fist punches typically just involves closing the fist. This transition can be made without breaking the rhythm of punches, which can leave the bottom stunned at how easily their hole starts taking punches.

### Closed-fist punches

Probably the most common fisting style, closed-fist punches offer a ton of variation and options to increase intensity. Punches and their variations are often the core of a fisting scene for intermediary fisters, but they do require proper warm up to avoid injury, and fisters with large hands will likely need to take more time to properly prepare their bottoms for closed-fist punches.

Punching is all about building a steady rhythm that helps build trust and headspace hand-in-hand (or, rather, hand-in-hole). You can think of it like good music to dance to; abrupt transitions, irregular pacing, and totally unexpected shifts can throw you off from your vibe, just as repetitive, predictable patterns can make you lose interest.

To start off, punches should begin at a consistent speed and intensity. Most fisting bottoms also prefer to start off taking punches from the same hand, while their body gets used to the rhythm of punches. Switching back and forth between fists adds intensity, but may be challenging for bottoms to get used to at first. As the bottom warms up to fisting, adding any of the variations below can shift the intensity and throw a new spin on a classic.

#### *Variations:*

- To lessen the intensity at the start of punches, you can start with incomplete punching, not going fully out or fully in, before transitioning into full punches. For some experienced players, however, this type of warm up can be optional, and each person taking punches has a preference for how quickly they want the intensity to ramp up.
- The most common variation with punching is around speed. A fisting top can steadily ramp up punch speed or incrementally ramp up speed with a fall back (i.e., go up two “notches” in speed and then fall back one, before repeating the pattern at higher intensity). Punches can also be slowed down when the top senses the bottom is out of breath or needs a break from high intensity punches.
- Speed of punches is related to the force of impact when the fist makes contact with the hole. This can be modified by how far back the top’s fist goes before thrusting forward; punching the fist from a further distance away lets

the top build more speed, adding a blunter force of impact, while punching closer to the hole reduces the bluntness.

- Variation can also be introduced by increasing the penetrative depth of punches (that is, how deeply the punch goes once it's inside the hole). This is personally not one of my favorites as a bottom, and I typically will only opt for deeper punches as a top if the bottom asks me or if they've mentioned enjoying intensity and depth play.
- Another controversial variation, punches can incorporate rotation (some fisters refer to this as "scooping"), usually as the fist is sinking in and once it settles inside the hole. Again, not everyone enjoys this particular movement, as it can increase the likelihood of knuckles pressing hard against the pelvic bone.
- As mentioned before, most bottoms prefer to start off by taking punches from the same hand, but intensity can be added by changing back and forth between hands. Because hands are mirror images of one another, but not identically overlapping (a feature known as chirality), taking punches from one will feel differently than taking punches from the other, even if they are identically sized. Punches can be alternated between hands every other punch, or after a particular duration of punches.
- The orientation of punches can also vary the intensity. With the fist oriented vertically, like a "thumbs-up" sign, punches tend to enter more easily, since this more closely echoes the shape of the pelvis. Fist oriented horizontally, like when you fist bump someone, can be more challenging, particularly with large hands or hands that are not as collapsible.
- Punches can also include variations of the pulsing techniques mentioned previously. After a fist punches in, for example, the top can pulse inside the hole a few strokes before pulling fully out and starting again with a punch. The intensity of pulsing and the final pull out stroke can be varied to add intensity.

### Wiggling fingers

This technique is less common, but some fisters find that it is useful for opening their holes at deeper depths. As the name suggests, this involves wiggling the fingers together (sorta like the tail of a flopping fish out of water) while they try to feel deeper into the hole. For players looking for a wide stretch, however, this may not feel particularly satisfying.

### Fist + some fingers

For fisters looking to add a little extra width but not ready to dive to doubles, adding some fingers alongside a fist can incrementally add strain and fullness. It is usually

easiest to add fingers once the fist has fully slid in, so that the hole is gripping the wrist. The top can then either add more fingers or withdraw the fist to the widest point in order to maximize the strain. The fingers can also be removed after a while to leave a feeling of openness.

#### Four fingers on each hand

A significant stretch can be accomplished without any single fist being inside the hole; four fingers on each hand, either pressed against each other (like in prayer) or interlocked, can give a satisfying stretch on the road to doubles. Pulled apart, like in prying open a clasp, four fingers on each hand can be hot for pulling open a hole that is already gaping and for pushing a rosebud out and making it more prominent.

#### Doubles

Just as with taking one's first fist, taking doubles is a big challenge, but obviously an extremely pleasurable and fulfilling one. While many fisters fantasize about doubles, keep in mind that most do not take doubles regularly or at all; it is an extremely challenging activity that requires a lot of patience, lube, and flexibility to pull off without injury.

When taking two fists at once, the hands usually go in staggered. One hand will go in first and then the other will slide alongside its wrist and palm, with the palm of the trailing hand coming to rest against the wrist of the other. If the hole is very open, however, the two hands can go in palm-to-palm, or even clenched and interlocked.

#### Elbows

At the high extreme of depth play, fisting to the elbow (or even beyond, to the bicep), is a milestone analogous to doubles for width play. Again, however, finding and following a bottoms "path" to so great a depth is not easy and may not happen for most bottoms or tops. As described in the section on depth play, the sensations and sensitivity that depth play involves can be very unfamiliar, even uncomfortable, for most players, and it can be especially difficult to understand if a bit of discomfort is from injury or just unfamiliarity. Do not attempt reaching extreme levels in depth play without first having explored these sensations on your own or with a player you trust in order to avoid injury.

#### ***Fist-gasms, cumming, and pissing (oh my!)***

As a scene ramps up, some of the most pleasurable sensations come from overwhelming responses to the intense pounding in your hole.

For most bottoms, these take the form of involuntary contractions, with the abs tightening and the hole pushing out against the fist. These contractions can escalate

as play goes on, leading to a cascade of rolling contractions, sometimes called “fistgasms.” These can be even more pleasurable than a cumshot, and have the benefit of lacking a refractory period, so you can go from fistgasm to fistgasm within seconds.

If the bottom is relaxed and there are no clear indications of tears, punching through these contractions can be intensely fun, especially as one contraction cascades into the next one. Keep in mind, however, that the abs can tire out, and that pushing out while taking punches increases the friction around the fist, upping the intensity but also increasing the risk of soreness and injury.

With the intense stimulation to the prostate, as well as the contractions around the bladder, it isn’t uncommon for fisting bottoms to leak precum or piss during or after a round of fistgasms. Occasionally, a bottom will let loose a stream of piss after a round of fistgasms, after being given a break and letting their body relax.

Once you’ve hit this point, you may be nearing a good break. As you play and build trust with a partner, you can experiment with punching through the intensity and racking up those rolling orgasms (one partner and I got to over 10 pissing orgasms before we lost count and he shot a massive load out of his chastity cage).

### *Positions*

Most positions for fisting are similar to those for sex, with fisting on all fours, on one’s back, and in a sling being the most common positions. When selecting a position, consider ease of motion for the top and comfort for the bottom, including how comfortably legs can be held open and in position.

#### On all fours:

An excellent default position, fisting with the bottom on all fours is remarkably versatile. The position can be comfortably held indefinitely for both bottoms and tops, and it requires nothing other than a comfortable surface to rest on. For tops, fisting on all fours allows for a wide range of motion without having to support any of the bottom’s weight or positioning, reducing fatigue. For bottoms, this position allows a good deal of control, letting a bottom press back or pull forward to avoid discomfort. Variations can increase intensity, comfort, and control with minimal changes needed, allowing for smooth transitions with minimal reset time. One downside, however, of this position, is that it makes eye contact challenging, which can make it hard for tops to see the bottom’s reactions and adjust their fisting accordingly (fisting in front of a mirror can help).

#### *Variations*

- Fisting on all fours can be done on the edge of a bed or couch, as well as in the middle of a mattress. Fisting on the edge of a bed or couch allows the top to rest on their knees or to sit on a chair or ottoman while fisting, which can be more comfortable.
- Bottoms can support themselves on hands or elbows, or they can rest on their chest. Resting on one's chest gives a higher angle to the back, presenting more of the hole to the fist top.
- Similarly, bottoms can reach behind them while resting on their chest in order to spread their cheeks and show off their hole, which can provide more access in addition to being visually hot for the top.
- Tops can position themselves directly behind the bottom or just to the side (if they are only planning on using one hand for fisting). Tops can use their free hand to anchor their bottom in place, either by wrapping it around the bottom's closest thigh or by wrapping it around the bottom's waist.
- One of my favorite variations for intimate fisting, the top can sit on their heels, with their legs folded underneath their thighs, and the bottom can lay on all fours over the top's thighs. The top then can reach around to fist the bottom, while using their free hands to stroke the bottom on their back, neck, head, etc. The intense skin-to-skin contact, holding your bottom while they get punched out, gives a fantastic connection.

### On one's back

Fisting on one's back is another comfortable position that requires minimal equipment, just a soft surface to lay on and pillows to support the neck (and, if desired, the lower back). This position is also great for eye contact and verbal communication, making it ideal for intense headspace as well as for beginners who are still getting comfortable taking a fist. One downside, however, to this position is that it can be fatiguing to keep the legs spread and raised, and that it can lead to strain on the neck and lower back if there are not pillows to support the bottom. Stress on the legs can be reduced by the bottom hooking their arms around the back of the kneecaps, folding themselves and pulling their legs back. Leg slings, spreaders, rope, and other gear can also be used to rest the legs. (Another hot option is to have a third person help hold the legs back, "presenting" the bottom's hole for the top!)

### In a sling

Ubiquitous at fisting events and in dungeons around the world, slings are exceptionally handy (if expensive) pieces of gear for play. Slings allow for stable,

structured support for bottoms, while reducing effort for tops and allowing near weightless room for play. Slings are typically set up over a tarp, to reduce leaks, with pup pads placed underneath and on the lip of the sling mattress itself, to allow for easy cleanup in between different uses. Slings are usually supported with chains, which can be clipped and re-clipped to different heights, allowing for height variation for maximum comfort. The downside of slings is their cost; reputable sling kits (such as those from Fort Troff, Jim Support, etc.) can run above \$1,000 US, and they are typically bulky and difficult to travel with. They also are very noticeable and take up a sizable amount of room; unless you want to disassemble the sling after each use (which can be cumbersome), slings may be best purchased only if there is a space where they can be assembled and left in place.

### *Variations*

- For the fisting top, a chair can be set up in front of the sling for more comfort, or the top can stand or kneel, depending on their preference. I tend to like fisting while standing, since this allows the maximum variation in motion and connection.
- For bottoms, feet can rest on the chains of the sling itself, or on nylon loops that slip over the feet and support the ankles.
- Bottoms can also choose to straddle the sling, rather than lay on it. Getting into this position can be a bit tricky; it is typically easiest for the bottom to ensure that the sling mattress is angled down (with the chains supporting the legs lowered) and approach the sling from the side, facing the head of the sling. Using the overhead support structure for stabilization, the bottom then slides one leg over the sling, before sitting down and adjusting themselves so that they are sitting with their ass slightly over the edge of the sling mattress.

### Other positions

The following positions are a bit less common and are not recommended for beginners or for the first position of a session:

- **“X rated” position:** as the name implies, this position involves forming a sort of “X” figure. The top lays down on their back, while the bottom lays on top, stomach down, with their head in between the top’s legs. This position can be great for punching, while both the top and bottom don’t need to exert much effort and can let their bodies relax. The top can also stroke themselves at the same time, making this a great position for ending a scene with a cumshot. Bottoms can also suck on the top’s toes, depending on leg length and positioning, or muffle their moans in the top’s thighs.

- **Riding cowboy style:** in this position, the top lays on their back and lifts their arm up, either vertically or at an angle. The bottom then rides the top's fist, bouncing on their knees or squatting (in this case, the bottom may want to support their upper body with furniture, like a bed frame). This position gives substantial control to the bottom, but can be very fatiguing, as it puts a lot of strain on the bottom's legs and can put strain on the top's wrist as well.
- **Standing:** bottoms can take the fist top while standing, typically while bent over slightly, either supporting themselves against a wall or over the side of a piece of furniture. The top can either stand, crouch, or kneel to angle themselves underneath the bottom.
- **Slung over the shoulder:** This position is visually very hot, with the bottom slung over the shoulder of the top and used like a piece of meat. Practically, it is a difficult position to get into, and requires a fairly strong top and/or a very light bottom. The easiest way to get into this position is for the bottom to squat onto the top's fist while standing, and then bend over the top's shoulder while the top crouches down. The bottom then supports themselves entirely on the top's shoulder, while the top stands.
- **Upside down:** another visually exciting, but technically challenging position is fisting while the bottom is in a handstand, upside down. This position requires a flexible bottom who can balance comfortably on their hands; the bottom will typically support themselves against a wall, in order to stay balanced.

### *Other tips*

- **Lube up before hitting poppers, not after:** Many fisting bottoms have mentioned to me that one of their biggest pet peeves is hitting poppers and then feeling the high wear off while their top fumbles with a lube bottle. Ideally, fist tops time their fisting to crescendo with the bottom's high, so that they can feel the maximum impact of the poppers alongside the rise in intensity from fisting. Getting this timing right is a great way to step up your game, and can easily be achieved by lubing up as the bottom is fiddling with the popper's cap and by using easy-to-close lube bottles.
- **Tops hitting poppers should hit before or with bottoms, not after:** Similar to the tip above, another way that the timing of popper hits can be missed is when tops try to take hits *after* the bottom. Unless the top is quick about it, they'll still be fiddling with the screw cap while the bottom is already hitting the peak of their high, missing the chance to meet the bottom there with a round of intense fisting. If the top wants to hit poppers, I recommend having their own bottle (and telling the bottom to hit their own bottle at the same time) or taking a hit first before passing it to the bottom.

- **Don't forget the rest of the body!** While the hole is the focus of fisting, hands, lips, and tongues are free to explore and elevate intensity. Many of my favorite scenes involved making out with a top while they punched me to bliss, or licking a bottom's nipples while I made them squirm. Be mindful, however, that most bottoms dislike feeling lube on the rest of their body, so try not to let lubed-up hands wander too freely.
- **Different strokes for different folks:** Lots of bottoms don't like having their dick played with, while others find getting hard and stroked while being fisted to be an enjoyable distraction. Similarly, not every bottom likes to have their hole slapped or spanked. Pick up on verbal and non-verbal cues to guide your play, and check in when in doubt, when trying something your bottom may or may not enjoy.

### Breaks and cooldowns

Whatever your technique, after a round of intense, cry-inducing ramp-ups and a flurry of punches that bring your partner to pissing or cumming, you want to take it a little easy. This can vary from a slow-down where you still steadily play with the bottom's hole or a full break where you hit reset and chill for a bit before round 2.

It's worth reiterating that when a bottom asks for a break, especially after a super intense session, they get to decide how long the break lasts; in general, you can think of a "short break" as a few moments to catch one's breath or shift positions, while a "long break" may involve getting up, moving around, and potentially taking a pause from the scene for a refresh.

Ideally, as you play with your partner more and more, you'll begin to anticipate when they may need a break based on their endurance and body language, and you can vary your intensity to prolong a session with minimal discomfort.

If you sense a bottom needs a short break to catch their breath, slow down your fisting to a gentle rhythm while they breathe, relax their abs, and moan it out. If the bottom is very sensitive, you may want to withdraw your fist entirely and just gently play with their hole with some fingers. Once you see your bottom settling down, you can ask them if they'd like more, or if they'd like to switch it up: trying a different position or taking a break to wipe up, reset, and have some water.

Even if your bottom took only a short break to rest their abs and breathe a little, bear in mind that even short pauses can be enough for holes to tighten back up. As such, it's a good idea to warm up again after a break and not just pick up at the intensity with which you left off; taking time to get back into the rhythm makes the session more enjoyable and enduring.



Let's say, however, that you're at the end of a session and the bottom is looking to tap out. A fabulous partner introduced me to the concept of a cooldown, where instead of going from a flurry of fists to zero stimulation, he would lead into a break by first playing gently with my hole with just four fingers, then down to two, and then finally ending with just rubbing my hole all over with high knuckles. The deliberateness of a steady, gentle wind-down made me feel so relaxed and tenderly taken care of, while also giving the scene a lovely send off; I would hop out of the sling feeling like a prince!

## Blood and safety

Fisting is a high contact sport, and it is not uncommon for bottoms to have a bit of pinkness when they clean off the lube after a session. This small amount of blood is from minor tears, which should heal overnight.

More worryingly is deep red blood, which is indicative of a larger rip in the anal tissue. Because pain receptors are concentrated near the opening of the ass and not deeper within it, tears may come without the pain of a cut on, for example, one's skin. Internal blood loss, however, can lead to cramps, fatigue, weakness, and chills, which require medical attention.

If you find a large amount of blood after play, immediately stop playing and rinse your hole, gently, with **cold water**. Cold water will help the capillaries in your skin contract, reducing blood flow. Monitor yourself for cramps and other symptoms of blood loss. Check yourself intermittently to see if bleeding is declining or has remained unchanged; if bleeding does not improve with rest, consult medical attention.

For additional tips on keeping play safe, check out the [+Health and Safety](#) chapter.

## Cleaning up after fisting

In fisting, it's a good rule of thumb that tops clean the bottom. This is helpful for a few reasons, including: 1) after an intense fisting session, bottoms may need to let themselves go limp while they recover and enjoy the post fisting space, and 2) tops may have a better visual of where lube is and where lube needs to be cleaned up.

When I'm cleaning up a bottom, I usually ask them to stay in position until I give them the all clear. Often, there are strings of lube that are dripping off that I'd like to keep from getting everywhere, so letting your top give you the green light to get out of a sling or up from the bed is a polite way of keeping mess to a minimum. Waiting to hop out of a sling until given the all clear is especially helpful, since the top may still be clearing the bottom of the sling where your feet will land; it is also a nice courtesy for the top to offer the bottom help getting out of the sling (by offering their

arm to hold onto, for example), as the head rush can be disorienting and increase the risk of a slip.

When cleaning down a bottom, generously use paper towels to wipe the lube away. I tend to toss used paper towels into a puppy pad and then bunch the pad into a ball. This keeps the lube inside the used towels and pads, and lets you easily toss them into the trash and out of the way. (Wadding up used paper towels into puppy pads has an added benefit: if the bottom has had some issues with cleaning out, these can show up brightly against white towels, so wrapping them up allows them a bit of discretion and privacy. I generally try to be discreet when a bottom has had an issue with hygiene; while I might mention that “I hit a patch” or “there was a little mess, but nothing to worry about”, I will try to wipe things off quickly and fold towels away so as to be respectful of something they may be embarrassed about.)

## Self-fisting

While this section has focused on fisting as an activity to do with partners, lots of fisters also have at some point tried out self-fisting.

While self-fisting can be done, in my experience, I rarely see fisters do it as a mainstay activity. For one, half the fun of fisting is the unexpected journey of sensations that come from giving someone else such an intense level of control of your hole. For another, self-fisting often requires some contortion of the body, which can be difficult to sustain, especially on one's tendons.

If you are interested in fisting yourself, it's usually easiest to slide a fist in after you've already warmed up your hole with some toys. In terms of position, reaching around when on all fours is usually the easiest on one's knees and wrists, but it is also possible to self-fist while lying on one's back or while standing, depending on height and flexibility.

## Fisting and bondage

When integrating bondage and other elements of BDSM into fisting play, there are increased risks due to limited verbal and non-verbal communication. In these situations, individuals may be muzzled and/or tied down or engaged in Dominance/submission dynamics where mid-scene feedback is challenging or not conducive to headspace.

Layering fisting with bondage necessitates a higher level of experience and trust between playmates. Only engage in such activities if both parties possess a profound understanding of each other's preferences, non-verbal communication cues, and have an established rapport.

Before commencing the scene, a pre-play conversation becomes vital; discussing intentions, boundaries, and mutual interests sets the tone for a safer experience. Establishing clear safe words or non-verbal signals beforehand ensures a means of instant communication and empowers participants to halt or modify the scene if necessary.

If during the pre-play conversation or initial interactions, it becomes evident that alignment or the necessary familiarity isn't present, consider redirecting to a different plan for fun. Explore alternatives that prioritize safety and comfort, while allowing the BDSM framework and headspace both parties desire; consider shifting towards smaller toys, for example, that allow for intense sensations with a smaller risk of injury. Exploring headspaces and dynamics that grant the bottom more control can also be beneficial; one example is for bottoms to “show off” for their tops by being in charge of bouncing on a fist, or by fisting themselves for the Dom's amusement. Being adaptable and responsive to the evolving dynamics not only ensures a more enjoyable experience but also fosters a safer and more respectful play environment

## Group play

Fisting in groups or at fisting parties can be a fantastic social experience, bringing play to more playmates and letting you connect with new folks, holes, and fists than you might otherwise meet!

The main advice I'd give for fisters looking to play in group settings is to **focus on the hole in front of you**. At orgies and group events where folks are having non-fisty fun, looking around and taking in the fun around you is part of the voyeuristic fun of it all, and the risk of injury from taking a glance at the couple getting railed next to you while you throat-fuck a boy is minimal. But with fisting, distractions can be dangerous, to say nothing of fatal to connection. While fisting someone, make them the focus of your attention. If you find yourself glancing away, consider taking a break; no one wants to feel like their hole isn't worthy of one's attention.

Similarly, **be courteous of players around you**, and **try to avoid having distracting conversations** right next to folks trying to focus on fisting and building headspace. Because fisting events can also be social and nonsexual ones, too, it's entirely understandable to want to have casual, friendly conversations while folks around you engage in fun. If you want to strike up a conversation, consider moving to a place away from slings and play zones, and keeping your volume to a reasonable level. You wouldn't have a full conversation in the middle of a dancefloor at a rave, and you probably wouldn't appreciate someone trying to network with your top while they're trying to focus on being inside you. Be considerate and find other places and times to chat.

Finally, for fist tops at group events, **be sure to wash your hands thoroughly between new bottoms**. This reduces the risk of disease transmission and ensures that you are bringing a great experience to each new player.

## **Playing With Others**

Good communication is the cornerstone of enjoyable play experiences with others. It goes beyond mere verbal exchanges and extends to various aspects before, during, and after the play session. Establishing and maintaining open lines of communication is key to creating magical moments and building lasting memories.

Now, it's definitely true that many guides on communication in play can come across as stilted, with conversations about play coming across as decidedly unplayful. Understanding boundaries, discussing interests, ensuring safety, and obtaining consent are essential aspects of any successful play experience...and each of these can be approached in ways that feel fun, inviting, and hot!

Communication is not just a checklist of tasks; it's an opportunity to connect, express your desires, and co-create memorable experiences with your play partners.

In this section, I'll offer some suggestions for communication with partners, along with examples to help put these tips into practice.

### **Pre-play planning and communication**

Preparing for a play session is not only about logistics and gathering supplies; it's also an excellent opportunity to engage in banter and get folks excited for a session, all while having meaningful discussions about your shared interests. While it's tempting to simply ask, "So what do you want to do?" during pre-play conversations, there are more creative and exciting ways to approach the topic.

Instead of starting with a generic question, take the time to explore their profiles or previous conversations to discover mutual areas of interest. Highlight those shared interests and let your play partner know that you find them intriguing and enticing. This not only shows your attention to detail but also demonstrates your genuine interest in exploring their desires.

To add an extra layer of excitement while setting yourself up for a fun scene, you can ask your play partner if there's anything on their wishlist of fantasies that they've been craving lately. This question not only stimulates the imagination but also allows both of you to identify fun options and potential scenarios that can be incorporated into play. Feel free to share your own fantasies and desires as well, fostering an open and enthusiastic atmosphere.

Lastly, while it's fun to fantasize together about elaborate sessions, remember that even with the best-laid plans, circumstances may change. Life can get in the way, and even simple time constraints can limit the execution of every desired activity. It's common for wishlists to be ambitious, and it's okay if not everything can be accomplished in a single session. Flexibility is key, so approach the planning process with a sense of adventure and enjoy the playful and flirtatious nature of the discussions.

Ultimately, the connection and chemistry between you and your play partner are what truly make the experience magical, regardless of whether every item on the wishlist is fulfilled. (Plus, like a good travel experience, it's always nice to leave something to try for your next time!)

### **Communication and connection during playdates**

Ensuring a fun and enjoyable play experience for both partners is a common concern shared by many. It's natural to want to know if your partner is enjoying themselves, as it reflects our genuine desire to create pleasurable moments together. Fortunately, there are some easy ways to foster connection and enhance the play experience.

To cultivate a positive and satisfying playdate, two key communication strategies can greatly help: discussing current abilities and boundaries and sharing how you express enjoyment during play.

#### ***Understanding boundaries***

Taking the time to ask your play partner about their current abilities and boundaries is crucial for establishing a comfortable and safe environment. Openly discussing any physical limitations or preferences allows you to align your activities with both partners' capabilities and desires. This open dialogue promotes a mutually satisfying experience where everyone feels respected and supported throughout the play session.

It's important to be mindful that sometimes certain activities may not be feasible or enjoyable, despite initial anticipation. For instance, you may have been excited for more intense play, but discover that your partner is feeling sore or has established new boundaries. In such situations, be supportive and understanding without pressuring them to exceed their limits. Instead of saying, for example, to a bottom who is feeling uncomfortable with punches, "Trust me, you can take it" consider instead "Sounds good, why don't we stick with some gentle stretching and you can tell me if you want to up the intensity." Acknowledging boundaries and showing your delight and desire for playing within them is a cornerstone of enthusiastic consent

and shows your partners that you care and can't wait to enjoy them as they want to be enjoyed.

### *Setting expectations for comfort over actions*

Setting expectations that emphasize someone's enjoyment rather than the completion of specific acts is helpful for fostering a supportive environment where both parties feel at ease.

Rather than imposing expectations or demands of specific things for a scene, like that someone will get hard or stay hard, that someone will cum, or that someone will take a fist, it's valuable to communicate reassurance that enjoyment of the scene takes priority over any pressure to perform. Let your partner know that their comfort and boundaries take precedence over any specific activity. Emphasize that the dynamic is about mutual enjoyment, and their well-being matters above all else. Express openly that if, at any point, they feel uncomfortable or unable to continue, it's absolutely okay to communicate that without fear of upsetting you.

This approach ensures that your partner feels empowered and relaxed during play, knowing that their comfort is prioritized. Reminding them that no one should feel upset if they need to stop can be particularly reassuring, especially for those who may have encountered different experiences in the past.

### *Communicating enjoyment*

A friend of mine started playing with a new partner; the sessions were fun, but he always came away feeling anxious that he was doing something wrong. "He doesn't really moan or say anything," my friend said of his new playmate. "I don't really know if he's enjoying himself."

"Well," I replied, "have you asked him?"

"Asked him what?"

"Asked him for the ways you can know that he's enjoying himself?"

Turns out, my friend's playmate *loved* the sessions, so much so that he'd get deep into headspace and let his mind go blank. For him, intense play meant no thoughts and, consequently, not much to say. But thanks to a conversation about how he communicates enjoyment, my friend learned about all the non-verbal cues his partner gave of his enjoyment: goosebumps, trembling thighs, and a lolling tongue all were his signs of having a great time!

Each person has their own unique ways of conveying pleasure and satisfaction. By communicating how you typically express enjoyment, whether through verbal cues,

physical responses, or other means, you provide valuable guidance to your partner, enabling them to understand and respond to your signals more effectively. Likewise, learning about your partner's preferred indicators of pleasure enhances your ability to cater to their desires and create a more fulfilling experience for both of you.

Try offering insight into how you express how much fun your having (“I love saying ‘Thank you, Sir’ over and over until I just start moaning incoherently”) or share what words or cues you like to see and hear from your partner to know that the scene is going well (“I love asking ‘Who's my good boy?’ and hearing my sub say ‘I'm a good boy, Daddy!’ or ‘I'm your good boy, Sir!’ every time”).

Now that we've gone over some of the key communication strategies, let's get a little deeper into the two main ways they get carried out: dirty talk and body language.

### *Getting verbal*

Dirty talk has the incredible potential to create a heightened sense of enjoyment and reinforce intense headspaces for both dominant and submissive partners. It serves as a powerful tool for expressing desires, building anticipation, and deepening the connection between partners. However, recognize that not everyone finds it easy to find the right words or approaches dirty talk with a thorough understanding of their partner's preferences. To ensure a pleasurable and consensual experience, here are some tips and key considerations to take getting verbal to the next level:

**Embrace a "Yes and" approach when engaging in dirty talk.** This means building upon and expanding the dialogue rather than shutting down or dismissing your partner's contributions. By actively listening and responding in a collaborative manner—returning and adding to the energy that you are receiving—you create an engaging space for shared exploration of desires and fantasies.

Below are a few examples showing how both dominant and submissive partners can use this approach to foster each other's headspace with a “Yes and” approach to dirty talk:

If a partner says...	A “Yes and” response could look like...
“I’m your dumb, fuck toy Sir”	“Fuck yeah you are, just an empty-headed toy for me to use. I love how dumb you look taking this cock...you’re just a toy now, it’s okay—let yourself go blank and focus on being a good hole, that’s all you have to do now, OK? Good toy!”
“Fuck, Daddy, I just wanna be a good girl for you.”	“You are, babe. Look at how pretty you are taking Daddy’s fists. I love how you squeal each time I punch you out, you’re being such a good little slut for me, princess.”
“You’re going to be a good jockslut for Coach, right stud?”	“YESSIR! I wanna be a good jockslut for you, Coach! I want to be the best slutty jock for you, Coach! Please train me, Coach!”
“Whose pussy is this, baby?”	“It’s your pussy, Daddy! My pussy belongs to you, Daddy, yours to play with. Daddy’s boycunt, just yours to breed, Daddy. Whatever you want!”

**Be mindful of preferences.** It's crucial to be mindful of your partner's preferences and boundaries during dirty talk. Not everyone enjoys the same language or terms, so avoid using slurs or degrading language without prior knowledge of your partner's comfort levels. What may be arousing for one person might be completely off-putting for another. Take the time to understand your partner's likes and dislikes, and ensure that the words and phrases you use align with their desires and boundaries.

Here are some words to generally take care of before using:

- *Faggot*: This should be a no-brainer, yet it’s shocking how many dominant partners think that it’s cool to call any submissive a faggot, even with no prior



communication, trust, or connection. For plenty of folks, degrading language is off-putting, especially outside the dynamic of an established kink dynamic, while other people love being called faggot or fag. Because it's a particularly polarizing word, it's a good one to check in on beforehand to avoid mid-scene unpleasantness.

- *Race-based language (e.g., BBC) and slurs:* Another no-brainer, but it bears highlighting. As a general rule, race-based language should never be used unless explicitly and enthusiastically consented to by the partner of color. It should never be assumed to be "on the table" or acceptable unless the individual has explicitly expressed interest or invited its use. It is important to recognize that race is a sensitive topic, and racial slurs can carry deep historical and personal implications. Using such language without consent can perpetuate harm and contribute to racial insensitivity or fetishization. Therefore, it is vital to prioritize open and honest communication with your partner to understand their boundaries, desires, and preferences regarding race-related play. Note that just because someone uses race-based language in describing themselves online that does not constitute consent to being called those things during a scene.
- *Master/slave:* the use of terms like master and slave in BDSM play carries significant weight and should be approached with careful consideration and respect. While these terms may be commonly used within certain BDSM dynamics, they can evoke historical and societal power dynamics, as well as personal experiences that may be uncomfortable or triggering for some individuals. Using the terms "Master" and "Slave" without explicit and enthusiastic consent from all parties involved can perpetuate harmful stereotypes, reinforce power imbalances, and contribute to the fetishization or dehumanization of individuals. It is crucial to understand that these terms should never be assumed to be acceptable, and should be fleshed out through mutual conversation and consent.
- *Gendered terms (e.g., "good boy" or "good girl"):* It's important to exercise caution when using gendered terms, such as "good boy" or "good girl," during play. These terms can be triggering for individuals with gender dysphoria or may not align with the particular headspace a partner may wish to explore. Check in ahead of time if your partner is into a specific term, or consider using gender-neutral alternatives like "good toy", "good pup", or "good slut."

**Use encouraging language.** As part of your "Yes and approach," adopt an encouraging perspective in your verbal communication. Instead of making assumptions or using negative language, focus on maintaining a supportive and consensual dialogue. Note that encouraging language doesn't mean ignoring limits

or withholding concerns; instead, it means framing them in ways that invite conversation rather than shut it down.

Below are a few examples showing encouraging language in different play contexts:

In a situation where...	Instead of a response like...	An encouraging response could look like...
A fisting top is trying to open up a bottom, but the bottom is still very tight.	"You're too tight to take a fist"	"How's that stretch feeling? Want me to give you a little more or switch it up?"
A bottom asks for more lube	"You already have plenty of lube, trust me."	"Fuck yeah, let's get your hole extra wet and sloppy."
A partner asks for a harder spanking	"You don't sound like you can handle more."	"Hell yeah, I love how much you're into it. How's this?"
A partner expresses an interest in a specific type of play (e.g., sensory play with ice)	"That's weird."	"That's not really my cup of tea, but: a) I'd be open to trying it and seeing how we feel, or b) I would be into X, Y, or Z instead."
A partner asks for ropes to be tightened	"I think they're already tight enough. You're fine."	"You want them tighter? Absolutely, how's this? You just let me know if it's too much."
A partner asks for a blindfold	"I don't see why, I want you to see me using you."	"I'd be down, but I'd also love to look into your eyes while I make you whimper...how about wearing them and we take them off halfway?"

In all of these examples, recognize that the initial responses may stem from a genuine concern for the other person's comfort or safety. However, by reframing these responses into more encouraging terms, you create a space where partners can openly express their comfort levels and desires, rather than making assumptions or foreclosing options to overcome a particular issue. This approach fosters an environment of active communication and allows for a more inclusive and open-minded attitude towards exploring each other's boundaries and preferences.

**Use verbal communication as an opportunity for signaling and checking in:** Dirty talk can serve as a powerful tool for signaling upcoming actions and checking in with your partner without disrupting the scene's headspace. By expressing your intentions and desires in a seductive and arousing manner, you can gauge your partner's response and ensure their comfort and enjoyment. For instance, saying, "Yeah, I'm gonna give you some nice and steady punches now, yeah? Push back for me if you want some nice punching in your hole," allows for active consent and establishes clear communication within the context of the scene. It also can let players use non-verbal cues to show their excitement.

### *Silence and shyness*

Silence has a unique place in the realm of play. For many individuals, silence is not only acceptable but also necessary for exploring their headspace and fully immersing themselves in the experience. A moment of quiet allows them to focus on sensations, emotions, and the intensity of the moment.

That said, silence can also be anxiety-provoking for partners who desire verbal cues to gauge their playmate's enjoyment. Finding a balance between silence and communication is key to creating a fulfilling and connected play experience.

To address the potential anxiety caused by silence, initiate conversations about communication preferences early on. Discuss with your partner [how they express their enjoyment](#), whether through verbal cues, non-verbal signals, or a combination of both. By setting the stage for open and honest communication, you create a safe space where partners can express their desires, needs, and boundaries without hesitation or uncertainty.

If you find that silence during play triggers anxiety for you, be honest with yourself and your partner. Recognizing and addressing these feelings can lead to a deeper understanding of your own needs and help foster a more supportive and communicative dynamic. Communicate your preferences and concerns to your partner, expressing your desire for clearer cues or a more explicit verbal exchange. By sharing your feelings openly, you create an opportunity for growth and understanding within the dynamic.

In situations where a partner wants to be more verbal but maybe is shy or otherwise struggles to find the right words, you can help facilitate their expression. Providing specific prompts or invitations can make it easier for them to engage in verbal play. Here are some examples:

- “Tell me how much you love taking this toy up your ass.”
- “Who’s my good girl?” (“I’m your good girl!”) “Fuck yeah, I love hearing you say it. Tell me again!”
- “How does that fist feel in you, pup?” (And then, they struggle to form a sentence, you can add teasingly) “Use your words, puppy.”
- “I’m gonna fuck you now and if you want me to keep pounding you, I want you to tell me how good it feels and why you deserve to be treated like the slut you are, got it? You stop, I stop, understand?”

These prompts offer a starting point and allow your partner to express their desires, fantasies, and sensations more easily.

Remember that everyone's comfort levels with verbal expression can vary. Some people may naturally gravitate towards silence, while others may find joy and connection in vocalizing their experiences. Being attentive to your partner's preferences and creating an environment where they feel encouraged to express themselves can lead to a deeper level of connection and shared pleasure.

### *Body language*

Play is centered around bodies, and while body language can vary based on person, position, and scene, there are some significant cues to consider. Understanding these cues can enhance connection and create a more fulfilling experience.

Non-verbal language is also heavily context-dependent; for more information on etiquette for reading and respecting body language in group play settings, check out [Approaching folks at darkrooms and parties](#). For some fisting specific tips on body language, check out the [Fisting body language](#) section for tips on reading your bottom’s hips.

Here are a few examples of body language and how they can contribute to communication in play:

- *Eyes*: Eye contact can establish a powerful connection and contribute to a heightened headspace during play. It can convey desire, attention, and both seek and give affirmation. Personally, I love some heavy eye contact when I’m topping...holding it all the way until their eyes roll back and they go silly. Eye contact is also a good way of establishing and double-checking connection when approaching people in group spaces, like a darkroom or a dancefloor; if

someone is not meeting/holding your gaze, they may not be all that interested.

- *Facial expressions*: Part of the reason I really like intense play is that you get to let your body do what feels enjoyable. Getting so worked up from sex that your mind goes blank and you start looking blissed out and dumbed down usually comes with some hot gooney looks, ranging from wide smiles to absolutely zoned out blank faces.
- *Hands*: The use of hands can be versatile in conveying messages during play. For a bottom getting railed out doggy style, reaching back to have their hands gripped at the wrists by their top can put the fucking into overdrive. When a top is laying over a bottom and pounding the daylights out of him, grabbing his hands can both make a connection and add a layer of dominance. And of course, hands can be used to communicate the need for a break, for example, by signaling a T for time out or by tapping a top's shoulder or thigh to signal a desired break.
- *Arching*: Arching the body upwards (like an upside-down U), particularly when the hips are leaning downward, can indicate a desire to pull away or create distance. This can be a non-verbal cue to communicate the need for a break or adjustment in the scene. Conversely, an arch down, pushing the hips back, can be a signal that everything is going delightfully.

## Finding and connecting with playmates

Exploring the world of play and surrounding yourself with like-minded individuals who share your interests and desires can be an incredibly rewarding experience. Being part of a community that affirms and supports your desires while reciprocating that affirmation to others creates a positive and inclusive space for everyone involved.

While the prospect of finding playmates can be both thrilling and challenging, approach it with a mindset of inclusivity and positivity. The community of play thrives on mutual respect, consent, and genuine connections. It's about building a network of supportive individuals who understand and appreciate the dynamics of play, creating an environment where everyone can explore their desires and boundaries safely and consensually.

Even in kink-safe spaces, many newcomers to a specific type of play often face the struggle of approaching potential playmates and finding compatible partners. It's not uncommon to feel exasperated when others seem uninterested or unresponsive, leading some to consider exaggerating their comfort levels or experiences in order to

attract attention. Alternatively, they may seek out others who are also new or less experienced, navigating the learning process together.

It's important to empathize with these experiences and understand that everyone starts somewhere. Finding playmates who align with your interests and level of experience may take time and patience, but rest assured that the right connections will come when the time is right. Remember, authenticity and respectful communication are key in building meaningful connections within the play community.

In the following sections, we'll delve into different ways to meet people who share your interests, whether it's through online platforms, social events, or specialized communities. I'll provide guidance on approaching new connections comfortably and respectfully, understanding the importance of consent and communication. And, because it's a natural part of discussions around interests and play, I'll also highlight how to handle rejection gracefully, as well as how to navigate encounters with disrespectful players and cultivate the qualities of being a good playmate to others.

### *Ways to meet people*

When it comes to meeting new playmates, there are various avenues to explore, each with its own unique dynamics and considerations. There is no one-size-fits-all approach, and that's perfectly okay!

Whether you thrive in social gatherings and events, prefer introductions through mutual friends, enjoy the convenience of dating apps, or find common interests through X and social media, trust yourself to find the avenue that aligns with your own preferences and comfort levels. Embrace the journey of meeting new playmates, understanding that the process may involve exploration, trial and error, and the excitement of discovering connections that enrich your play experiences. Remember, there is no "right" way to meet people—what matters is finding what works for you and fostering genuine connections within the community.

### Events and conventions

Starting off with in-person connections, one of the easiest ways to connect and celebrate with like-minded players is through kink-specific events like conventions, gay takeovers, parties, and other meetups. Whether you're interested in general meetups that involve casual hangouts and board games, or play-oriented events that focus on more intense experiences, there is a wide range of options to choose from.

Attending events and conventions not only allows you to indulge in your play interests but also provides opportunities for networking and building connections with others who share your passions. It's a chance to meet individuals who may become long-lasting playmates, friends, or even mentors in your journey. Embrace the camaraderie and the sense of community that these events offer, and don't hesitate to engage in conversations and activities that pique your interest. Remember, events and conventions are spaces where people come together to celebrate their shared interests, so be open to new experiences and be respectful of others' boundaries and consent.

Attending events and conventions within the play community can feel intimidating, especially for newcomers. However, remember that many of these events have dedicated resources and support specifically designed to help newcomers feel welcome and comfortable. Take advantage of the event's FAQs, orientation sessions, and workshops, as these can provide valuable information and guidance to navigate the event successfully. Additionally, make use of communication platforms like Telegram channels and sidebar groups to stay updated on event details and connect with others who share your interests.

It's worth keeping in mind that every regular player within the community was once a first-timer as well. Many individuals are eager to help newcomers integrate and have a positive experience. Don't hesitate to reach out, ask questions, and seek guidance from more experienced attendees. Engage in conversations, participate in activities, and be open to new connections and possibilities. Remember, the play community is built upon inclusivity, support, and shared experiences, and events and conventions are wonderful opportunities to discover and embrace that vibrant community spirit.

To help folks identify opportunities for events that might be near them, here are some of the main play-oriented events that happen around the world and throughout the year! Keeping these events on your radar and exploring them in advance allows for better planning, including securing affordable tickets, arranging flights, and booking accommodations. Keep in mind, however, that there are many, many more regularly kink events held locally, often by hardworking volunteers and in places where safe spaces for queer people can be hard to come by: supporting and attending these local events is a fantastic way to make connections and foster community.

Reach out if you have additional suggestions to include to the list below!

- **Darklands (Antwerp, Belgium)** - Darklands is a leading fetish event in Europe, catering to the leather, rubber, and fetish communities. It offers a variety of

parties, workshops, and exhibitions. Typically held in February or March. (FYI—Pups sometimes call this event Barklands!)

- **SNAX (Berlin, Germany)** - SNAX is a popular gay fetish party held in Berlin, known for its intense and hedonistic atmosphere and hosted at the famous nightclub, Berghain.<sup>1</sup> It caters to the leather, rubber, and BDSM communities, featuring darkrooms, play areas, and massive dance floors for techno. The main SNAX event takes place during Easter weekend, with a second, athletic-gear oriented event in late November.
- **International Mr. Leather (IML) (Chicago, USA)** - IML is one of the largest and most prestigious leather events in the world. It features the International Mr. Leather contest, along with parties, workshops, and social gatherings. Usually held in May.
- **Mid-Atlantic Leather (MAL) (Washington, D.C., USA)** - MAL is a popular leather and fetish event attracting a diverse crowd, mainly from the U.S. East Coast. It includes the Mr. Mid-Atlantic Leather contest, vendor markets, and a range of social activities, taking over the entirety of a hotel located close to the National Mall. Generally takes place in January.
- **Anthrocon (Pittsburgh, USA)** - Anthrocon is the largest furry convention in the world, bringing together individuals interested in anthropomorphic artwork and costumes. It offers panels, art shows, dances, and a popular fursuit parade. Typically held in July.
- **Folsom Street Fair (San Francisco, USA) and Folsom Europe (Berlin, Germany)**- Folsom Street Fair is a renowned BDSM and leather event held in San Francisco's historic Folsom Street; Folsom Europe is a more recent, but well-established fair that echoes the SF event in bringing kink to the streets . Both events feature live performances, vendor booths, and fetish fashion shows, and both attract a large international audience. Both street fairs take place in September (be warned, SF is a bit chilly that time of year!).
- **CLAW (Cleveland Leather Annual Weekend) (Cleveland, USA)** - CLAW is a popular event in the leather and fetish community, offering a wide range of activities including workshops, parties, and a vendor mart. It promotes education and raises funds for charitable organizations. Typically held in April.
- **Up Your Alley (San Francisco, USA)** - Up Your Alley, also known as Dore Alley Fair, is a fetish street fair held in San Francisco's South of Market district. It caters to the leather and BDSM communities, featuring vendors, live demonstrations, and themed parties. Usually held in July.

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<sup>1</sup> Pronounced “burr” (as in, it’s chilly) + “kind” without the “d”



- **Mr. International Rubber (MIR) (Chicago, USA)** - MIR is an annual event that celebrates rubber fetishism and attracts rubber enthusiasts from around the world. It includes the Mr. International Rubber contest, social events, and workshops. Typically held in October or November.
- **Fist Fest (Augusta, USA)** - Fist Fest organizes a number of fisting-specific weekends at a hotel resort in Georgia, including the popular Spring Fling (in April), Full Moon (in July), and OctoberFist Fest (in October). Because Augusta is not serviced by many flights, people typically drive to the event by carpooling or by flying into the larger airport in Atlanta and driving from there.
- **Atlantis Cruise (Various Locations)** - Atlantis Events organizes all-gay cruises to popular destinations around the world. These cruises offer a unique opportunity to enjoy a vacation experience tailored for the LGBTQ+ community. With onboard entertainment, themed parties, and stops at exciting ports of call, the Atlantis Cruise is a memorable adventure, though it can be overwhelming to take in all at once. The specific locations and itineraries vary for each cruise, but one of the highlight cruises takes place in January/February.
- **Pride Parade and Festival (Worldwide)** - Pride parades and festivals take place in various cities worldwide, celebrating LGBTQ+ pride and advocating for equal rights. Each city has its own unique pride event, often featuring colorful parades, live performances, and community gatherings. Dates vary across different locations, with many taking place during June, which is recognized as Pride Month.

#### Through friends and social circles

One effective way to expand your network of potential playmates is by leveraging your existing social circles and letting your friends know about your interests. Sharing your desires and preferences with trusted friends can open doors to new connections and opportunities. (You might even be surprised to find that some of your friends share similar hobbies or interests!)

When seeking playmates through friends, consider asking for recommendations and introductions. Your friends may be aware of individuals within their network who align with your preferences and desires. They can provide valuable insights and vouch for the compatibility of potential playmates.

Another approach is to organize game nights or group activities with your friends. By creating a space for shared interests and fun, you have the chance to meet new people who may also be interested in exploring the same play experiences. These

gatherings can foster a comfortable and relaxed environment for connecting with potential playmates.

When reaching out to friends for potential introductions, be respectful and mindful of their boundaries. While you can express your interest in being connected with like-minded individuals, it's crucial to avoid demanding invitations or referrals. Instead, kindly ask to be kept in mind for future plans or opportunities that may arise. Respect their comfort levels and understand that not every friend may be comfortable making introductions.

Remember, building connections through friends and social circles can be a great way to meet playmates, but it's essential to approach these interactions with respect and consideration. Be open to new connections, nurture your existing friendships, and embrace the potential for exciting connections within your social network. And, once you've met people who you enjoy, pass it on by helping foster connections of your own!

### Apps and online communities

In today's digital age, exploring dedicated apps and online communities can be a convenient and effective way to connect with kinksters who share similar play interests.

Here are a few suggestions to get you started:

- **Dedicated Apps:** Consider exploring apps and websites specifically designed for the kink and play community, such as Grindr, Recon, Switched, and Fetlife. These platforms allow you to create a profile, specify your interests, and connect with others who share similar desires. You can browse through profiles, engage in private chats, and even join events organized through the app.
- **Online Communities and Forums:** Joining online communities and forums related to your preferred play activity can be a great way to connect with like-minded individuals. Platforms like Reddit and Telegram host various groups and subreddits dedicated to specific kinks and play interests. Engaging in these communities allows you to participate in discussions, seek advice, and connect with potential playmates.

In online communities, remember that consent still applies, just as it does in real life. When engaging with others virtually, always respect boundaries and ask for consent before sharing sensitive or explicit content. Don't assume that everyone wants to see or engage in certain activities, and please don't send nudes to folks unless they've signaled that they're into it. Respectful communication and consent are key to fostering a positive and enjoyable online experience for all players.

Similarly, while apps and online communities offer convenient ways to connect with potential playmates, exercise caution and prioritize your safety. Take the time to verify profiles, communicate openly about expectations and boundaries, and ensure that any in-person interactions are consensual and conducted with safety precautions in mind.

Remember, online connections can be a stepping stone to building meaningful and exciting play experiences, but it's crucial to approach these interactions with respect, consent, and personal safety as top priorities.

### X/Twitter, Bluesky, and social media

X, formerly known as Twitter, and other social media platforms can be valuable tools for connecting with individuals who share similar play interests and showcasing your own preferences. These platforms allow you to express yourself, exhibit your gear and play, and engage with others who have similar kinks. Additionally, for folks interested in monetizing their content creation, X can serve as a powerful tool for marketing, branding, and networking within the kink and play community, enabling connections with other players, workers, and companies for collaborations and endorsements.

It's important to note that while X and Telegram may allow explicit content, other apps and platforms may have stricter guidelines and may remove or restrict such content. It's crucial to familiarize yourself with the terms of service and community guidelines of each platform to ensure that your content aligns with their policies and that your accounts are not suspended.

Here are some tips for using social media effectively within the kink and play community:

- **Consistent username:** Use the same username across all your social media accounts to make it easier for others to find and recognize you.
- **Follow accounts of genuine interest:** Choose to follow accounts of individuals and content creators whose posts you genuinely enjoy and want to see on your feed. This allows you to curate a personalized feed that aligns with your interests and to meet people in their orbit (i.e., people who also follow people you like may make good folks to connect with).
- **Explicit content warnings:** If you share explicit content on platforms like X/Twitter, ensure that you appropriately label and flag your posts as explicit in your profile settings. Adhere to the platform's guidelines and avoid posting explicit content as your profile picture or banner, else your account can be suspended or taken down.

- **Boost and encourage:** Utilize replies and comments to boost and encourage content creators. Kind words about their editing, lighting, sounds, or other elements can brighten their day and foster a supportive community, even more so than your run-of-the-mill thirst comment.
- **Don't reply with porn:** Unless someone has signaled that they are open to folks replying with nudes and porn to a Tweet, do not reply with explicit content. To lots of creators, this can come off as seeking to piggyback on their content, especially if you are trying to promote a fan page in the process, and many will hide or report these types of unwanted replies.
- **Follow hashtags:** Follow relevant hashtags within the kink and play community to discover new content, engage in conversations, and connect with like-minded individuals.
- **Notifications:** Enable notifications for accounts or hashtags that interest you to stay updated and engaged with the community's latest discussions and content. This can be especially helpful to see content that otherwise gets driven down in algorithms.
- **Tagging brands and companies:** When showcasing gear or equipment, consider tagging the corresponding toy and supply companies. This not only helps boost their visibility but may also increase the likelihood of them retweeting or sharing your content.
- **Posts with links perform worse:** Companies like X/Twitter don't want users to leave their sites, so posts that include external links tend to have limited exposure. If you're trying to promote your OF/JFF, posting links as a reply to your teaser is a better strategy than just spamming links to your fan pages.
- **Direct messages:** If you decide to reach out to someone via direct message, be mindful of your approach. Ensure that your profile has sufficient information and content, as a lack of visuals or being overly forward may lead to being ignored.
- **Diversify your content:** If you have accounts across different platforms, consider posting different types of content to cater to various aspects of your personality and interests. Alongside explicit content on X/Twitter, for example, you could use Instagram for more SFW pics, or Telegram for more life-updates and interactive content.
- **Linktree for easy navigation:** Consider setting up a Linktree or a similar tool that allows you to create a customized landing page with links to your various social media accounts. This makes it easier for your followers and potential

playmates to find and connect with you across different platforms. Instead of searching for each account individually, they can navigate directly to your desired profiles.

- **Don't stress over followers:** While follower count can be appealing, remember that the quality of interactions and connections matters more than the quantity. Instead of obsessing over the number of followers you have, focus on building meaningful connections, engaging with those who genuinely enjoy your content, and fostering a positive online community. Authenticity and genuine interactions will contribute to a more fulfilling experience on social media. (Having lots of followers is like being rich in Monopoly money.)

### *Approaching and connecting with people comfortably*

Approaching people and initiating connections can be a daunting task, but rest assured that you are not alone in this experience. **Every player, no matter their level of confidence, has felt the pangs of shyness, struggled to find the right words, faced rejection, stumbled through awkward conversations, and made the occasional misstep.** The good news is that there are ways to feel more comfortable and confident when approaching others to make connections within the kink and play community.

#### 1) Play is not the point of connection

At its core, successful connections are about creating meaningful interactions that leave both parties feeling fulfilled and valued, regardless of whether play is involved. It's about forging genuine connections that extend beyond the realm of physical encounters. While play can certainly be an exciting and enjoyable part of the kink and play community, it should not be the sole focus when seeking connections.

Choose to broaden your perspective and approach connections with an open mind, recognizing that the people we meet can offer so much more than just play opportunities. By solely seeking out potential playmates, we risk limiting our chances of building deep friendships, finding supportive partners, discovering dance or game night buddies, or even connecting with mentors and kindred spirits within the community.

When we approach others with the sole intention of play, it can come across as overly forward or objectifying, potentially alienating those who seek more meaningful connections. Instead, embrace the diversity of connections that can be formed, understanding that genuine relationships can arise from shared interests, shared experiences, and a mutual desire to uplift and support one another.

Of course, it is important to acknowledge that there are instances where direct communication and explicit desires for hookups are appropriate and desired by both parties. However, it is equally important to recognize the value of cultivating connections that extend beyond the immediate gratification of play, as these can often lead to more enriching and long-lasting relationships within the community.

## 2) Confidence over entitlement

Confidence is undoubtedly an attractive quality, but it's important to distinguish between confident assertiveness and entitled behavior. True confidence stems from self-assurance and a deep understanding of boundaries and consent. On the other hand, entitlement assumes a level of privilege and disregards the autonomy and agency of others.

Within the kink and play community, one of the ways this commonly comes up are in instances where dominant partners expect unwavering submission from submissives without considering their needs, desires, or boundaries—sometimes without even having ever met them. This expectation is a significant red flag that goes against the principles of consent and mutual respect, and assumes that because one submits to others, they will and ought to submit to you.

Another aspect where entitlement can surface is in people demanding attention, particularly in online interactions. It's important to recognize that everyone has their own lives and priorities, and it's unreasonable to expect an immediate response from others—or even that a response may come at all. In situations where someone is not interested, or simply not inclined to engage further, handling this with grace reflects more confidence than entitlement ever can.

## 3) Respect yourself as you respect others

Respecting yourself and others is a fundamental aspect of fostering positive connections. It involves treating yourself with kindness and ensuring that your interactions reflect genuine care and consideration for others. When engaging with someone, remember the following principles to promote a respectful and enriching connection.

Firstly, be courteous. Show politeness, gratitude, and appreciation for the other person's time and presence, without fawning or putting yourself down. Being mindful of your words and actions helps create an environment of mutual respect.

Secondly, be genuinely interested in the other person. Ask thoughtful questions, actively listen to their responses, and show a sincere curiosity about their experiences, opinions, and interests. Engaging in meaningful dialogue allows for a deeper connection and demonstrates that you value their perspective, beyond just their body.

Additionally, be warm and approachable. Create an atmosphere of comfort and openness that encourages the other person to express themselves authentically. Show empathy, understanding, and support, fostering an environment where both parties can feel safe and appreciated.

Finally, it is also important to respect the ebb and flow of interest. Recognize that people's attention and engagement may fluctuate, and that is perfectly normal. Avoid the urge to chase someone's interest if you sense it is waning. Instead, focus on maintaining your own self-respect and engaging with others who reciprocate your interest and enthusiasm.

By embodying these principles of respect, you create a foundation for meaningful connections that enrich your experiences and leave a positive impact on both yourself and others involved. And you can come away from connections knowing that you were a stand-up person!

### *Approaching folks at darkrooms and parties*

Consent remains the fundamental principle of play, yet misunderstandings often arise in environments like darkrooms and play parties where nonverbal cues typically guide interactions. In these settings, while verbal communication might not be the norm, the necessity for consent remains paramount. Here are some tips:

- **Eye contact signals interest:** Initiating connection through eye contact is a common way to express interest in these environments. Approach someone with a smile or a subtle gesture to establish a connection. If they respond positively by maintaining eye contact or turning towards you, there might be mutual interest. However, if they avert their gaze or turn away, respect their boundaries and move on.
- **Progress gradually:** When mutual interest is apparent, consider light physical contact on the shoulders or chest. Pay attention to reciprocal cues such as matched energy or reciprocated gestures (like returning a kiss or initiating touch). Always remain attuned to their comfort level and readiness to escalate physical intimacy; if they are not returning your interest, take it with grace and move on.
- **Respect boundaries and privacy:** Respect others' privacy and boundaries. If individuals who are playing seek seclusion or move to a more private area, refrain from following them. Instead, engage with those who are comfortable with more public displays. Watching exhibitionists play from a distance is generally acceptable, but avoid touching without clear invitation. And remember that even playmates in public still need room to breathe.

- **Considerate conduct:** Avoid bringing bright lights into dark areas, refrain from taking photos or videos, and forgo wearing strong fragrances. Proper hygiene, including showering beforehand, helps keep things tidy and supports everyone's comfort.

Navigating these spaces requires a heightened sense of awareness and respect for others' boundaries. Prioritizing clear and mutual interest, respecting privacy, and maintaining considerate behavior contributes to a safer and more enjoyable environment for all participants.

### *Shooting your shot online*

With so much kink content happening online, many first interactions occur through online platforms. Just as in real life, approach these engagements with thoughtfulness and respect.

To help you navigate the world of online communication, especially when shooting your shot with a first message, here are some valuable tips to keep in mind.

- **Have a complete profile:** Make sure your online profile is complete and well-curated. Include your interests, have a range of high-quality photos that showcase different aspects of your personality, and clearly state what you are looking for. A complete profile provides others with a better understanding of who you are and what you're seeking, increasing the likelihood of meaningful connections.
- **Send face pics early and up-front:** If someone has chosen to show their face on their profile, consider reciprocating by sharing a face picture of yourself early in the conversation. This helps create a more personal and engaging connection, ensuring that the other person feels comfortable and that there's a mutual exchange of openness. It also avoids putting the other person in the awkward situation of asking for a face pic halfway through a conversation.
- **Learn about shared interests from their profile before asking "What are you into?":** Respecting people's attention is crucial. Before reaching out, take the time to explore the other person's profile and online presence. Look for shared interests and use them as conversation starters. Asking generic questions like "What are you into?" to someone who has invested time into curating their online presence may come across as not valuing their effort. Instead, show genuine interest in their hobbies, passions, or experiences by asking open-ended questions related to their shared interests.
- **Enthusiasm and moderation go hand in hand:** When engaging with someone you admire or find interesting, it's natural to feel excited or even



fangirl/fanboy about them. While enthusiasm is great, avoid excessive fawning or coming across as disingenuous. Be authentic in expressing your admiration, but also remember to maintain a level of self-confidence and avoid over-the-top statements. You are interesting and worthwhile to engage with, and showcasing a healthy level of enthusiasm will positively influence your interactions.

- **Be patient and respectful of response times:** Understand that people have busy lives and may not respond immediately. Avoid pressuring or harassing someone for a response. Give them the time and space they need to engage with you at their convenience, and let go of any hard feelings if a response never comes.
- **Compliment people on something other than their physical appearance.** Acknowledge the effort and creativity they put into their content creation or the unique perspectives they share. Genuine compliments that go beyond surface-level attraction can make someone's day and foster a deeper connection.
- **Don't send unsolicited explicit content:** Respect the boundaries and consent of others. Sending unsolicited explicit content without any indication of an invitation is not appropriate and can make others feel uncomfortable.
- **Don't ask people to train you:** Many subs early in their explorations of kink may fantasize about finding a Dom to show them the ropes and put them in their place. While this can be extremely fulfilling in the context of a growing kink relationship, it's a lot to ask a stranger.
- **Take breaks and practice self-care.** Engaging with others online can be exciting, but it's important to take breaks and prioritize self-care. Monitor your own emotional well-being and set boundaries for yourself to ensure a healthy balance between online interactions and offline life.

### *Canceling and rescheduling plans respectfully*

Respecting each other's time and commitments is key when it comes to canceling or rescheduling arrangements. Being considerate and responsible in handling these situations contributes to maintaining positive relationships within the play community.

Here are tips for when you have to cancel plans and want to be as considerate as possible to your play partner:

- **Provide ample notice:** Whenever possible, give as much notice as feasible if you need to cancel or reschedule. Sharing the reason behind the change, if

appropriate, can be helpful. A genuine explanation is usually received with more understanding.

- **Be gentle and understanding:** Recognize that canceling or rescheduling can be disappointing for the other person. Approach the situation with kindness and empathy. Even if you have lost interest in playing with someone and no longer want to meet them, being compassionate in delivering the message can soften the impact. (See the section on respectfully [Handling Rejection](#) for more guidance.)
- **Offer alternatives:** If unable to engage in specific activities or perform sexually, suggest alternative plans. Meeting up for casual hangouts or engaging in different activities can salvage the situation rather than outright canceling.
- **Don't treat people as a backup plan:** While being canceled on can be disappointing, it's often more frustrating to be strung along with tentative plans, only to be canceled on later. If your plans are uncertain, it's important to be upfront about this. Let others know that you have tentative plans and that they should assume you won't be available. This honesty fosters respect and clarity, preventing unnecessary frustration and misunderstandings.
- **Propose a new date:** If you're the one rescheduling and are still keen to play at some point in the future, propose a new date or time during the same conversation. It helps reassure the other person of your interest and shows your commitment to rescheduling.

When you find yourself on the receiving end of a cancellation, consider these strategies to navigate the situation:

- **Be proactive about confirming plans:** To alleviate last-minute uncertainties, confirm plans a few days in advance. It not only reduces ambiguity but also provides an opportunity for early communication about any potential issues. Establish a reasonable window for confirmation before assuming plans are off. Consider requesting confirmation by a specific time, giving both parties clarity about the arrangement (e.g., "Hey! Excited to play with you on Friday—what time should I expect you? I'll have the gear set up and waiting! Could you let me know by tomorrow night if the time still works for you?")
- **Avoid taking it personally:** Don't take cancellations personally or pry for unnecessary details as to why someone is canceling plans with you. Respect their decision without assuming the worst. Numerous legitimate reasons exist for cancellations that aren't indicative of disinterest.

- **Treat yourself to enjoyable backup plans:** Instead of dwelling on the cancellation, seize the unexpected free time to indulge in something enjoyable. Engage in solo play, explore other connections, or redirect your focus onto alternative activities or hobbies that bring you pleasure.
- **Maintain a positive attitude:** Recognize that cancellations are part of social engagements and don't reflect your worth. Embrace a positive mindset and look forward to future opportunities or connections.
- **Setting boundaries:** If frequent cancellations become a concern with a partner, consider communicating your feelings about reliability and setting boundaries. Open, respectful communication can help address recurring issues/uncertainties and emphasize your self-worth.

### *Handling rejection*

Rejection is an inevitable part of life, and it can occur in various contexts, including social and romantic interactions. While it can be a challenging experience, approach rejection with grace and a healthy mindset. Understanding how to handle rejection can help you navigate these situations with resilience and maintain positive self-esteem, with the goal of taking something that is unpleasant and making it less so, with minimal bitterness or resentment in its wake.

While rejection can be scary and may trigger negative thoughts and emotions about ourselves, it's crucial to remember that rejection does not define your worth as a person. Each individual has their own preferences, circumstances, and reasons for their decisions. Handling rejection, both in receiving it and in rejecting others, in ways that are kind and truthful is a skill, and like any other it can be learned and strengthened.

### Being rejected

Responding to rejection with grace and maintaining good manners not only shows respect to others but also cultivates self-respect.

Here are some ways to handle rejection gracefully:

- **Recall that no one is entitled to someone's time, attention, or response.** Understand that not receiving a response often implies disinterest, especially in initial interactions. Respect the absence of a reply as a response in itself, and move on.
- **Give people the space to decline your interest without hurting your feelings.** Grant others the space to decline your interest without taking it personally. Sometimes, individuals attempt to manipulate emotions or

guilt-trip after rejection, adding unnecessary discomfort (e.g., "I guess you're not interested in me, huh :( "). Accepting rejection without internalizing the experience or pursuing explanations is crucial for both self-respect and respect towards others. Avoid demanding explanations or persistently pursuing someone after they've declined.

- **Recognize that folks may have lots of folks they are trying to spend time with at events/while traveling.** When expressing your interest, offer understanding and acknowledge the potential constraints on someone's interest and availability that the other person may be facing. This demonstrates empathy and shows that you respect their boundaries and priorities. For instance, consider phrases like, "If you're busy, no worries, just thought I'd check!" or "I understand if you're tied up; maybe another time!" or "It was so great meeting you! I don't wanna keep you from the party, but hope to run into you later tonight!"
- **Embrace positive explanations for rejection and let go of hard feelings.** Avoid using rejection as a reason to be self-critical or hold onto resentment. Instead, adopt a charitable mindset and assume that the other person knows their interests, availability, and desires best. Recognize that their rejection is saving both of you from an encounter that would not be mutually enjoyable, and focus your energy on connecting with someone who appreciates and values you.
- **Reflect on Your Approach:** If facing frequent rejection, reflect on your approach and interactions. Evaluate if your behavior aligns with respecting both yourself and others. Consider insights from previous sections of this guide and explore different approaches that resonate with your values.
- **Practice Self-Awareness:** Cultivate self-awareness, recognizing when your approach might come off as forceful, pushy, or off-putting. Be mindful of your interactions on apps or in person, understanding that others may talk about you if your behavior seems intrusive.

### Rejecting others

I truly believe that no one enjoys rejecting someone who has approached them with respect and genuine interest. We flinch at the thought of causing pain, and we may also worry about how the other person will respond. However, remember that a lack of interest typically stems from the simple truth that our time and energy are limited, and we have to prioritize some relationships and connections over others.

When it comes to rejecting others, it's crucial to be truthful while maintaining kindness and empathy. You will do neither of your favors by feigning interest or trying

to make time for a connection that you simply don't have the bandwidth for. But nowhere is it written that honesty needs to be cruel; in fact, truth is vital, but without kindness, it is unbearable. Find ways to communicate your lack of interest respectfully, such as saying, "My schedule is quite full at the moment, and I'm not looking to engage in play together, but it was nice chatting with you." This approach acknowledges the person's approach, expresses your current circumstances, and affirms the value of the interaction you've had.

It's also worth considering whether you want to reject the entire connection or simply the idea of engaging in play. Sometimes, it's possible to be open to being a friendly face to run into, occasionally chat with, or develop a non-sexual friendship.

In some cases, individuals may react poorly or display a sense of entitlement when faced with rejection. Individuals might try to manipulate you by asking you to say what's "wrong" with them or whether they are too ugly, too boring, too whatever for you to be interested. It's best not to let yourself be goaded into responding; someone seeking to make a rejection hurt is not being kind to either of you. If you have been polite and honest in your communication, you have upheld a respectful approach. If someone reacts negatively, it's okay to walk away and prioritize your own well-being.

### *Avoiding disrespectful players*

Unfortunately, the kink community, like any other community, is not immune to the presence of disrespectful individuals. It's disheartening to acknowledge that there are those who range from simply rude to outright predatory. What makes this doubly sad is that they often target newcomers who may lack the experience to identify red flags or resist manipulative tactics, and who may not have a supportive network to warn them about such individuals.

- **Request references within the community:** When connecting with new acquaintances or potential partners, seek references from mutual contacts. Insights from others can offer valuable information about their behavior and reputation within the community.
- **Arrange non-sexual meetups to gauge compatibility:** Consider meeting for coffee or attending community events to interact in a non-sexual setting. This allows you to chat, hang out, and assess compatibility and comfort levels before engaging further.
- **Trust your intuition and feelings:** Pay attention to your instincts; if something feels off or makes you uneasy, explore those feelings. Be honest with yourself about your comfort levels and needs, and don't hesitate to step back from interactions that don't align with them.

- **Prioritize safety over appearing polite:** Your safety is paramount, yet many feel pressured to go through with plans they would rather not keep for fear of appearing impolite. Some disrespectful partners exploit this by guilt tripping partners who get cold feet, but if you follow the [guidelines on considerably canceling or rescheduling interactions](#), you can know that you are being respectful while prioritizing your comfort. Your well-being comes first.
- **Establish safe calls or check-ins:** Inform trusted individuals about your whereabouts and plans. Consider sharing your location or arranging periodic check-ins during scenes for added security and peace of mind.

Understanding the dynamics of respectful interactions within the kink community involves recognizing both positive and negative indicators. The following table outlines various behaviors and characteristics—green and red flags—that can help navigate interactions with individuals within the community. Identifying these indicators aids in fostering safe, consensual, and respectful engagements while promoting awareness and informed decision-making.

<b>Green flags:</b> things that signal a respectful and caring partner	<b>Red flags:</b> things that warn of a potentially disrespectful partner
<p><b>Shows interest in you and your preferences:</b> A respectful player will ask about your interests and show genuine respect for them.</p> <p><b>Respects existing relationships:</b> Shows respect for your existing relationships and friendships within the community.</p> <p><b>Humility and good humor:</b> Displays humility, possesses a good sense of humor, and is approachable.</p> <p><b>Dependability and consistency:</b> Demonstrates consistency, reliability, and follows through on commitments.</p> <p><b>Acknowledges and celebrates your growth:</b> Points out your growth and progress within the dynamic or community.</p>	<p><b>Pushiness regarding play:</b> Demonstrates excessive eagerness or insistence for immediate engagement in play without considering your comfort or boundaries.</p> <p><b>Claims to have no limits:</b> States or implies that they have no limits in their actions, indicating potential disregard for boundaries or safety.</p> <p><b>Disinterest in safe words or limits:</b> Displays a lack of interest or refusal to acknowledge the importance of safe words or your stated limits during play, which can jeopardize safety and consent.</p> <p><b>Unearned expectation of honorifics:</b> Expects to be addressed with specific honorifics or titles without having earned or established a respectful dynamic or relationship.</p> <p><b>Expectation of trust without reciprocity:</b> Demands trust from you but</p>

**Accommodates your needs:**

Prioritizes and respects your needs and boundaries.

**Values mutual consent and**

**negotiation:** Prioritizes mutual consent and negotiation in interactions or dynamics, ensuring decisions are made collaboratively and with full agreement.

**Respects your agency:** Demonstrates respect for your autonomy and agency, understanding that your choices and decisions are yours to make without undue influence or pressure.

exhibits distrust or skepticism towards your judgment, boundaries, or intentions without valid reasons.

**Guilt-tripping or manipulation:** Utilizes guilt-tripping tactics or manipulative behavior to coerce or pressure you into activities or dynamics that you're uncomfortable with or uncertain about.

**Ignoring or disrespecting boundaries:** Shows a disregard for your stated boundaries or attempts to coerce you into activities you've explicitly stated discomfort with.

### Cautionary tales

I feel compelled to include this section as a means of passing along hard-learned lessons from my own experiences with individuals who, in retrospect, did not treat me with the respect I deserved. Looking back, it's remarkable how much shame I carry from those moments; shame that I ignored red flags, shame that I went through with plans I knew I should have canceled, and shame that I tried to justify it afterwards...and even wash out the aftertaste with a second, hopefully more pleasant, experience with the same disrespectful player.

By sharing the warning signs and red flags associated with disrespectful behavior, we can empower ourselves and others to make informed choices about the people we engage with. We can also break the pattern of shame that keeps disrespectful behavior unchecked.

Below are some stories, some of shame and some I feel proud of, to highlight strategies and warnings around avoiding disrespectful players.

#### Trust your instincts

"Do you still want me in a chastity cage?" I texted to the dom top stud I had connected with online, hoping to clarify the expectations for our upcoming encounter in SF. I was really looking forward to playing with him; he was experienced and was well-known in the West Coast leather community. He had even won kink

titles. In my mind, this was a pro who knew what he was doing and was someone I could trust.

His response was jarring and unexpected. "What kind of idiot faggot question is that?" he retorted. I was taken aback by the sudden shift in his tone. Throughout our previous conversations, he had never been degrading, and I had never expressed any interest in humiliation play. Being called that word was something I wasn't into at all.

I found some courage to assert my boundaries, replying, "Humiliation actually isn't one of my kinks....and being called faggot is actually a hard limit. I'm totally down with chastity, but not down with that :)." I thought that would be the end of it, a clear indication of my limits. However, he responded by questioning my feelings, suggesting that if being called that word was a hard limit for me, he doubted that he could avoid other actions that might "upset" me. It felt as if he was insinuating that I was too sensitive for setting a reasonable boundary.

I took a deep breath, burying the discomfort, and decided to answer his questions, giving my feelings on dirty talk in detail. I even provided a lengthy list of alternative words I actually enjoyed being called. I thought I had turned an awkward moment into an opportunity for clarity.

To my wall of text, he replied, "Well, I'm gonna guess race play is out of bounds."

Time seemed to stand still as I read his words. I couldn't find the words to express my shock, and instead meekly responded, "Yes, that's not in bounds."

Looking back, I wish I had said, "On second thought, it sounds like we're looking for different things and I wouldn't end up having a good time. I'm really taken aback by how you approached this conversation. Goodbye."

Instead, I found myself desperately wanting to excuse the glaring red flag and salvage the connection, even if it meant compromising my self-esteem. I chose to ignore my instincts and pushed myself to go through with our plans, telling myself "Good boys follow through." Instead, I wish I had said "Good boys deserve better."

Surprisingly, the first meetup went well, and from this I convinced myself that giving him a second chance was the right decision. I failed to realize that I was disregarding his clear communication: he had little regard for my boundaries.

Subsequent meetups revealed his true colors as manipulative and dismissive comments surfaced. After an especially distressing scene filmed with a third partner, I mustered the courage to ask him not to post the footage, as it was deeply unpleasant to recall. While begrudgingly agreeing to withhold the footage, his response was defensive and hurtful, emphasizing the money he had spent on editing and dismissing my discomfort, saying how he wished he had insisted on



signing a model release form. If he couldn't voluntarily get my assent after the fact, he wished he had forced it preemptively.

And yet still I wanted to put the unpleasant memory behind me, offering to do other scenes to try and salvage something from it. Eventually, we drifted apart. Eventually, I unfollowed him and took down all our content together.

Looking back on that experience, the shame of putting my discomfort to the side in favor of my desire and desperation to be valued by someone I admired still lingers. I wish I had chosen differently, valuing my own well-being and self-respect over the desire to make a connection. I should have recognized the red flags and had the strength to walk away. Good boys, indeed, deserve better than compromising their boundaries and self-esteem.

Red flags in chat will be redder in play

The previous anecdote highlights the importance of paying attention to red flags that may emerge during online conversations, as they are likely to intensify during in-person play.

This point was highlighted for me once during a visit to a new city, where I connected with someone who expressed interest in playing. We engaged in discussions about our shared interests, testing, availability, and began making plans. Knowing that he had an active fan page, I brought up the possibility of filming while maintaining my anonymity.

He responded positively but flagged that he would need to take a picture of me and my ID for a model release form. These had just started to become a requirement for fan pages at the time, and as someone who had never showed my face, let alone signed my name, to a form linking my identity to sex work, I felt uneasy. I expressed my discomfort, and apologized, saying, "I'm sorry, if that's a deal breaker, I completely understand."

"We discussed it," he replied.

That wasn't the case at all. We had been talking only for a while, so it was extremely easy to double check what I knew to be true: that we hadn't discussed it, as if he had, I would have immediately brought it up to figure out where we could go from there. "We didn't discuss a release form. I think you may be thinking of someone else."

At this, he became defensive, insisting that we had indeed discussed it. He went on to argue that a model release form was for my own protection, attempting to invalidate my concerns. I stood firm in my boundaries, recognizing that this response was a clear disregard for my comfort and consent. In a lengthy text, he expressed

disappointment, questioning my reluctance to prioritize the protection of all parties involved and said that I was letting him down and souring the plans.

Begrudgingly, he then added that he had scrolled through our exchange and acknowledged that it wasn't *explicitly stated* that he had requested me to sign a release. (No doubt he went looking for proof to flourish and was sorely disappointed.)

Upon re-reading our conversation, I was astounded by how much leeway I had given this individual. I thanked him for acknowledging his mistake, understanding his disappointment, but firmly maintained my boundary. In response, he expressed diminished enthusiasm about meeting; I accepted his decision, wishing him well. He did not reciprocate the well wishes, and we never spoke again...until he DM'd me years later with unsolicited nudes, asking for a hookup.

Reflecting on the experience, I am immensely relieved that I didn't cave to his demands. It became evident that his response to my boundary was to question and berate me, even attempting to gaslight me by claiming that we had discussed the issue. If we had proceeded with the meeting, I can only imagine that his behavior would have been even less understanding and kind.

#### Collaborations are not endorsements

Celebrity may be a marker of success, but it is a poor indicator of quality. When I was first getting into fisting, I encountered a well-known content creator whose verbal-laden and hyper-masculine content was undeniably impressionable. As a prominent top who had played with famous stars, his videos appeared inventive and visually appealing, and each had tons of views.

Years later, I stumbled upon this creator on (then) Twitter, filled with excitement at the prospect of connecting with one of the community's renowned figures. However, as I delved into their tweets, my enthusiasm quickly turned into disappointment.

Rather than fostering inclusivity, this individual seemed to perpetuate the notion that fisting was reserved solely for big, masculine men, creating an unwelcoming environment for players like myself. I was particularly disheartened by a tweet where they posted a bar chart detailing the body weights (!) of their partners, reinforcing the notion that play was exclusively meant for muscular individuals.

Fortunately, the fisting community did not remain silent. People began calling out the toxic behavior, gatekeeping, and body shaming perpetuated by this individual. Moreover, others bravely shared their stories of being injured, drugged, harassed, and even coerced into drug abuse and steroid use by this person. Despite these allegations, this person responded dismissively, labeling their critics as haters and claiming that their content had contributed to the mainstreaming of play. However,

their response failed to convince anyone, and the warnings about this predator in the community still echo loudly.

What is truly disheartening is that even after these allegations came to light, many prominent figures continue to collaborate with this individual. It is easy to be swayed by the association with award-winning stars and a massive following, thinking that if they play with this person, it must be acceptable. However, this is not the case. Content is created for various reasons, and it is crucial to recognize that filming with someone can inadvertently be seen as an endorsement that they are good and respectful partners. It is unfortunate that some individuals may only realize the true nature of their partner after the fact, and sharing the content may be their attempt to salvage something from the experience. However, it is important for those involved to be mindful of the implicit message their association may convey.

Set boundaries and don't shy away from them

I'm still not sure how he managed to get into the cubicle with us. My friend and I were out of town, enjoying a night of dancing at a club. As the evening wore on, a new friend of mine joined us, and as we all got hot and heavy, the three of us decided to hook up in a bathroom stall.

However, in the midst of our encounter, a fourth guy appeared. I had never met him before, but he seemed to know my friend. It wasn't clear if anyone had invited him, but he began intruding upon our space, disregarding our clear lack of interest in involving him. I focused on my friends, trying to have a good time, and we eventually returned to the dance floor.

Unfortunately, the fourth guy continued to linger nearby, growing increasingly intoxicated as the night progressed. He showed little respect for personal boundaries and made us uncomfortable with his overfamiliar behavior. Eventually, I reached my breaking point. I asked my friend if he wanted to leave, and he agreed. We arranged for a ride and bid our farewells.

To our surprise, as we exited the bar, the unwelcome individual was still following us. "I live just up the street," he claimed. Neither of us offered him a ride, reiterating our need to head home.

"No, really, it's fine. I'm just up the street," he persisted.

Feeling uncertain about the situation, I glanced at my friend, searching for guidance. I repeated our previous statement, emphasizing that my friend's partner was concerned about him staying out too late and that we needed to go directly home.

To my astonishment, the guy continued to follow us onto the street. When our Uber driver arrived, my friend and I quickly entered the car and closed the door.

Inside the car, we watched as the text messages from the unwanted individual flooded in. "You just left me in the middle of the street..." he exclaimed. I couldn't believe it. I immediately texted his friend, explaining the situation and recounting how we had repeatedly told the guy he was not welcome in our car. The next morning, he sent an apology, and I tried to put the incident behind me.

Years later, I encountered the same individual at a party; the guy approached me, claiming that what happened before was all a big misunderstanding and that he had forgiven us for leaving him in the street.

Not on my watch, honey! I was quick to remind him of his repeated boundary-crossing behavior throughout the evening. I pointed out that we had never offered him a ride, but he had invited himself twice, and we had clearly declined each time. I also reminded him of his previous texts apologizing for his actions, and that I had no interest in revisiting the incident.

Needless to say, we kept our distance, and I'm glad I stuck to my boundaries to protect both myself and my friend, and that I didn't let someone make me feel bad for it.

### ***Being a good playmate to others***

We talk about community like it's something extrinsic to ourselves, but communities are made up of the individuals within them, you included. If you are welcoming, gracious, flexible, and caring, our community becomes more welcoming, gracious, flexible, and caring. By bringing value to your community, your community becomes all that more valuable in turn.

As important as it is to find good playmates, *being* a good playmate to others is key, even and especially to folks outside of play itself. Take a few moments to reflect on ways you can help your community in the following ways.

#### Looking out for others and being a good bystander

Many of us don't foresee ourselves as villains in social settings, nor do we intend to become victims of misconduct. Yet, a role most of us have encountered, knowingly or unknowingly, is that of a bystander. Historically, discussions around inappropriate behavior often neglected the crucial role of bystanders. However, being a proactive bystander is vital in fostering a culture of accountability, support, and safety within our communities. Here are practical ways to step up and support individuals when you witness inappropriate behavior:

If you notice someone hurt, disoriented, or in need of medical attention...	Approach them and seek help from event staff or venue safety personnel. Stay with them until assistance arrives.
If you see someone intoxicated and uncomfortable with their company...	Check on them. Ensure their safety, verify their acquaintance with the person accompanying them, offer to escort them, and/or arrange for a safe ride home.
If someone is invading your friend's personal space or making them uncomfortable...	Discreetly offer an opportunity to step away ("Hey, I owe you a drink! Let's go to the bar for a minute."). You can physically intervene (e.g., by positioning yourself in between the friend and other person), suggest a change of location, or seek help from event staff or security if the situation escalates.
When someone makes offensive comments in public...	Support others in collectively addressing the issue. Even a simple statement like "That's not cool" can make a difference. If needed, involve event staff for assistance.
If someone is posting offensive comments online...	Report/block inappropriate content, offer support to folks being targeted by offensive remarks, and contribute to creating a safer online atmosphere.

Being a supportive bystander extends to standing in solidarity with those who speak out against misconduct. When someone courageously addresses inappropriate remarks, offer unwavering support. Let them know you witnessed the situation, express regret that it occurred, and convey respect and appreciation for their decision to speak up. Speaking out for oneself can be an isolating experience, so knowing that others have their back can be incredibly validating and transformative.

Additionally, we can actively support one another and dismantle a culture of fear and isolation surrounding inappropriate behavior by sharing our personal experiences. By openly discussing moments where we sought or needed support, we can invite others to do the same. Warning others about potential risks, whether in face-to-face conversations or online, contributes significantly to building a vigilant and well-informed community.

### Fostering inclusive community:

Initiating connections among fellow players who share similar interests is a fantastic way to cultivate an inclusive and welcoming environment. Here are some ways in which you can help make those connections in your play experiences:

**Be proactive in introducing individuals you enjoy playing with to others who might also appreciate their company.** Encourage these connections and genuinely celebrate when your playmates form new bonds. If feelings of jealousy arise, refocus on the friendships and connections you've established, prioritizing the growth and happiness of the community.

**Champion the importance of diversity within the play community.** Advocate for the inclusion and belonging of marginalized groups, actively challenging any attempts to gatekeep or limit participation. By championing an environment that celebrates and respects people from diverse backgrounds and identities, you contribute significantly to a more supportive and diverse play community.

**Hosting gatherings or play sessions can be a wonderful way to strengthen these connections.** If you have the space, consider organizing events like house parties, game nights, potlucks, or movie nights. These occasions provide safe and comfortable spaces for players to interact, fostering camaraderie and allowing individuals to build relationships in an inclusive setting.

### Bringing flexibility and positivity to play:

Understand that not every interaction will meet your expectations, and that's okay. Approach your interactions with flexibility and a positive attitude. If someone disappoints you or things don't go as planned, remember that you have the agency to draw boundaries and make choices that prioritize your well-being. Wish others well and let them go if the connection doesn't align with your values or desires.

## **Cleanup and Aftercare**

After a fulfilling play session, it's important to take care of ourselves and our play partners. This includes tidying up the space, ensuring personal hygiene, and providing aftercare to promote a sense of well-being. In this section, we'll explore the process of tidying up, and I'll offer some helpful tips to make the cleanup process efficient and considerate.

### **Tidying up**

Once a scene or play session has come to a close, you can be an expert player by prioritizing aftercare and thoughtfully tidying up. Taking these steps not only

promotes personal well-being but also ensures a clean and comfortable environment for future play. The following checklist provides some helpful suggestions for tidying up after a scene:

- **Rinse your hands or wear nitrile gloves:** To prevent spreading lubricant or other substances, it's a good practice to rinse your hands thoroughly with soap and water. Alternatively, you can wear nitrile gloves to avoid tracking lube or other fluids around the play area.
- **Use a designated bucket for toy cleaning:** After play, gather all the toys and place them in a designated bucket or container for easy cleaning. This helps keep the space organized and ensures that all toys are accounted for.
- **Dispose of used towels and pup pads:** To maintain cleanliness and hygiene, dispose of any used towels or pup pads properly. You can wrap them up securely in a plastic bag before discarding them.
- **Separate gear and toys for cleaning:** Identify the gear and toys that require cleaning and set them aside in a designated area. This ensures that they won't be mistaken as clean and ready for future use.
- **Return unused gear and toys to their storage place:** If you have any unused gear or toys, return them to their appropriate storage location so that everything is in its proper place for future play.
- **Reset your bed or play area:** If you used a bed or specific play area, take a moment to reset it. Remove any linens or protective covers that were used and replace them with fresh ones.
- **Take a hot shower:** After tidying up, focus on personal hygiene. Take a hot shower to cleanse your body and remove any lingering lube or other substances. This not only helps you feel refreshed but also promotes a sense of relaxation and transition.

## Taking care of yourself

After indulging in a satisfying solo play session, taking time to wind down and bask in your body is a great way to honor the experience and show yourself some self love. My own favorite routine looks like this: I start by tidying up my play space, then I set my bed with clean sheets. Next, I treat myself to some takeout, and as the cherry on top, I draw myself a bubble bath and set myself up with some Netflix and prosecco.

Here are some ways to take care of yourself, your body, and your mind after a session:

- **Enjoy a nice shower or bath:** Treat yourself to a soothing and relaxing soak to cleanse both your body and mind. The warm water can help release tension and provide a sense of comfort.
- **Indulge in yummy foods:** Nourish yourself with delicious treats or a well-balanced meal. Choose foods that bring you pleasure and satisfy your cravings, as a way to celebrate and replenish your energy.
- **Put on music you like:** Create a playlist of your favorite songs that help you relax, uplift your mood, or enhance your experience. Music can be a powerful tool for setting the right ambiance and connecting with your emotions.
- **Take stock of all the cool things you just did:** Reflect on the scene you just experienced and appreciate the moments of pleasure and exploration. Acknowledge your accomplishments, the new sensations you discovered, and the personal growth you achieved through the session.
- **Have a beverage of your choice:** Treat yourself to a drink that brings you joy and relaxation. Whether it's a cup of tea, a refreshing soda, or a glass of wine, savor the moment and let the beverage enhance your self-care routine.
- **Get some well-deserved sleep:** After an intense play session, rest is crucial for your body and mind to recharge. Ensure you have a comfortable sleeping environment and allow yourself a good night's sleep to rejuvenate and process the experience.
- **Create little rituals for yourself:** Establish personal rituals or routines that help you transition from the scene to a state of calm and self-care. These can include lighting candles, practicing meditation or mindfulness, or engaging in beauty rituals that make you feel pampered.

Remember, aftercare is a highly individualized process, and what works best for one person may not work for another. Explore different self-care practices, listen to your needs and desires, and develop your own aftercare rituals that leave you feeling satisfied, cherished, and in a positive self-pleasuring headspace.

### Taking care of others

Taking care of others after a play session is an essential aspect of creating positive memories, building intimacy, and cherishing the shared experience. It demonstrates your thoughtfulness and consideration for your partner's well-being, fostering a sense of trust and connection. The emotional toll of the intensity of some types of sex can result in people being very open and emotionally vulnerable after play;



supporting them in this state as they slowly come out of it can make for deeper bonds and better experiences.

Just as you would prioritize your own aftercare, extending the same care and attention to your partner reinforces mutual enjoyment and a healthy dynamic.

Here are some suggestions on how to take care of your partner after a play session:

- **Factor in time for aftercare:** Allow ample time for both physical and emotional aftercare. This may include cuddling, talking, and engaging in relaxing activities together.
- **Engage in open communication:** Take the opportunity to discuss and reflect on the elements of the play session that you both enjoyed. Be generous with compliments and expressions of appreciation for each other's contributions.
- **Showering considerations:** If you're hosting and your partner may appreciate a shower, offer them the option to use it. If you also want to shower, inquire whether they would like to shower alone or if they're comfortable with you joining them; I usually offer my bottoms the chance to use the bathroom alone first, and if I join them in the shower, I'll wait a couple minutes for them to have some privacy first.. Respect their preferences and provide space for any personal needs they may have.
- **Tidy up the space:** Take a moment to do a quick cleanup, gathering any clothes or belongings that may have been scattered during the play session.
- **Offer refreshments:** Provide your partner with water and light refreshments to help rehydrate and replenish their energy.
- **Engage in post-play relaxation:** If the scene was particularly intense, engage in soothing activities together, such as watching YouTube videos, sharing TikToks, or simply enjoying each other's company while unwinding.
- **Follow-up and gratitude:** Before parting ways, kindly ask your partner to text you when they arrive home safely. If you are visiting someone else for play, send them a text when you get home or the following day to let them know how much you enjoyed yourself. Even a short bread and butter note can make someone's day. (Protip: If you are staying with someone for a few nights, consider offering to cook for them, treat them to a meal, or buy them some gear or a nice house-warming present. Being a respectful and appreciative guest is a great way to show care for others!)
- **Suggest non-sexual plans:** If you desire to deepen the connection and explore a more meaningful relationship with your partner, consider

suggesting non-sexual plans for future outings. This can help foster a stronger bond beyond the realm of play.

## **+Health and Safety**

Health and safety should always be a top priority when engaging in any kind of play or intimate activities. By taking proactive measures and being aware of potential risks, you can help ensure the well-being of yourself and your partners.

Remember that these guidelines are not exhaustive, and it is important to stay informed, seek professional advice, and adapt safety measures based on your specific circumstances. Prioritizing health and safety not only protects yourself but also helps create a responsible and enjoyable environment for all participants.

### **Taking care of you and your partners' sexual health**

There are many fantastic resources that can help guide you through being a sex-positive player who values their sexual health and the health of their partners. It is important to speak to LGBTQ+ competent care providers about your play and your partners, so that you can get the best possible medical advice, including which tests and preventative services are recommended.

The tips below are general guidance, based on the state of evidence as of November 2023, but please consult health professionals for advice that is relevant to your specific health needs. If there are no LGBTQ+ competent providers in your area that you can trust, consult national guidelines on sexual health, such as those from the [CDC](#).

#### **Regularly get tested:**

Testing for sexually transmitted infections (STIs) is a crucial part of maintaining your sexual health. For folks having unprotected sex, aim to get tested every three months to stay informed about your status and discuss it openly with your partners. (For folks who have frequent sexual encounters, you can also consider getting tested after a certain number of partners in order to adopt a cadence more frequent than every 3 months.) Regular testing can help identify and treat STIs early, reducing the risk of transmission, and free testing options are very common in cities, gayborhoods, and universities.

The most common tests will be tests for HIV, syphilis, chlamydia, and gonorrhea; antibody/antigen tests for HIV and tests for syphilis involve a blood sample being drawn, while tests for chlamydia and gonorrhea involve swabs of the throat and

rectum, as well as a urine sample. Even if you only top or bottom, it is a good idea to get a full panel of tests, as transmission can happen even from chance contact.

Bear in mind that tests have a window period, which refers to the time between when a person comes in contact with an STI and when the STI will show up on a test. This means that a recent infection may not show up on a test taken soon after exposure, underscoring the need for regular testing. Below are some examples of common window periods for different types of STI tests:

Test	Window period	Source
HIV antibody tests (most rapid tests and self-tests are antibody tests)	23 to 90 days after exposure	<a href="#">CDC</a>
HIV rapid antigen/antibody test (done with blood from a finger stick)	18 to 90 days after exposure	<a href="#">CDC</a>
HIV antigen/antibody lab test (using blood from a vein)	18 to 45 days after exposure	<a href="#">CDC</a>
Nucleic acid test (NAT) for HIV	10 to 33 days after exposure	<a href="#">CDC</a>
Chlamydia (urine specimen or swab)	7 to 14 days after exposure	<a href="#">University of Oregon</a>
Gonorrhea (urine specimen or swab)	7 to 14 days after exposure	<a href="#">University of Oregon</a>
Syphilis (blood test)	30 to 90 days after exposure	<a href="#">University of Oregon</a>

**Ask potential partners about their sexual health:**

Caring for each other's well-being is integral for responsible individuals in any intimate relationship. When preparing for intimate moments involving penetration, initiating a conversation about recent testing and their health preferences reflects this care.

Approach these discussions with sensitivity, avoiding assumptions in your inquiries—asking open-ended questions such as “When was the last time you were

tested?” and “Is there anything about your health or body you'd like to share?” helps create a more inclusive dialogue. Additionally, openly sharing your own testing history and committing to update them if any positive results arise in subsequent tests fosters a foundation of mutual trust and responsibility. Although these conversations might initially feel uncomfortable, taking these proactive steps emphasizes the significance you place on health within intimate connections.

**Alert partners if you have an infection or likely exposure:**

Telling partners that you may have been exposed to an STI or that a recent test came back positive can be awkward, but it is an important part of being a good partner (and if your partner is a responsible, good player, too, they'll appreciate it).

When telling people you've tested positive for something, avoid blaming (e.g., “You gave me chlamydia”), be informative (e.g., which tests came back positive, and for which testing areas), and notify folks individually.

One way to reduce the awkwardness is to give folks a heads up when you are going to go in for testing, so that if anything comes back positive, you've already laid the groundwork of communication.

How to ask about someone's testing and sexual health	How to tell someone about a recent STI or likely exposure	How to respond to someone letting you know about a likely exposure
<p>“I'm excited to play together! Would you mind me asking when the last time you got tested was? I just had my PrEP checkup and everything looks clear!”</p> <p>“Sounds hot! And, do you mind me double checking: are you on PrEP or undetectable if you're living with HIV?”</p>	<p>“Hey there! Just wanted to give you a heads up: my test for rectal chlamydia came back positive. I'm not experiencing any symptoms, but since we played recently I wanted to let you know”</p> <p>“Hey! So some unfortunate news—my test for gonorrhea came back positive. Since you were one of my most recent partners, you may want to get tested and</p>	<p>“Hey! Thank you so much for letting me know—I hope you're not in any discomfort! I'll set up a checkup right away. Thanks again for the heads up! How have you been otherwise?”</p> <p>“Hey sexy! No worries, thanks for letting me know! I'll go in for treatment just in case. How are you feeling? We</p>

	ask for treatment, just in case.”	should make plans when we’re both in the clear!”
	“Hey! Got my test results back, all clear!”	

**Be appreciative when folks alert you of an exposure:**

Telling someone of a recent STI can be awkward, but partners can show their excellence by responding with care and appreciation. Thanking your partner for telling you about an exposure or test result, asking them how they are doing, and letting them know when you plan to get tested/treated are all extremely chill ways of letting them know that reaching out to you was the right step.

**Avoid stigmatizing language, like “dirty” or “clean:”**

Sometimes, in the desire to have conversations about our sexual health, unintentionally stigmatizing language can creep in. Language plays a crucial role in fostering a supportive and non-stigmatizing environment around sexual health discussions. Instead of using terms like "dirty" or "clean" to discuss your testing status, focus on conveying the specifics of your test results—whether they're negative or if you've tested positive for an STI and are undergoing treatment. By reframing conversations in factual terms, emphasizing personal health actions, and avoiding judgmental language, individuals can contribute to a culture of understanding and support rather than perpetuating stigma associated with STIs.

**Take ART to treat HIV or PrEP to prevent it:**

For folks living with HIV, antiretroviral therapy (ART) has proven to be highly effective in reducing viral loads. When someone consistently takes their prescribed medication, reaches and maintains an undetectable viral load, they cannot transmit HIV to others. This concept is known as "Undetectable = Untransmittable" (U=U). The scientific evidence supporting U=U is overwhelming and unambiguous, with [a recent systematic review from The Lancet](#) finding “almost zero risk of sexual transmission of HIV with viral loads of less than 1,000 copies per mL” across over 244 studies, comprising 7,762 serodiscordant couples from 25 countries. U=U is a powerful affirmation that highlights the power of effective treatment in preventing HIV transmission.

For those who are HIV-negative but who engage in activities that may pose a risk of exposure, pre-exposure prophylaxis (PrEP) offers an additional layer of protection. PrEP involves taking a daily medication containing two drugs used to treat HIV, emtricitabine & tenofovir. Taking PrEP, which is marketed under the brand names Truvada and Descovy, has been shown to reduce the risk of HIV transmission by up to 99% when taken consistently and correctly. The side effects are minimal, and because those taking PrEP are required to be tested every three months for common STIs, it provides you with a recurring framework to complete routine STI screening.

(Note: in some countries and jurisdictions, health departments also provide guidance for “on demand PrEP”, which is also called 2-1-1 PrEP. In this dosing schedule, a person takes 2 pills 2-24 hours before sex, 1 pill 24 hours after the first dose, and 1 pill 24 hours after the second dose. 2-1-1 PrEP was found to be [97% effective](#) in reducing HIV transmission in the IPERGAY trial, which focused on men and transgender women who have sex with men. For men who have infrequent sex with men, 2-1-1 PrEP may be an effective alternative to daily PrEP, but there is less available evidence to establish it as an effective alternative for other groups, and many health agencies, including the [U.S. CDC](#), recommend daily PrEP exclusively.)

### **Get HIV PEP after a known or suspected exposure**

Post-exposure prophylaxis (PEP) involves promptly taking a specific prescription of antiretroviral medications after a known HIV exposure to lower the risk of infection. Observational evidence indicates that starting PEP shortly after exposure can reduce infection risk by [approximately 80%](#). Time sensitivity significantly impacts PEP's effectiveness; ideally, it should be taken within 2 hours and no later than 72 hours after exposure. PEP is accessible from most emergency departments, and most LGBTQ+ health clinics offer 24/7 PEP hotlines, connecting individuals with PEP providers at any time.

### **Consider DoxyPEP**

DoxyPEP is the use of the antibiotic doxycycline post-sex to reduce the risk of contracting certain STIs. You can think of it as a morning-after pill for STIs. [Studies have demonstrated its efficacy in significantly lowering the likelihood of acquiring syphilis and chlamydia by approximately two-thirds.](#) For best impact, try to take DoxyPEP within 24 hours of exposure, with 72 hours generally considered the upper limit for maintaining some efficacy.

### **Stay up-to-date with vaccinations:**

In addition to routine immunizations, it is important to protect yourself against specific infections that can pose risks in intimate settings. Stay informed about

vaccination recommendations for diseases such as human papillomavirus (HPV), Mpox (formerly monkeypox), and hepatitis, as well as vaccines for easy-to-transmit respiratory infections like the flu and COVID-19. Consult with healthcare professionals to ensure you have received the necessary vaccinations to safeguard your health. Recall that some vaccines may require boosters, so keeping a record of your immunizations is a good idea to find out when you might need other doses.

### **Consider physical precautions:**

When engaging in activities that involve potential exposure to bodily fluids or skin-to-skin contact, such as fisting or certain types of BDSM play, consider using gloves, condoms, dental dams, or other barriers to reduce the risk of STI transmission. Proper use of protective measures can help minimize the potential spread of infections.

### **Substance use and harm reduction**

There are a wide range of substances that are used in different play settings, and each player will have their own comfort level and limits around their use.

Some individuals, whether sober or in recovery, strictly avoid any substance use, either for themselves or their partners. Conversely, some may permit their partners' substance use, but won't use substances themselves. For certain players, a specific drug may be an acceptable addition to play, while other drugs remain off-limits.

Understanding the social norms around substance can be a challenge as a newcomer to these scenes. Resources often presented extreme stances, some advocating complete abstinence, which seemed impractical given the prevalence of substances like alcohol and poppers even in less explicit settings. Conversely, other resources seemed overly permissive, almost normalizing more extreme drug use within these contexts.

In my experience, most individuals engaging in substance use during play recognize two essential principles: **1) no one should feel pressured into using substances,** and **2) each person has definitive boundaries regarding which drugs are acceptable to them and those around them.** Contrary to a common misconception, having an open attitude towards certain drugs doesn't imply equal acceptance of all substances—preferences vary widely among players.

It's critical to note that **popularity doesn't consistently align with safety.** Substances with the potential for physical addiction or fatal consequences span a range, including alcohol, cocaine, and methamphetamine. The social acceptability of a drug often revolves around perceptions of safety, social norms, overdose risks,

regulatory leniency, administration methods (e.g., inhalation vs. injection), and long-term effects.

Observing these factors, substances commonly used among players often fall into three groupings:

### **Widely used and socially accepted substances:**

Both **alcohol** and **marijuana** commonly feature in recreational use beyond intimate play settings, resulting in familiarity for many participants. **Poppers**, a class of inhalant recreational drugs containing alkyl nitrite, isopropyl nitrite, or pentyl nitrite, offer a brief euphoric sensation by relaxing blood vessels, increasing blood and oxygen supply to the body. This effect often aligns with the desired headspace for players engaging in certain activities, particularly enhancing the relaxation associated with bottoming.

Despite their frequent use, it's crucial to note that not all players feel at ease with these substances. Some individuals may have sensitivities—such as aversion to the smell of poppers or experiencing headaches from exposure—or negative past experiences that makes some or all of these substances not a part of their play. Some avoid drugs because of work/security clearance requirements. And, importantly, there are dangers with using and mixing even commonly-used drugs. For example, the use of poppers is dangerous when individuals are taking Cialis, Viagra, or other vasodilators, as the combination can cause a sudden loss of blood pressure.

### **Club drugs:**

This group features substances sought for potent mind-altering effects, such as stimulants (**MDMA** and **cocaine**), depressants (**ketamine** and **GHB**), and hallucinogens (**LSD**). People may use these drugs to enhance play experiences (broadly, this is referred to as “chem sex”, but this can also refer more specifically to sex on methamphetamine) or for recreational purposes (like raving, circuit parties, and concerts).

However, it is crucial to be aware of the significant risks associated with their use. Mixing these drugs, especially combining depressants with other depressants, can be extremely dangerous. Many of these substances carry a high risk of addiction and can cause severe distress, harm, and even death if consumed in excess. To prevent harmful outcomes, it is essential to stay informed, exercise caution, and prioritize safety in all situations.

### **Most perilous and unacceptable substances:**

**Methamphetamine, opiates, and heroin** comprise this category, universally acknowledged as addictive, highly destructive, and potentially fatal. Often involving



needle injection, these substances pose severe health risks. Even those using other recreational drugs steer clear of this category, underscoring that openness to certain substances doesn't necessarily extend to these highly dangerous ones.

**No one should ever feel compelled to consume any substance as part of their play, nor should anyone be pressured into doing so against their will.**

If, and only if, you choose to include substances into your play, it must *always* be a personal decision to take them. While there are steps you can take to minimize potential harm, some of which are noted below, it's imperative to recognize that risks persist, and even meticulous adherence to these measures might not eliminate adverse effects associated with substance use.

- **Prioritize informed consumption:** Understanding the substances you consume is pivotal. Regularly testing substances, relying on trusted sources, and understanding their [interactions with other substances](#) can mitigate risks. If you are trying a substance for the first time, ensure you are trying it in a safe setting with trusted friends to minimize potential harm.
- **Transparent communication with partners:** When involving substances in play, transparently communicate with your partner(s) about what substances are being used. Concealing substance use can heighten risks, so ensuring mutual understanding and consent is essential for a safe and consensual experience.
- **Safe measurement and timing:** Precision is key when using substances that affect perception. Measuring quantities and setting timers for doses beforehand while sober can significantly reduce potential harm, but keep in mind that the purity of drugs varies, even when sourced from the same seller.
- **Sobriety in certain roles:** In scenes involving restraints or situations where safety is a primary concern, it's crucial for the dominant partner to remain sober. Clear-headedness ensures quick and appropriate responses to ensure the well-being of all involved.
- **Recognize and respect limits:** Knowing and respecting personal hard limits is imperative. If warning signs, such as the use of needles or crack pipes, appear and violate established norms and boundaries, it's crucial to exit the situation. Prioritizing personal safety over continuing a scene is paramount.
- **Embrace sober play and breaks:** Relying solely on substances for pleasure can foster dependency. Engaging in sober play and taking breaks reminds the mind and body that pleasure can be experienced naturally, without relying

solely on mind-altering substances. This practice helps maintain a healthy relationship with pleasure and substance use.

## **Injury risk reduction**

Exploring intimacy and pleasure in high-contact play often involves various physical activities that carry a risk of injury, but there are a number of easy steps that you can take to promote a safer environment, ensuring that pleasure remains harmonious with personal health and safety.

### **Communicate and establish boundaries:**

Open and honest communication with your partners is key to maintaining a safe and consensual play experience. Discuss your boundaries, limits, and desires to ensure that everyone involved is on the same page. Clear communication helps prevent injuries and promotes a positive and enjoyable experience.

### **Respect injury signals and refrain from play:**

Prioritize your well-being by acknowledging and respecting your body's signals. If you are injured or experiencing any discomfort, it's crucial to abstain from engaging in play activities, whether you feel a tear in your hole or a sprain in your hands. Allowing yourself sufficient time to heal is paramount; take the break to reconnect with other aspects of your sexuality and take pride that you are giving your body what it needs. And remember to seek advice from healthcare professionals if your healing process is stalling or if conditions worsen.

### **Proper warmup is essential:**

Take adequate time to warm up before engaging in play. This includes gradually sizing up with toys, even starting with smaller ones you're comfortable with. Proper warm-up routines help prepare your body and minimize the risk of strains or injuries during more intense activities. I often use a set of relatively tiny toys to warm up, just to ensure that my hole is awake and that lube is getting to all the places it needs to.

### **Stay hydrated for optimal well-being:**

Maintaining proper hydration levels is key to preventing headaches and dizziness during play. For each person playing in a scene, have a water bottle filled before you get started so that no one goes thirsty for long.

### **Exercise care with position changes:**

Be mindful when transitioning from slings or reclining positions to avoid sudden head rushes, especially when playing with poppers. Changes in posture can lead to

disorientation or falls, especially if floors or supports are slick with lube; take your time to catch your breath, get your bearings, and ask for help if you need it.

## Mental health and wellness

Mental health is an indispensable cornerstone of overall well-being. Nurturing mental health not only enriches personal experiences but also shapes the dynamics of interactions within these spaces. Here are some practical tips aimed at nurturing mental health and promoting emotional well-being within the realm of intimate interactions

- **Acknowledge mental health's significance:** Prioritize mental health as you would physical health, recognizing its influence on your daily life and interactions.
- **Partake in emotional well-being activities:** Engage in activities that foster emotional well-being. This might include meditation, journaling, artistic endeavors, or any other activities that bring you peace and contentment.
- **Embrace self-care practices:** Dedicate time for self-care, nurturing yourself mentally and emotionally. This could involve setting boundaries, getting adequate rest, enjoying hobbies, or practicing mindfulness.
- **Seek support when necessary:** Don't hesitate to seek support from friends, loved ones, or professionals when you feel overwhelmed or in need of guidance. Seeking help is a courageous step towards maintaining mental wellness.
- **Embrace self-compassion:** Adopt a compassionate stance toward your body and mind. Avoid self-criticism or guilt if a scene doesn't go as planned or if performance expectations aren't met. Treat yourself with kindness and understanding.
- **Allow yourself breaks and recalibration:** Recognize the value of breaks. Take time away from activities or scenes to recalibrate and recharge. This pause allows for reflection, relaxation, and mental rejuvenation.

## Conclusion

**Well, there you have it!** Big thanks for taking the time to read through this! I really hope this guide has given you some useful insights and handy tips for navigating the exciting world of play. It's been a blast putting this together, and I truly believe that learning and talking openly about these topics can make our community stronger and safer, to say nothing of more experienced!

**If you've got more nuggets of wisdom to share, some personal stories, or even some cool suggestions, I'm all ears!** It would be a dream to make this guide even better over time, and I'd love to hear from you on [X/Twitter](#), [Telegram](#), and [Instagram](#).

**I do have one favor to ask: don't keep all this newfound knowledge to yourself!** Share this guide with your pals, your playmates, and anyone you think might benefit from it. Spreading the word about responsible and enjoyable play helps us all grow and thrive.

**Before I sign off, remember that at the heart of all this play is the simple idea of having fun.** So go on, explore, experiment, and most importantly, enjoy yourself! Keep those lines of communication open, play safe, and make some fantastic memories. Stay kinky, stay curious, and play on!

*With much love and mischief,*

*~ Switch Twink XL*

*P.S. I'm hopeful that I can expand this guide with additional sections and more content! Below are some of the sections I'd love to write / have help writing. Reach out if you are interested in getting involved!*

- *Pup play*
- *Bondage / impact play*
- *Body modification*

## ? FAQs

- **I literally have no idea where to start!** → [How to Read This Guide](#)
- **How do I clean out for toys/fisting?** → [Step-by-step guide to a sparkling hole](#)
- **What toys should I get?** → [Choosing an anal toy](#)
- **What lube should I get?** → [Lube](#)
- **What types of gear and supplies do I need for play/fisting?** → [Supplies](#)
- **How do I meet people for play/fisting?** → [Finding and Connecting with Playmates](#)
- **I'm starting out a fist topping, how do I up my game?** → [Fisting Techniques and Styles](#)
- **How can I get better at dirty talk?** → [Getting verbal](#)
- **Any advice on depth play?** → [Depth play](#)

# Appendices

## Further resources

### *Resource guides and websites*

- Pawzitive Influence - <https://www.instagram.com/pawzitive.influence/>
- Such FFun - <https://open.spotify.com/show/7rh29Bbw5BxPaeuCYTk8hy>
- Kink Academy - <https://www.kinkacademy.com/>
- DanceSafe - <https://dancesafe.org/>
- ChastityPod - <https://open.spotify.com/show/0By3cN74XBhx5Fz6tV5WKQ>
- Aidsmap - <https://www.aidsmap.com/about-hiv>

### *Kink brands*

- High-quality anal toys
  - [Topped Toys](#)
  - [Twisted Beast](#)
  - [John Thomas Toys](#)
  - [Hankey's Toys](#)
  - [Crackstuffers](#)
  - [Friendly Toys](#)
- Other toys
  - [Oxballs](#)
  - [Square Peg Toys](#)
- Leather, pup hoods, and gear
  - [Mr. S Leather](#)
  - [Mistrbear](#)
  - [Maskulo](#)
  - [MR. Riegillio](#)
  - [Fort Troff](#)
  - [Regulation](#)
- Latex
  - [Libidex](#)
  - [Invincible Rubber](#)
- Chastity cages
  - [kink3D](#)
- Lube
  - [Xlube](#)

## Favorite Toys and Kink Gear

In this section, I'm delighted to share some of my personal favorite toys and pieces of gear that have added so much pleasure to my play. I've included links; none of these are sponsored content, and I don't get a kickback or commission if you decide to click on them and buy the toys.

It's important to note that what works for me may not necessarily be the ideal fit for everyone; the key to a fulfilling exploration with toys lies in discovering what resonates with you. This guide has a dedicated section on [choosing the right toy](#), emphasizing the importance of sizing, preferences, and individual comfort—check it out and find your own favorites!

- [Gape Keeper](#) (in sizes 55, 75, 93, 108, 116, 128) - a fantastic plug for long-term wear and for width play training
- [Chute](#) (sizes 85 and 100) - a plug with a channel in its side that allow for tops to fuck you while you are plugged, giving you a fantastic double stuffed feeling
- [Erebus](#) (120) - a ridged toy with a textured surface and fantastical design, the 120 size is 12" round at the widest point, given you a super-full feeling when taken to the base
- [Valac](#) (L) - one of my favorite toys for width training and a favorite for popperbators, this toy is designed to be sat on and to super-stretch your hole without going deep, perfect for bouncing up and down and sizing up
- [Xaphan](#) (XL) - not for the faint of heart, this toy is super soft, which is perfect because the smooth knotted center gives me a overwhelming sensation when it finally slides in
- [Bael](#) (M) - with a fabulous texture and muscle-bound design, this is one of my favorite toys to put on a fuck machine or to use as a strap on
- [Nessus](#) (M) - a fantastic option for horse cock designs (with all the fun of the ridged head and medial ring midway down the shaft) that weighs width over massive depth
- [Nick Capra](#) (M) - quite possibly the perfect penis design in existence, this toy is my favorite human dildo
- [Mr. Michelin](#) (S, M) - a smooth ridged dildo design, the smaller sizes are fantastic to use on a fuck machine or as a strap on
- [Morph Silicone Pig Hole](#) (FF) - a smooth silicone hollow toy design that allows for fucking and fisting through the stretchy material

- [Inflatable Butt Plug with solid core](#) (M and XL) - extremely fun for width training and popperbating, this plug has a solid core that makes insertion much easier. Fantastic to use in kinky scenes where the bottom can be made to beg for each pump!
- [Magic Wand vibrator](#) - the very best vibrator I've ever used, the Magic Wand has multiple settings, a long battery life, and lots of power
- [Square Peg Toys Happy Puppy Tail plug](#) (M and XL) - my favorite pup tails, the base plug has a nice stability and I love that they come in lots of sizes and colors
- [Puppy Tail Holster](#) - a wonderful leather harness from Mr S, this holster keeps your pup tail secured, adding to peace of mind. You can buy an adapter to extend the use of the holster to normal plugs, as well.
- [Blush Temptasia Titillator](#) - an expensive, but fun toy for folks who love nipple play, these rechargeable tit suckers have a spinning center that flicks your nips
- [Bull Balls](#) - a stretchy sack of silicone that goes over your balls and adds heft and a gentle squeeze, this toy is really fun to wear while topping or jacking off
- [Oxballs Cock T Cockring](#) - my favorite cockring, this toy is super squishy, has a secure feeling that doesn't pinch, and adds a fun bulge for jockstraps



## The Ultimate Pre-Play Checklist

- Check that vibrating toys and electronics for recording, sexting, or viewing porn are charged, including
  - Phones
  - Headphones
  - Speakers
  - Laptops
  - Vibrating wands
  - Vibrating plugs
- Change into comfortable clothes for the pre-play set up.
- Take off any jewelry so you don't lose it during play. Pro-tip: take pictures or write a note to yourself for where you left jewelry and valuables (especially things like chastity keys!) so you don't forget.
- Have yourself some water, a drink, some snacks, or whatever else you'd like to treat yourself with to get in the mood to set up your space.
- Close the blinds.
- Adjust the thermostat. Unless you will be playing in latex, you likely will be more exposed while playing, so consider going for a warmer setting.
- Give a thought to any post-play plans you'd like to make (like taking a bath, ordering food, etc.).
- Check that you have enough fresh towels for both playtime and post-play showering for you and your partners.
- Tidy up the play space area (e.g., clear up the space of any objects like shoes and laundry).
- Mix lube (at least 20 min before) / check available supplies.
- Lay down your pup pads, play sheets, and/or towels in the areas you want to play in. Leave extras around for when you'll need them!
- Lay out some rolls of paper towels in the areas you'll want them (e.g., on the bed, in the sling, in the bathroom).

- Light some candles, if you prefer.
- Put out your bottles of lube and, if using, poppers.
- Fill a water bottle (or two, if playing with partners) and have it at easy reach from where you will be playing.
- If you get a little hungry during a scene, lay out a small bowl of snacks (like veggies, chips, or cookies) that you and/or partners can nibble on at breaks.
- If you are using toys, have a bucket, bin, or some other bulky plastic container on hand that you can just dump them in when you're done with them.
- Lay out your toy selection ahead of time, so you don't have to dig for them later with lubed up fingers. (I like to keep my favorite toys and gear in a separate bag for this reason.)
- If you are using a fuck machine, set it up where you would like it. Make sure it is secured and will not move too much, and that you have a comfortable play to kneel on or lay down in front of it.
- If you are planning on watching porn, sort out some selections ahead of time. This makes it nice to figure out what you may want to look at to start your scene and cuts down on downtime spent searching mid-play. You can also go ahead and set up your headphones to your laptop or phone.
- If you like to listen to music, set up connections to your speaker and decide on which music to play. Try to set up your connections so that you won't get interruptions from calls, texts, ads, or—if you try to take videos on your phone—recordings.
- Set up lighting and—if you are recording—tripods and cameras. I like to do this next to last, because bright lighting can be distracting and it's good to have your play space set up before you try getting wires and cables plugged into different outlets. If you find yourself running out of outlets, getting a power chord specifically for lighting can help.
- Do a final spot check if you plan on bottoming.
- Change into any gear you want and dive right in! I like to change into my gear after all the scene prep is finished. This gives a nice delineation from the pre-scene fluster of figuring out lighting and supplies and electronics and whatnot to the playtime hedonism of having some good old kinky fun.

## Glossary

**Aftercare:** The care and support provided to participants after a scene or session, which may include emotional reassurance, physical comfort, and open communication to ensure their well-being and help them transition back to a relaxed state.

**Chastity:** a form of sexual activity where sexual gratification is delayed or denied, typically with the use of a cage or belt, keeping the genitals locked away.

**CNC (Consensual Non-Consent):** A form of roleplay that two or more people engage in that emulates some form of forced sexual activity, having previously established enthusiastic and clear consent to the role play they are about to undertake.

**Depth Play:** Play involving fisting or inserting objects at greater depths of the hole, with a focus on experiencing intense sensations or achieving specific forms of pleasure.

**FF or ffun:** Slang for fisting.

**PNP:** party and play, also known as chemsex or wired play, refers to the practice of consuming drugs to enhance sexual activity. Many folks use “PNP” to refer specifically to the use of methamphetamine in sexual settings.

**PrEP (Pre-Exposure Prophylaxis):** A medical approach used to prevent HIV infection, involving the use of specific medications before potential exposure that significantly reduces the risk of infection.

**Scene or Session:** A planned encounter or interaction involving kink or BDSM activities, where participants engage in specific roles, scenarios, or fetishes for mutual enjoyment.

**U=U (Undetectable = Untransmittable):** A concept in HIV prevention that acknowledges that individuals with an undetectable viral load through consistent treatment cannot transmit the virus to others through sexual activity.

**Undetectable:** Refers to a low level of a virus (such as HIV) in a person's blood, making it difficult to detect through standard tests. Being undetectable is often a result of successful medical treatment.

**Width Play:** Play involving fisting or inserting objects to spread or stretch the hole, often for the purpose of sensation, stimulation, or exploring unique experiences.