

# Dispelling some of the more common myths and incorrect fanfic tropes!

## BDSM

Disclaimer: I am by no means an expert in BDSM, just a mortal who knows some stuff. Always do your own research before delving into the world of kink. Be Safe! Be Sane! Make sure it's consensual!

Disclaimer the second: I am not a sex expert (despite repeated attempts to pass the exams), this is for entertainment/fictional writing purposes only and is not intended to replace actual medical advice. If you have concerns about your intimate health, contact a professional doctor!

Points to hit:

- What is BDSM
  - Bondage & Discipline
  - Dominant & submissive
  - Sadomasochism or Sadism & Masochism
- BDSM is a variety of often [erotic](#) practices or [roleplaying](#) involving [bondage](#), [discipline](#), [dominance and submission](#), [sdomasochism](#), and other related interpersonal dynamics
- Not really here to get into also the diff parts of BDSM
  - Focusing on SSC & RACK mainly as these are the ones seen/tagged in fic most often.
- What are SSC & RACK
  - The best term would be codes of behaviour or conduct
  - They are simple acronyms that very loosely define a scene outside of the more personalised limits of the participants
- SSC: Safe, Sane, Consensual
  - This is the most common/well know one
  - It was the first such code of behaviour coined in the 80s
  - Standing for Safe, Sane & Consensual
    - Safe meaning - the acts within the scene are safe to all participants

- Another meaning I have seen is that the participants feel safe with one another, even if the acts are not 'safe'
    - Sane meaning - all participants are sound of mind & in a state to consent - extrapolating from that, meaning not under the influence of any mind altering substances
    - Consensual meaning - everyone consents and again - those under the influence cannot give such consent. Power imbalances also negate consent - boss/employee, teacher/student, anything where someone is in authority over another person, even age gaps can fall under this.
  - It's a constant cycle, if you're not sane, you can't give consent, if you can't give consent, it's not safe, if it's not safe, it's not sane, etc etc
  - Seems good right? Reasonable and a way to make sure everyone plays safely.
  - But it's ambiguous
  - What is sane & safe to me, might be insane & unsafe to Sandra & vice versa.
  - And really, is an sex act 'safe'?
    - The propensity for injury is everywhere with regular vanilla sex, never mind if you get out rope & handcuffs & all manner of fun stuff!
- RACK: Risk Aware Consensual Kink
  - That leads us onto the next code of behaviour that was coined in the late 90s
  - Standing for Risk-Aware Consensual Kink
    - Risk-Aware meaning - everyone is aware that the scene or the acts within the scene may not be safe.
      - This sounds really dramatic, but really, even tying someone up can cause nerve damage if done incorrectly, candle wax can burn, impact play can cause massive damage with just a slightly misjudged strike.

- It doesn't mean the sub is gonna be beaten bloody & unconscious
  - Consensual meaning - everyone is consenting to the scene.
  - Kink meaning - well it's just a nice way to round off the acronym. It doesn't actually stand for anything.
- From [submissivguide.com](http://submissivguide.com):  
The difference between the two terms is even more clear when the spirit of them is applied in the public scene.

When watching a scene that may involve some heavy risk you might hear the person next to you whisper to their partner "they shouldn't do that...it's unsafe...that is a dangerous Dominant" - that is the spirit of SSC.

If you hear whispered "I wonder if he knows the risk involved in doing that....I wonder if he does "this" it could be made safer....I think I will tell him about it later after his scene" - that is the "spirit" of RACK.

- Handy Chart:

KYNK THEORY 101		
SSC	RACK	PRICK
<b>Safe:</b> Partners feel a mutual sense of safety when engaging in a kink with one another.	<b>Risk-Aware:</b> Partners have an equal knowledge and understanding of the risks involved in the activity.	<b>Personal Responsibility:</b> Partners take personal responsibility for engaging in the kinky activity.
<b>Sane:</b> Partners mutually agree on what "sane" means for them.	<b>Consensual:</b> Partners mutually consent to engaging in the kinky activity.	<b>Informed:</b> Partners proactively educate themselves on the risks inherent in the activity.
<b>Consensual:</b> Partners mutually consent to engaging in the kinky activity.	<b>Kink:</b> Not every kinky activity is 'safe' and 'sane'. Acknowledging risk is critical to this approach.	<b>Consensual:</b> Partners mutually consent to engaging in the kinky activity.
		<b>Kink:</b> Not every kinky activity is 'safe' and 'sane'. Acknowledging risk- and taking full responsibility for understanding it- is critical to this approach.

- A Brief Touch on PRICK
  - PRICK is basically RACK++
  - It focuses more on the personal responsibility of every participant
  - People within a scene should know about the risks involved in any kink acts they wish to do
  - They should have researched & be prepared
  - Each person is responsible for their own safety
- What if you're new to kink in general?
  - **Repeat Disclaimer: I am by no means an expert in BDSM, just a mortal who knows some stuff. Always do your own research before delving into the world of kink. Be Safe! Be Sane! Make sure it's consensual!**
  - SSC should apply to entry level things. Do your research, kind people in your community to learn from - whether you're Dom or sub! Let them guide you.
  - RACK & PRICK are for more hardcore acts I would say. While it's never a bad idea to be aware of the risk & be aware of your personal safety & to **know** about your kinks/interests/etc, the danger of a little bit of light spanking & tie me up/tie me down is very different to say... blood play.
- Common FanFic tropes:
  - Bloodplay
    - This is common amongst wincest in my experience. They boys carry lots of knives & y'know... sometimes they be kinky.
    - For me this would be RACK. It's not safe, there is real propensity for serious injury & possible death.
      - Even the smallest injuries are infection risks if not looked after properly as well. This kinda play doesn't stop in the bedroom

- Also to note: you should always be aware of your partners sexual health status before you start exchanging fluids, but especially with blood. HIV is still a risk, even with the amazing drugs we have in 2023. Be safe!
- Fun for fic, not for IRL unless you have been trained/done extensive research!
- Breathplay
  - Now, this is a fav of mine & you will see it alot in my works.
  - It's RACK, for sure. You can 100% kill or permanently disable someone by doing this wrong
    - But Karlee... you tag your fics as SSC
    - I do. And that draws an important line between fic & IRL.
    - Context is key. I try to be true to life in my fics. So if I write Sam doing breathplay with a female reader & depriving her of air until she almost passes out, it is with the assumed context that they have been doing this a long time, they know each other very well & they have trained & practised this.
    - Wincest is a context all to its own in my experience. If you show me a fic of heavy kink & the only safety measure in place is the fact it's wincest - I'll buy that. They are a law unto themselves, but it is not a law you should bring into IRL. You are not Sam or Dean. Be SAFE.
- Painplay

- This covers a lot of ground, however it's very common to see fics (especially in wincest)
- It's very common to see Sam & Dean relating pain to pleasure through various means
- This is - in my mind, a 'safer' kink to explore, since you can cause pain without any real damage & you are hampered by your own pain threshold.
- Insert Dreamer comment here & discuss.

### Links!

A submissive guide - SSC:

<https://www.submissiveguide.com/safety/articles/a-submissive-approach-to-safe-sane-and-consensual>

A submissive guide - RACK:

<https://www.submissiveguide.com/safety/articles/rack-an-alternative-to-ssc>

Kynk101 - SSC vs RACK vs PRICK:

<https://kynk101.com/kink-bdsm-facts/ssc-rack-prick>

Sandman Verse - <https://archiveofourown.org/series/3123849> - all the things!

Cut by KarleeKarma - <https://archiveofourown.org/works/35554972> - SSC/Bloodplay

A Tale of Two Minds - <https://archiveofourown.org/works/42627567> - RACK

Give Me Novacaine - <https://archiveofourown.org/works/40379160> - Breathplay/Painplay