

## Tips for getting your kink on

*Intimidated by kinky sex? Taking your sex life from nice to naughty is easier than you think.*

Think back to the days before you'd ever had sex. You were probably a little nervous about it. A little excited. A little afraid? And, if you were a normal teenager, you undoubtedly spent a whole lot of time wondering what it would be like.

Kinky sex is a lot like that. For those who haven't given it a try, the thought of it often comes with a little apprehension - and a lot of excitement.

Want to get your kink on but not sure where to start? Here are some tips on how to take your sex life from nice to naughty.

### What Exactly Is Kinky Anyway?

Good question. A lot of the apprehension about "kinky" sex is what it actually entails. The answer is pretty straightforward - and appealing: Kinky can be whatever you want it to be. Anyone for masturbating in a bath tub of noodles? Could be fun and is definitely kinky!

The definition of kink is "engaging in activities that are a little taboo, that are new or outside the boundaries of what we consider socially acceptable. It's anything that challenges you to push your limits."

That means you don't have to [insert preconceived notions about whips and chains and aggressive-looking sex toys here] - unless you want to. OK?

Oh, and one more thing. It's important to understand that people who are into kinky sex aren't in it to hurt each other.

They're in it for the excitement, the taboo, the pleasure, the opportunity to play roles they wouldn't normally play, and the option to play in realms outside reality. It's also good for your health...a really good added benefit!

### Talk First, Sex Later

Communication is an essential tool for any relationship or sexual encounter. Unfortunately, it's also the one that often gets overlooked. One of the hallmarks of consensual BDSM play is negotiation. Veterans of the kink scene have mastered their communication skills.

Because the aim of kinky sex is to push peoples' boundaries, couples have to really communicate to ensure no one gets pushed farther than they want to go. That's part of consent, and the only way you and your partner can negotiate it is by talking about it.

We all fall into the trap of making assumptions. When it comes to sex, that can mean people aren't enjoying themselves as much as they could be. Don't assume your current partner enjoys the same things your last partner did. Get used to asking what your partner likes; ask them to show you how they like to be touched. While you're at it, get used to asking for what you want too.



If you're on the fence about engaging in an activity, talk about it first, maybe integrate a component of this new fantasy by talking about it to see how it makes you feel.

With kink you may have to be aware of safety precautions in a way that you wouldn't have to if you weren't using props. Those activities require more talk, planning, agreeing on boundaries ahead of time, and debriefing and caring after.

### Take it one at a time

Maybe you're excited about having the kinky encounter of your dreams, where all the sex toys and sex acts you've been itching to try come together in a crescendo of orgasmic ecstasy.

That would cool, but it's pretty unlikely, and caution should be taken against it.

If you have a fantasy of being tied down, being spanked, having a group of people watch, and being humiliated, introduce those components one at a time. And do it in a relationship where you've already established trust.

This helps ensure that all the new activities you try adhere to the No.1 rule of kinky play: They're safe, they're sane and they're consensual.

### Get Consent

It's true: Consent is sexy. The argument is often made that it will spoil the mood to stop and ask questions, but I find that the opposite is true. When you don't have to worry about protecting yourself and maintaining your boundaries you can relax and enjoy yourself. Then everyone has more fun. Try working it into your dirty talk. If you're into biting, for example, nibble on your partner's ear and then whisper, "Do you like to be bitten?" You can also incorporate questions like, "Do you like this?" while you're touching someone. It's helpful to have a positive check-in, rather than waiting to hear 'No!'

### Start With the Old Standards

Sometimes our sexual fantasies just don't line up with reality. If you pull out that huge dildo right off the bat, someone could get hurt. And if you don't have fun, you sure won't be keen on giving the whole kinky thing another go. The key is to get started with some good old fashioned foreplay. The kind you know works for you and your partner. Wait until you're really turned on to introduce a kinky element or even a new element. You're more relaxed, and your pain thresholds are higher. So start with what you're used to doing and add the kink element later on.

Foreplay first. Actually, that's pretty good advice all-around.

### Explore Vulnerability

At the core of BDSM is one person being put in a vulnerable position. Being "forced" to lay back and enjoy yourself helps a lot of people get over their mental blocks and relax. Being bound, or ordered to hold still, removes responsibility for a period of time and allows you to just focus on sensation without worrying about reciprocation.



### Establish Trust

In order for someone to allow themselves to be vulnerable they must trust their partner completely. Remember the trust games you played in school as part of team building, like falling back and trusting someone to catch you? BDSM works on similar principals. Regardless of the tool being used, even bare hands, one partner is trusting the other to not harm them. And that takes trust. Speaking of tools ...

### Decide on What You Want (and Don't Want)

Many a major sexy time malfunction could have been prevented with some good, frank negotiating. No, you don't have to write a formal contract a-la "Fifty Shades of Grey", but you should lay out your soft limits (things you might consider) and hard limits (the oh-hell-no am I ever doing that things). It can be a little awkward and embarrassing for newbies, but it's a lot better than the reaction you might get if you spring a kinky new interest on your partner. It also helps ensure that you and your partner are aligned in terms of your desires. If one of you is interested in a silk blindfold and the other wants to head down to a dungeon, you may have a problem.

### Leverage Built-In Tools

It's easy to get caught up in shopping for exciting new toys but you've got enough built in to have a great time. There are no whips and chains necessary to kink things up.

You've got hands and teeth, and those can provide a variety of sensations. From gentle bites to those that leave dental impressions, biting can really spice things up. The neck is a popular area for this (be sure to ask if it's okay to leave marks), but most areas of the body are suitable for at least gentle biting. Your hands are also versatile tools. Grabbing, pinching, scratching, slapping; the possibilities are almost endless.

### Throw in Household Items

Okay, now we're getting into fork territory. Bear with me. It's true, the kitchen is a veritable sex toy store if you know what to look for. A wooden spoon or spatula is a great impact

play tool. Wooden skewers can provide a sharp sensation with relative safety. Ice cubes pack a big punch when it comes to sensation or temperature play. As for other areas of the house, look around for something to use as a blindfold. Scarves and ties work well and a blindfold is a great way to start a sensation scene, as everything is felt more intensely when you don't know what's coming next or what's being used on you.

### Don't Forget Psychological Play

So much of sex is mental, and BDSM is no exception. The fear or anticipation of what might happen can intensify any scene. Try whispering threats or promises. Making someone ask for what they want can be very powerful, especially for people who have been taught by our culture to sublimate their desires. Being "forced" to describe our fantasies can be embarrassing ... but it's the hot kind of embarrassing.

### Play With Power Dynamics

Every relationship is fraught with some kind of power dynamic or power struggle, kink just brings this existing dynamic to the fore and plays with it. You don't need to live a full-time kink lifestyle to incorporate power into your play. The simple act of one person being on their knees is enough to create a power differential. Having one partner crawl takes it to still another level. You can also add power play to your sex. Holding your partners head while they go down on you is a great example. Also try making your partner ask permission to orgasm.

### Stop Judging

Maybe you think handcuffs are kinky. Or sex toys. Even a new position can feel kinky. That's okay. There is no sex Olympics, and there are no Russian judges standing by to give you failing marks on your not-so-crazy sex life. The key to using kink to create a better, more exciting sex life is defining "kinky" for yourself based on what interests you, what you're comfortable with and what turns you on.

I think that if we're really going to be sex positive and inclusive we have to let people define what kink means to them and we need to stop using 'vanilla' as a pejorative. Everyone can be kinky, so stop judging. And if you don't want to be judged for wanting to be tied up like a pony, you can't judge someone who wants to do it once a month, in the dark, in missionary position.

### Time to Get Kinky?

Research shows that the more types of sexual activities a woman engages in, the more likely she is to orgasm. (We can only imagine that men like a bigger sexual repertoire too ... alas, no data!) Dabbling in a little something kinky can intensify the connection between partners, broaden the scope of communication and increase couples' sexual satisfaction. To accomplish all that, however, your brand of kink must be unique - it must be you. If you think about it that way, getting kinky really isn't that intimidating.

No matter what you decide to try, don't forget points one and two. Talk to your partner before you try something new. Listen to their fantasies, share yours, and have a night to remember.

**So, if you've had enough of nice, go ahead and get naughty!!**

**Play Safe! Have Fun!**



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