

A photograph of two people at a club event. The person on the left is wearing a large, voluminous rainbow-colored wig. The person on the right is wearing a large, voluminous grey wig. They are both wearing dark clothing. The background is dark and blurry, suggesting a club or party setting. The text is overlaid on the image.

NEWCOMER'S QUICKSTART GUIDE TO THE LIFESTYLE

presented by S.A.M. CLUB



S.A.M.

Club

Hosted by House Dungeoness

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Welcome!

Dear Newcomer,

Whether you're just beginning to explore your interests or have been on this path for some time, we welcome you with open arms. This is a space where you can explore your authentic self without judgment, where desires are understood and celebrated.

Our Community's Core

Our lifestyle is built on a few key principles: enthusiastic consent is everything, communication is paramount, and diversity is celebrated. We are lifelong learners who value knowledge, safety, and ethical exploration.

Finding Your Path

There's no rush to define yourself. Whether you're drawn to power dynamics, sensation play, or other expressions, all paths are valid. The journey is one of self-discovery, and curiosity is your best guide.

A Final Welcome

This lifestyle offers profound opportunities for connection and transformation. We're glad you're here and look forward to supporting you on this journey. Welcome to the community.

1WickedAlex and Dungeoness
House Dungeoness

What is the "Lifestyle"?

There is no one definition of the Lifestyle. It is used interchangeably by different cultures and people in the community. Typically it means to live alternatively (not mainstream); especially in one specific interest, deviance or kink beyond the norm. People into BDSM, leather, swingers, polyamorous and other lifestyle choices all call it "the Lifestyle".

Lifestyle: alternative living especially in one specific area beyond the norm

Getting into the Lifestyle and stepping out into the community can be scary. But remember that you create the Lifestyle you want by taking the journey of self discovery and seeking guidance and friendships in those things in which you are most interested. There is no "one size fits all".

Community: group{s} of people with similar interests usually spending time together

The "community" is a term used to describe the group of people that choose to live alternatively and beyond the norm. They can be all different types of roles and dynamics but in general have alternative lifestyles. They typically spend time together enjoying same or similar interests.

A role is something you are... Your role may be Dominant or submissive or even something in-between. Dominant roles are usually capitalized whereas submissive roles are lowercase. (Daddy/babygirl) The dominant role is always the left side of the slash. Roles can evolve.

A dynamic is the relationship within a couple or group. It can also be your relationship status. A dynamic is very personal to the relationship. It explains the relationship but does not define it. It is best defined as the roles, duties and emotions that rule the dynamic.

Sex. That is the question. Within the Lifestyle there are different thoughts on sex. Since it is the predominant act some feel you cannot have a place in the Lifestyle without sex being the reason you do most of what you do. That sex is the end result of the "scene". This is not necessarily true. A BDSM purist will tell you that sex has nothing to do with it. However for others, sex is a very important part of their self and/or their dynamic. This is something someone will have to decide on their own and can be "negotiated" in a scene. With BDSM the act of sadomasochism itself is satisfaction.

A scene is a session of BDSM or Kink activities usually negotiated with a partner(s) in advance where as 'the scene' is often a term used to refer to the BDSM or kink community / lifestyle as a whole.



Core Principles

Consent & Communication

Consent Frameworks

The BDSM community has developed several frameworks to ensure ethical practice:

SSC (Safe, Sane, Consensual)

- Safe: All activities are conducted with knowledge of potential risks and precautions
- Sane: All participants are of sound mind and not impaired
- Consensual: All activities are enthusiastically agreed upon by all parties

RACK (Risk-Aware Consensual Kink)

- Acknowledges that all BDSM activities carry some level of risk
- Emphasizes informed consent and risk awareness
- Focuses on personal responsibility and decision-making

PRICK (Personal Responsibility, Informed, Consensual Kink)

- Places emphasis on individual responsibility for safety
- Requires comprehensive information exchange before activities
- Centers on enthusiastic, informed consent

Communication Essentials

Effective communication is the foundation of BDSM practice:

Negotiation

- Discuss interests, limits, and boundaries before any scene
- Be specific about activities, intensity, and duration
- Address health concerns, physical limitations, and triggers
- Establish safewords and check-in systems

During Play

- Maintain awareness of verbal and non-verbal cues
- Check in periodically, especially with intense activities
- Be prepared to adjust or stop activities based on feedback

Aftercare

- Provide emotional and physical support after scenes
- Discuss what worked and what didn't
- Address any unexpected reactions or feelings

Safety Essentials

Risk Assessment

Before engaging in any BDSM activity, assess:

- Physical risks (injury, nerve damage, circulation issues)
- Psychological risks (trauma triggers, emotional overwhelm)
- Equipment safety (proper use, inspection, maintenance)
- Environmental safety (privacy, escape routes, emergency access)

Physical Safety Guidelines

- Never leave restrained persons unattended
- Check circulation regularly during bondage (every 10-15 minutes)
 - Use appropriate equipment designed for BDSM activities
 - Keep safety tools nearby (safety cutters, first aid kit, phone)
 - Stay hydrated and maintain proper nutrition before scenes
 - Avoid alcohol and mind-altering substances before play

Emotional Safety

- Establish clear boundaries and limits
 - Discuss triggers and trauma history when relevant
 - Plan for emotional processing after intense scenes
- Have support systems in place for difficult emotional experiences
 - Recognize the difference between intensity and harm

Common Terminology

Power Dynamics

Dynamic

- ***The established pattern of interaction, power exchange, and relationship structure between BDSM participants***
- ***Defines roles, expectations, protocols, and boundaries within a BDSM relationship or scene***
- ***Can range from casual and flexible to highly structured and rigid***
- ***Examples include Dominant/submissive dynamics, Master/slave dynamics, Owner/pet dynamics, or Switch dynamics***
- ***The foundation upon which specific scenes and interactions are built***
- ***Should be clearly communicated, negotiated, and consented to by all***

Dominant/Domme

- ***Takes control in a power exchange relationship***
- ***Makes decisions and directs activities***
- ***Responsible for the wellbeing of submissive partners***
- ***May be referred to as Sir, Ma'am, Master, Mistress, or other titles as directed***

Submissive

- ***Willingly relinquishes control in a power exchange***
- ***Follows the direction of their Dominant partner***
- ***Retains ultimate control through safewords and limits***
- ***May be referred to as sub, slave, pet, or other titles***

Switch

- ***Can take either Dominant or submissive roles***
- ***May switch between roles with different partners***
- ***May switch roles within the same relationship or scene***
- ***Often has a preference but enjoys both dynamics***

Top

- ***Person administering sensation or control in a scene***
- ***Not necessarily in a power exchange relationship***
- ***Focuses on the technical aspects of activities***
- ***May be Dominant, submissive, or neither in daily life***

Bottom

- ***Person receiving sensation or surrendering control in a scene***
- ***Not necessarily in a power exchange relationship***
- ***Focuses on experiencing sensations and surrender***
- ***May be Dominant, submissive, or neither in daily life***

Terminology Continued...

Scene Elements

Scene

- *A BDSM encounter or session with defined beginning and end*
- *May involve specific activities, roles, or dynamics*
- *Can range from brief encounters to extended sessions*
- *Often has planned elements and structure*

Safeword

- *Pre-negotiated signal to stop or pause activity immediately*
- *Should be easy to remember and distinguish from play sounds*
- *Common systems: “yellow” to slow down, “red” to stop completely*
- *Non-verbal safewords for when speech isn’t possible*

Aftercare

- *Post-scene emotional and physical care*
- *May include cuddling, reassurance, hydration, or first aid*
- *Essential for processing intense experiences*
- *Varies based on individual needs and scene intensity*

Limits

- *Boundaries around activities that are off-limits or approached with caution*
- *Hard limits: Activities that are completely off-limits*
- *Soft limits: Activities that may be explored with caution*
- *Should be clearly communicated and respected at all times*

Types of BDSM Practices

Bondage and Discipline (B&D)

Bondage

- Physical restraint for aesthetic, sensory, or psychological purposes
- Types: rope bondage, cuffs, spreader bars, suspension, mummification
- Focuses on restraint, helplessness, and vulnerability
- Requires knowledge of safety, circulation, and nerve protection

Discipline

- Rules and protocols with consequences for violations
- May include punishments, chores, or behavior modification
- Establishes structure and expectations in power dynamics
- Can be physical or psychological in nature

Dominance and Submission (D/S)

Power Exchange

- Consensual transfer of authority from one person to another
- Can be limited to scenes or extend to daily life
- Establishes hierarchy and roles within relationships
- Requires ongoing communication and negotiation

Protocols

- Established rules for behavior and interaction
- May address speech, posture, service, or daily routines
- Creates structure and reinforces power dynamics
- Varies widely based on relationship preferences

Service

- Acts performed to please or support a Dominant partner
- Can include domestic tasks, personal care, or emotional support
- Often a core element of D/S relationships
- Provides fulfillment through acts of service and devotion

Types of Practices Continued...

Sadism and Masochism (S&M)

Impact Play

- **Striking the body for sensation and psychological effect**
- **Implements: hands, paddles, floggers, whips, canes**
- **Targets: buttocks, thighs, back, breasts, genitals**
- **Requires knowledge of safe striking zones and techniques**

Sensation Play

- **Creating various physical sensations for erotic or psychological effect**
- **Types: temperature play (wax, ice), texture play, nerve stimulation**
- **Can range from gentle to intense depending on preferences**
- **Focuses on sensory awareness and bodily experience**

Psychological Play

- **Activities that create mental or emotional intensity**
- **Examples: humiliation, praise, fear play, mind games**
- **Requires excellent communication and trust**
- **Can be more intense than physical activities for some**

These just represent a few of the practices.

Basic Protocol

Before Play

Preparation

- **Complete negotiation of activities and limits**
 - **Establish safewords and signals**
- **Discuss health concerns and physical limitations**
 - **Set clear expectations for the encounter**
 - **Prepare space and equipment**
 - **Address hygiene and safety needs**

Mental Preparation

- **Take time to center and focus before scenes**
 - **Address any anxieties or concerns**
 - **Establish emotional headspace for roles**
- **Connect with partner through conversation or ritual**

During Play

Monitoring

- **Respect established boundaries at all times**
 - **Monitor physical and emotional states**
- **Check in periodically, especially with new partners**
 - **Be prepared to stop immediately if requested**
- **Stay aware of equipment safety and body positioning**

Communication

- **Maintain awareness of verbal and non-verbal cues**
 - **Use check-ins during longer or intense scenes**
 - **Adjust activities based on feedback**
- **Honor safewords without question or hesitation**

Protocol Continued...

After Play

Immediate Aftercare

- *Provide appropriate aftercare for all participants*
- *Address physical needs: warmth, hydration, first aid*
 - *Offer emotional support and reassurance*
 - *Transition gradually out of role dynamics*

Processing

- *Discuss what worked and what didn't*
- *Address any unexpected reactions or feelings*
- *Plan for future scenes based on experience*
 - *Express appreciation and connection*

Long-term Care

- *Check in with partners in the days following intense scenes*
- *Address any delayed emotional or physical reactions*
 - *Incorporate lessons into future negotiations*
 - *Build on positive experiences*

Finding Community

In-Person Resources

Munches

- ***Casual social gatherings for BDSM enthusiasts***
- ***Usually held in public venues like restaurants or cafes***
- ***Opportunities to meet like-minded people in safe settings***
- ***Often organized through online groups or websites***

Workshops and Classes

- ***Educational events focused on specific skills or topics***
- ***Led by experienced members of the community***
- ***Opportunities for hands-on learning and practice***
- ***Often cover safety, techniques, and relationship dynamics***

Play Parties and Events

- ***Private events where BDSM activities can be practiced***
- ***Usually have rules, monitors, and designated spaces***
- ***Opportunities to observe and participate in scenes***
- ***Require understanding of etiquette and protocols***

Online Resources

Forums and Communities

- ***Reputable online communities for discussion and support***
- ***Opportunities to ask questions and share experiences***
- ***Access to diverse perspectives and approaches***
- ***Vary in moderation style and community standards***

Educational Websites

- ***Resources for learning techniques and safety***
- ***Often include articles, videos, and tutorials***
- ***May cover specific interests or general BDSM practice***
- ***Vary in quality and approach***

Social Media

- ***Platforms for connecting with others who share interests***
- ***Opportunities for discussion and community building***
- ***Vary in privacy and content policies***
- ***Often includes private groups for more sensitive topics***

Finding Community Continued...

Vetting Partners

Getting to Know Potential Partners

- ***Take time to communicate before meeting in person***
- ***Discuss interests, experience, and expectations***
- ***Ask about references when appropriate***
- ***Trust your instincts about safety concerns***

Meeting Safely

- ***Start with public meetings before private play***
- ***Let friends know your plans and location***
- ***Arrange check-in systems for added safety***
- ***Meet first before scheduling private encounters***

Building Trust

- ***Progress gradually to more intense activities***
- ***Observe how potential partners respect boundaries***
- ***Look for consistency between words and actions***
- ***Pay attention to how they discuss others in the community***

The Role of Mentors

A BDSM mentor is an experienced member of the community who provides guidance, education, and support to newcomers. Unlike a dominant/submissive relationship, mentorship is focused on teaching and personal development rather than power exchange or erotic fulfillment.

Types of Mentors

- ***Skill mentors who teach specific techniques (rope bondage, impact play, etc.)***
- ***Lifestyle mentors who guide overall BDSM development and integration***
- ***Role-specific mentors who help with developing dominant or submissive identities***
- ***Safety mentors who focus on risk awareness and harm reduction***

Benefits of Mentorship

Knowledge Transfer

- ***Learn from others' experience without making the same mistakes***
- ***Receive personalized guidance tailored to your interests and needs***
- ***Gain insights into community norms and etiquette***
- ***Develop skills more efficiently than through trial and error***

Safety Support

- ***Have an experienced perspective on risk assessment and management***
- ***Get feedback on scene planning and negotiation***
- ***Learn safety protocols and emergency procedures***
- ***Develop awareness of potential red flags in potential partners***

Personal Growth

- ***Explore your identity in a supportive environment***
- ***Receive guidance on processing intense experiences***
- ***Develop confidence in your role and preferences***
- ***Navigate challenges that arise in your BDSM journey***

Finding a Mentor

Community Connections

- ***Attend workshops and classes led by respected presenters***
- ***Participate in discussion groups and forums***
- ***Seek introductions through trusted community members***
- ***Observe potential mentors in community settings***

Mentors Continued...

Qualities to Look For

- ***Demonstrated experience and knowledge in relevant areas***
- ***Respectful boundaries and ethical behavior***
- ***Good communication and teaching skills***
- ***Positive reputation within the community***
- ***Compatibility with your learning style and values***

Red Flags to Avoid

- ***Mentors who demand submission or sexual favors***
- ***Those who isolate you from other community members***
- ***People who claim to have all the answers or discourage questions***
- ***Anyone who dismisses your concerns or boundaries***
- ***Those who can't provide references or community connections***

Dungeons and Private Play Parties

Public Dungeons

What Are Public Dungeons?

Public dungeons are commercial venues that provide equipped spaces for BDSM activities. These establishments typically charge admission fees and offer various play spaces with specialized equipment. They provide a structured environment where people can explore BDSM activities with others who share similar interests.

Types of Public Dungeons

- **Membership-based clubs with regular hours**
- **Rental spaces available for private events**
- **Educational facilities with demonstration areas**
- **Multi-purpose venues with BDSM nights**

Benefits of Public Dungeons

- **Access to specialized equipment without personal investment**
- **Safety monitoring by dungeon monitors (dungeon masters)**
- **Opportunities to observe and learn from experienced players**
- **Community atmosphere with like-minded individuals**
- **Clear rules and expectations for behavior**

Finding Public Dungeons

- **Online directories of BDSM venues**
- **Recommendations from community members**
- **Social media groups and forums**
- **Local BDSM organization listings**

Private Play Parties

What Are Private Play Parties?

Private play parties are events hosted in private homes or rented spaces where BDSM activities take place. These gatherings are typically invitation-only and may focus on specific themes, interests, or relationship dynamics. They offer a more intimate setting than public dungeons but require careful vetting and clear communication.

Dungeons & Parties Continued...

Types of Private Play Parties

- ***Small gatherings of close friends***
- ***Themed events focusing on specific interests***
- ***Skill-sharing parties with demonstrations***
- ***Relationship dynamic celebrations (collaring, etc.)***

Benefits of Private Play Parties

- ***More intimate and comfortable environment***
- ***Greater control over guest list and atmosphere***
- ***Ability to tailor activities to specific interests***
- ***Potentially more affordable than public venues***
- ***Opportunities for deeper connection with participants***

Tools and Equipment

Restraint Equipment

Rope

- *Natural fibers (jute, hemp) for traditional bondage*
- *Synthetic fibers (nylon) for easier cleaning and maintenance*
- *Requires knowledge of safety knots and techniques*
- *Should be inspected regularly for wear and damage*

Cuffs and Collars

- *Leather, metal, or fabric options*
- *Quick-release mechanisms for safety*
- *Proper sizing to prevent circulation issues*
- *Often paired with connection hardware or leashes*

Specialized Restraints

- *Spreader bars for positioning limbs*
- *Suspension equipment for advanced bondage*
- *Body harnesses for secure attachment points*
- *Furniture and frames for specific positions*

Impact Implements

Hands and Paddles

- *Most accessible impact tools*
- *Vary in sensation based on technique and material*
- *Require knowledge of safe striking zones*
- *Can be used for gentle to intense stimulation*

Floggers and Whips

- *Create different sensations based on construction*
- *Require practice to use safely and effectively*
- *Range from soft thud to sharp sting*
- *Often require specialized knowledge for advanced types*

Canes and Crops

- *Create intense, focused sensations*
- *Require precision and control*
- *Can cause marks or bruises*
- *Often considered advanced impact tools*

Tools & Equipment Continued...

Sensation Equipment

Temperature Play

- ***Wax candles for controlled heat application***
- ***Ice for contrasting cold sensations***
- ***Temperature-controlled implements for precise play***
- ***Requires knowledge of safe temperature ranges***

Texture and Pressure

- ***Soft implements for teasing and stimulation***
- ***Pointed implements for intense sensation***
- ***Weighted items for pressure sensations***
- ***Varying materials for different effects***

Electrical Stimulation

- ***TENS units for muscle stimulation***
- ***Violet wands for skin stimulation***
- ***Requires specialized knowledge and equipment***
- ***Often considered advanced play***

Psychological Aspects

Headspace

Subspace

- ***Altered state of consciousness experienced by some submissives***
- ***Characterized by euphoria, time distortion, and reduced inhibition***
- ***Often triggered by intense physical or psychological stimulation***
- ***Requires careful monitoring and aftercare***

Domspace

- ***Focused, intense state experienced by some Dominants***
- ***Characterized by heightened awareness and control***
- ***Can be physically and emotionally demanding***
- ***May require recovery time after scenes***

Aftercare Needs

- ***Emotional and physical support after intense experiences***
- ***Varies based on individual and scene intensity***
- ***May include reassurance, comfort, or practical assistance***
- ***Essential for processing and integration***

Emotional Dynamics

Vulnerability and Trust

- ***BDSM often involves emotional vulnerability***
- ***Building trust through consistent behavior and communication***
- ***Processing feelings that arise during and after scenes***
- ***Developing resilience and emotional awareness***

Power Dynamics in Daily Life

- ***Integration of BDSM roles into everyday interactions***
- ***Balancing power exchange with practical life needs***
- ***Navigating societal perceptions and judgments***
- ***Maintaining relationship health alongside BDSM dynamics***

Psychological Aspects Continued...

Personal Growth

- *Self-discovery through BDSM exploration*
- *Developing communication skills and self-awareness*
- *Confronting fears and limitations in safe contexts*
- *Building confidence and authenticity*

Common Challenges

Misconceptions

- *Distinguishing BDSM from abuse*
- *Addressing stereotypes and misinformation*
- *Navigating societal judgments and stigma*
- *Educating potential partners or friends*

Relationship Issues

- *Balancing BDSM with other relationship needs*
- *Addressing jealousy or insecurity*
- *Managing differing interests or intensities*
- *Maintaining connection during conflicts*

Personal Boundaries

- *Recognizing and communicating personal limits*
- *Differentiating between growth and harm*
- *Managing expectations and disappointments*
- *Developing self-advocacy skills*

Final Thoughts

BDSM can be a fulfilling form of expression and connection when practiced with care, respect, and knowledge. Always prioritize safety and consent above all else, and never feel pressured to engage in activities that don't align with your desires and boundaries.

Remember:

BDSM is about mutual pleasure and exploration, not abuse or harm. The distinction lies entirely in consent, communication, and care.

As you begin your journey into BDSM, keep these principles in mind:

- Start slowly and build experience gradually**
- Communicate openly and honestly with partners**
- Prioritize safety and wellbeing at all times**
- Respect the boundaries of yourself and others**
- Continue learning and growing within the lifestyle**

The BDSM community offers many resources for newcomers, including educational materials, mentorship opportunities, and supportive connections. By approaching the lifestyle with respect, curiosity, and commitment to safety, you can discover fulfilling ways to explore power, sensation, and intimacy.

Recommended Resources

Books

- ***“BDSM Compendium: The Science, the Art & the Soul” by Petra Voscii***
- ***“The New Topping Book” by Dossie Easton and Janet Hardy***
- ***“The New Bottoming Book” by Dossie Easton and Janet Hardy***
- ***“Screw the Roses, Send Me the Thorns” by Philip Miller and Molly Devon***
- ***“SM 101” by Jay Wiseman***
- ***“The Loving Dominant” by John Warren***

Websites

- ***House Dungeoness (housedungeoness.com)***
- ***Nouveau (www.nouveau-atlanta.net)***
- ***The National Coalition for Sexual Freedom (ncsfreedom.org)***
- ***Kink Academy (kinkacademy.com)***
- ***Submissive Guide (submissiveguide.com)***
- ***Dominant Guide (dominantguide.com)***

Online Communities

- ***FetLife (fetlife.com) - Social networking for the BDSM community***
- ***Reddit BDSM communities (r/BDSMcommunity, r/BDSMadvice)***
- ***Local BDSM groups on platforms like Meetup or Discord***

About This Guide

This guide provides a foundation for exploring BDSM safely and consensually. As you gain experience, you'll develop your own preferences, style, and community connections. Remember that BDSM is a diverse and individualized practice—there's no single “right” way to engage as long as it's safe, sane, and consensual.

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