

Explaining games and gear, including sadomasochism (SM) and bondage and discipline (B&D)

The media contain frequent references to sadomasochism, bondage and domination or discipline, and various sex toys. Explaining sex games and gear as 'playing grownup sexual games', puts the concepts into an understandable context for the child.

What you explain, and at what age, obviously, depends on what comes up. The examples below are to give you ideas for straightforward explanations. It's hard to say when your children will meet these topics, but it will be at a younger age than you expect. Use simple explanations for the younger children, and add more detail as they get older.

Do be sure you've added enough detail that the kids understand what you're talking about. It's tempting to 'gloss over' these kinds of topics.

Feel free to defer these topics to later ages if they are not asked about.

Sex toys

SUGGESTED WORDS FOR PRESCHOOLERS & OVER



1. A 'dildo' is an artificial penis; like a plastic, toy penis.
2. What's a sex toy? It's not a real toy. It's some object grownups might use while they are having sex. One kind is a plastic, artificial penis. Another is a vibrating massager that can be used on the vagina or penis. There are different sorts of things some grownups might use when they are having sex.
3. What's a sex shop? It's a shop which sells books and videos about sex, and it might sell things people use in having sex, like dress-up clothes or sex toys.

SUGGESTED WORDS FOR 10-YEAR-OLDS & OVER



1. A vibrator is like an electric or battery operated massager that can be used on the sex organs. Some are shaped like penises, and can be put in the vagina or anus. Others have knobs or bumps to fit the clitoris or vagina or penis or other parts of the body. They vibrate or shake very quickly to stimulate the body part.
2. There are a lot of different kinds of 'sex toys'. That's the term that's used to describe various objects that are used for sexual stimulation. Vibrators are called sex toys. There are other things like dildos to put into the vagina or anus. Grownups might use different kinds of gear if they are playing some kinds of sex games with each other. There are also life-size inflatable dolls

some people buy to have intercourse with. There are even special shops which sell these things.

3. Grownups having sex might decide they want to use or experiment with sex toys. Sometimes they go along to a sex shop together and buy something to try. Sex shops are for grownups only.
4. If people are using sex toys that go into the body, they should be washed off after each time they are used. They should never be put straight into someone else just after they have been used.
5. If people are going to use a dildo or anything else that is stuck into the body, a condom on it is a good idea. It keeps sexual infections from spreading.
6. In spite of being called 'toys', these items are for grownups only.

Role play games: bondage & discipline, sadomasochism

Explaining sexual activities like SM and B&D as kinds of *sex games* that some *grownups* play when they have sex is accurate, and simple.

Bondage and discipline (B&D) involves restraining a person in some way, and inflicting some kind of humiliation or punishment; or teasing the person with sexual stimulation, stopping short of allowing them to orgasm; or some combination of the above. The person being bound or 'disciplined' is involved voluntarily, and derives satisfaction or pleasure from it. If a person is bound or restrained against their will, that would be a criminal act.

People may play either the dominant or the submissive, or both roles. Popular images of B&D are of a masked woman with a whip and stiletto-heeled leather boots; a person wearing a dog collar; someone wanting to be spanked, and so on. Some people like a bit of pain with their sex.

Sadomasochism (SM) refers to people who like to receive pain with their sex, or inflict pain on their sexual partner. And, it is the person *receiving* the pain who controls how much is inflicted. Various practices are used, such as dripping hot candle wax, sticking pins in various parts of the body, whipping. Partners may take turns with the various roles, or take turns acting out each other's desires. If a person inflicts unwanted pain, or an unwanted level of pain on a partner, that is going beyond mutual sexual gaming into a criminal activity.

People may like certain kinds of clothes, such as leather, feathers, masks, fancy bras, suspenders, high heeled shoes, G strings, edible underwear—you name it.

There are many other kinds of sexual games and roles. The list is only limited by human imagination. People like to be the cop, the nun, the romantic hero, the

CHAPTER 4: OTHER SEXUAL PRACTICES & SEXUAL TOPICS

brute, the hard slut, the shy maiden, the leather man, the whore, the virgin, the schoolboy, the jungle man, the wild woman. Both heterosexuals and homosexuals may act out fantasy or role play as part of sex.

General explanations of sexual games

Explain sexual role playing of any kind as a game some grownups might play when they have sex.

1. Some grownups like to play games during their sexual activities. They might dress up or use special gear.
2. Some grownups play games when they have sex. They dress up in special gear, and act out roles with each other while they are having sex; sort of like a play.
3. Some people like to dress in certain clothes when they have sex, like fancy underwear.

SUGGESTED WORDS FOR PRESCHOOLERS & OVER



Depends on what comes up. Prime time TV may show scenes which prompt questions.

1. That lady is wearing leather and has a whip because it is part of a game she and her... (husband) (boyfriend) are going to play.
2. Some grownups play games where one person ties the other down and has... (intercourse) (sex) with them. Both people enjoy it.
3. Some grownups play games where they dress in sexy clothes and act out a part, like in a play.
4. Some grownups like some pain while they have sex. They think it feels good. So they get their partner to hurt them a little.

SUGGESTED WORDS FOR EIGHT-YEAR-OLDS & OVER



1. Some grownups like to play games when they have sex. They dress up in fancy clothes and act out different parts.
2. One kind of game is called bondage and discipline, or B&D. It means one person ties down the other, and has sex with them.
3. One kind of game is called sadomasochism, or SM. This is when one partner wants to be hurt a little during sex. They decide how they want to be hurt and how much, and the partner does it.
4. Though they're called 'games', this kind of activity is for grownups only.

SUGGESTED WORDS FOR 10-YEAR-OLDS & OVER

1. People may play different kinds of sexual games, but it should be only if both want to try it. Sexual partners may decide they want act differently than they usually do, or dress up in some way. They might act like they are seducing each other, or forcing each other. They might act out a kind of play just with each other, that includes how they want to have sex.
2. Bondage is where one person ties another up, and does sexually stimulating things to them, or has sex with them.
3. Discipline involves one person taking control of another one, and ordering them to do humiliating things, or whips them, or punishes them in some way, as part of having sex. But the idea is not to really injure them, but just to go as far as that person wants.
4. Some people like to be hurt a bit while they are having sex. They get their partner to drip hot candle wax on them, or stick them with pins, or do other things that hurt, but not too much. This is called sadomasochism.
5. When both partners agree, grownups can get up to all sorts of things.
6. Sometimes people get asked if they want to take part in such activities. If you are grown up, you will have to decide. But never let someone you don't know tie you up or restrain you so you can't get away.

Other topics

Here are some other topics which are not covered elsewhere in this book. The explanations given are simple and general. Pick simpler words for younger age children.

Abortion

1. If a woman has an abortion, it means she had the beginnings of a baby in her womb, but she went to a doctor and had it taken out.
2. When a pregnancy first starts growing, a woman can have an operation to take it out, so that she doesn't have a baby.
3. Women have abortions because they have a reason for not wanting to have a baby. Or because there's a medical problem with her or with the baby.

Contraception

An important topic, but not covered in this book. For more information, be in touch with your nearest sexual health service or family planning organisation or library. They can recommend the latest books designed for parents and teenagers.

Primary school age children can understand that there are ways to keep a baby