


A series from thelovetank

**Kink &
consent**

**LITTLE
BACK
POCKET
GUIDE TO**

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The Love Tank CIC
acknowledges the
community experts and
BDSM practitioners that
informed this booklet.

Thank you to the queer
people who helped to create
this booklet, and to the kink
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it to be produced.

This guide is the result of conversations and workshops from our Love Hub series, and from the lived experience of team members involved in the kink scene.

queerhealth.info/lbgt/kink



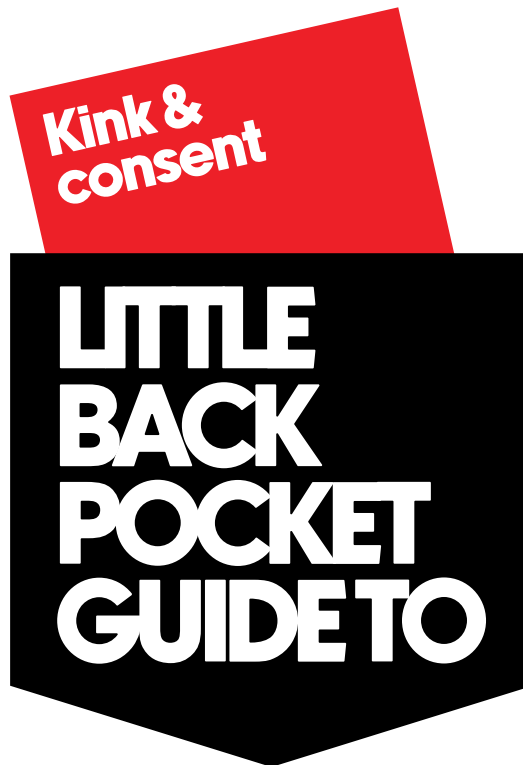
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What is this Guide for?



The world of kink and BDSM offers loads of ways to deepen the physical and emotional elements of sex, whether through restrictive ropework, sensual flogging or orgasmic denial. Like with other activities that bring us pleasure, there can be some risk involved, but when explored with the right level of preparation, care, and knowledge, they can lead to some amazing experiences.

This guide is for anyone new to BDSM and kink, and for anyone who would like to learn more about how to navigate consent and be as safe as possible when playing. It contains an outline of how to talk with your play partner/s

about limits and desires, and also shows how to get involved in a few specific kinks with mutual pleasure and harm reduction in mind: Ropeplay and Bondage, Impact Play and Breath Control. It also covers the importance of aftercare, with some ideas on how you can bring this into your scene.

Some words on words

Some of the words and acronyms we'll use in this guide may sound unfamiliar, so we've put down some definitions here in case you're not sure what they mean.

Scene/Session

When you set aside a specific time and place to get kinky with someone else, we usually call it a scene, or a session. "The" scene, on the other hand, usually refers to the wider kink community and culture.

Dom/Dominant

This is someone who tends to enjoy a more Dominant role in a scene, meaning the person may enjoy tying people up, using floggers, spanking people, administering breath control, or pissing on someone.

Sub/Submissive

This is someone who tends to enjoy a more submissive role in a scene, meaning the person may enjoy such activities as being tied, flogged, spanked, and pissed on.

Switch

This is someone who enjoys both Dominant and submissive roles. This could mean playing different roles in different scenes, or taking on both Dominant and then submissive roles within the same scene.

BDSM

Bondage, Domination, Sadism and Masochism, and is often used interchangeably with the word "kink" to describe different activities that usually play on a power dynamic during sex, and can involve teasing, pain, denial and restriction for erotic purposes.

General advice for any Scene



So you've got a session in the diary? That's great! Regardless of what you're planning on getting up to, here's some advice that works for many different scenes.

Wash Up

Scrub up! A warm shower or bath can help to relax you before a session, and if you're planning on bondage or impact play, this will be easier and safer if you're washed up.

In the course of a scene, bacteria and dirt can build up on the toys you use. This goes for dildos, ass/vaginal/front hole plugs, vibrators, and any toys that may come into contact with bodily fluids, such as cock rings, gags, and nipple clamps. Washing them thoroughly with

warm water and soap after use means they'll be ready for your next scene.

Drugs & Alcohol

When you're playing with pain and power exchange, you may feel anxious, especially if you're playing with someone you've not experienced a kink scene with before. Moreover, you might be looking to heighten some of the sensations that come with a scene. For this reason, some people consume alcohol, or use drugs, before or during a scene.

While this may help you relax, or make certain aspects of a scene feel more intense, consuming alcohol or using drugs can make it more difficult to obtain consent from each other. You also might end up not being able to either use, hear, or act on safewords or signals, and it can also make it more challenging to navigate some of the risks associated with the kinks we discuss in this guide, especially breath control and rope bondage.

If you'd like to learn more on how to have a safer chillout, check out our Little Back Pocket Guide, at queerhealth.info/lgbt/chillouts.

Staying Safer

While sex isn't necessary for a kinky scene to be hot and exciting, sucking, fucking, and other kinds of horny fun can be a highlight of your session. In the excitement of planning out the scene, don't forget your preferred means of risk reduction, whether it's condoms, PrEP, or your regular meds, including your HIV meds. Consider getting tested for STIs if you haven't done so recently.

There are vaccines you can access for free from any NHS sexual health clinic that can help to protect you from Hepatitis A and B, HPV, and Mpox, all of which can be passed on through either close body contact or sex. You can find out more from queerhealth.info/ready.

Eat, Drink, and Enjoy

Kink is hard work! It's easy to forget that it can take a lot of energy and you might be surprised at how quickly time passes when you're having fun. Taking breaks, drinking plenty of water before and during the session, and having some snacks to hand are all excellent ways to help keep everyone's energy levels up.

Consent and Communication

What're you into?

Coconut lattes and getting my balls smacked.



This section includes advice on how to navigate consent, and how to maintain communication with your play partner/s before, during, and after a scene.

Talk that talk

It can be hot to jump straight into a scene, but communication can make the session hotter and safer for everyone involved.

Before the scene, talk to your play partner/s about what turns you on and what turns you off. Discuss what some of your limits are, and which of those limits you're happy to have pushed a little (soft limits), and which are limits you don't want pushed at all (hard

limits). The more information you have about each other's preferences before the scene, the safer and hotter the experience will be.

Keep communicating throughout the scene, not only to let your play partner/s know if something hurts or if you're not enjoying the experience, but to let them know what's going well, and what's turning you on! This doesn't always have to be words, and could just as easily be conveyed through eye contact, touch, or signals. The key is to use a communication style that both you and your partner/s will understand and that you've agreed on.

Trust in each other

Trust is the foundation of all good kink practice. No matter the scene, if you're submitting, you need to be able to trust that your Dominant will prioritise your safety and wellbeing. If you're dominating, you need to be able to trust that your submissive will be honest and tell you if something hurts or that they wish to stop.

How you establish trust will depend on you and your play partners, but this could look like

meeting for a coffee or drink beforehand in a neutral space. It could involve getting to know each other and learning about each other's experience and limits over time, or it could even be from recommendations from other friends on the scene.

Anxieties and Triggers

Risk awareness in bondage, impact play, and breath control is important not only because of the physical risks involved, but the emotional and social triggers that can result from kinky play. For example, some people may react extremely negatively to the sensation or idea of having their breathing restricted.

You might also react and experience kinky scenarios in a different way to how you may have imagined them, and this might not always be positive. BDSM can involve playing with power dynamics, restriction, denial, pain, and titillation, and can result in incredible, euphoric highs, that are sometimes followed by emotional lows.

For these reasons, take all the time you need to establish trust and learn what boundaries your

play partner/s has, even if it means you don't get to have your session right away, and be prepared and open to the chance that they may change their mind in the middle of a scene.

If you're not sure you can trust the other person/s, there is nothing wrong with saying you do not wish for a session to go ahead.

Safewords and Safe Signals

A safeword is a specific word or phrase that both you and your partner/s are aware of, that when used by anyone in the scene, means the play must immediately stop. Good safewords are usually unrelated to kink play - such as "Mickey Mouse" or "Happy Birthday" - so that when they are heard, it's easier to pull out of the horny mindset.

A safe signal works in the same way - it could be clicking your fingers, making a sign with your hands, or shaking your head an agreed number of times. Safe signals are for when you might be gagged, and as with safewords, should be something all parties in the scene should be aware of, and have agreed on.

If you want to slow down instead of stop, you could make use of a "traffic light" system instead - this is where you say "red" if you want the play to stop, "amber" if you'd like the play to slow down, and "green" if you're happy to continue.

It's supposed to be fun

It's easy to think that kink is super serious, but remember that it's all about having a good time. Even when playing rough or getting hardcore, kink should be enjoyable for everyone involved. The better you establish trust, the more effectively you communicate, the more you prioritise safety and wellbeing, and the more fun you will have.

Get involved!

This guide can only go so far, and while it covers some of the basics to practise certain kinks in a safer way, you can learn even more by getting involved in the community!

Going to club nights, afternoon events, and meeting with Doms and subs already on the scene allows you to get more hands-on

experience, and it's a lot of fun! Many people would be more than happy to share the best ways to indulge in kinky play in a safer way, and their years of experience to draw from are a fantastic way to build up your own practice. You may even find new play partners, friends, and even love out on the scene!



Ropeplay and Bondage



This is where most people start when getting into bondage for the first time. Rope bondage can be sensual, gentle, and restrictive all at once, and it's a great way to enjoy consensually gaining or losing control to your play partner. Rope is easy to access, but there are a few ways to make your experience of using rope safer.

What kind of rope?

Hemp rope is rougher, and can feel a little more abrasive against skin, but will last longer and with greater friction will make for more effective knots. Conversely, cotton and nylon rope will feel softer, but will not last

as long and will be more difficult to make stronger knots with.

If you're unsure about which type of rope to go for, the best thing to do is visit a sex/fetish shop and speak to the staff about the kind of rope they would recommend. Rope specifically designed for bondage is more likely to suit your needs than more all-purpose types you could find in a hardware or craft shop.

What about other materials?

Other than rope, the most common item you'll find in DIY bondage is duct tape. This can be used to bind together hands, arms, legs, and also make for horny looking gags and blindfolds.

The strength of duct tape means you'll only have to use a little to have the desired effect. The stronger adhesive means it can be quite painful on hairy or sensitive skin when pulled off, so check in with your sub if they're comfortable being tapegagged first, especially if they have facial hair! Take extra care with how tightly you wrap

tape around someone, especially when applying tape around someone's head. It can be quite easy to make blindfolds and gags that are too tight, which can cause pain or breathing difficulties. Applying the tape with more slack can help to make this feel less restrictive for the sub.

Anything else I should make sure I have?

Sometimes undoing the knots on the ropes you've tied together can prove too challenging, or you might be in a situation where you need to quickly release the rope or tape you've applied. In this case, having a pair of medical shears or safety scissors to hand will mean you can quickly release any bondage that may be causing trouble.

These kinds of scissors are only sharp between the blades, meaning they can brush against skin without causing pain or damage. Even so, they may be cold to touch, so let your submissive know what you're doing and cut with care.

Where not to start?

So you've got your ropes and your shears and a willing partner. Before you start tying them up, there are a few places on the body that may not respond so well to bondage:

⊗ **Directly on joints**

This includes at the elbows, knees, shoulders, wrists, and ankles. Applying pressure to these parts can cause pain and numbness, and without release, can result in nerve damage. You'll notice that some bondage techniques might seem to involve joints, but instead work by securing areas near them i.e. "handcuff ties" secure lower forearms, but not at the wrist joint.

⊗ **Neck and throat**

There's a risk that tying someone here could result in trouble breathing, and if things go wrong, releasing the tie here can be more challenging than other areas.

⊗ **Genital areas**

More experienced rope artists will sometimes tie up genitals to stimulate them. These are highly sensitive areas, so it can be easy to overdo the tightness of any rope application

here, and it can also be more challenging to undo should anything go wrong. Consider experimenting with genital bondage only with more experienced kinksters, rather than with people relatively new to the scene.

Where to start, then?

Handcuff ties are simple, but effective at keeping someone restrained. With a little practice, you could also create body harnesses, arm binders, and hogties. There are loads of tutorials both online and offline that explain how to get into rope bondage, for both Western styles and shibari (Japanese rope bondage). We recommend checking out some of the references at the end of this guide for where to find some introductions on how to tie somebody up.

That said, here are some basic points you might want to keep in mind regardless of the type on rope bondage you're doing:

✔ **Snugness rather than tightness**

It doesn't take much tightness to keep someone immobilised. The "two-finger" rule is a good guideline - this is where you should be

easily able to slip two of your fingers between where the rope is tied, and the skin of the person you're tying. If you can't do this, your tie may be too tight.

✔ **Keep talking**

Throughout the roping process, both the Dom and the sub shouldn't feel like they can't communicate once the scene is in progress. In fact, it's a great way to let each other know what feels hot, what feels comfortable, and what could be troubling you.

✔ **Don't be afraid**

If you're being tied up, and you're feeling any numbness or pain, don't be afraid to tell your Dom. Remember, you've put your trust in them to take care of you while you're tied up.

✔ **Look where your sub can't**

If your sub is tied up and parts of their body appear to be straining too hard, or the skin changes colour, take action to loosen or cut the ties where necessary.

✔ **Stay close**

Leaving a sub alone while they're tied up means they run the risk of hurting themselves,

especially if the bondage is complex. If you need to leave the room for any reason, you could untie your sub, or simplify or loosen the bondage so that there is much less risk of them being hurt or harmed. This might look like a simple wrist-tie.

Impact Play



Impact play - sometimes called CP, or corporal punishment - may sound scary at first, but it can be a highly intimate, sensual activity. Impact play varies from soft and gentle strokes against sensitive areas, to harder slaps resulting in a huge adrenaline rush.

Whether you're using a flogger, a paddle, a crop, or your own bare hands, here's a few tips on how to get the best out of a scene involving impact play.

Practise!

If you're less experienced in impact play, or you're working with a brand new toy, try it out and practise on a pillow. While you won't get the instant feedback on how sensual or harsh your stroke is, you'll get a better sense of how much of an impact your hand, flogger, or whip have. You might even be surprised with how little force you need to make quite an impression!

What's a good place to hit up first?

The best place to start is from the bottom! Arses have plenty of muscle and fat that make it easier to absorb impact, and different areas on the arse can be more or less sensitive. You can mix it up so that you slap not only the centre of the arse, but also try slapping down the top parts, or slapping up from the bottom.

From there, other areas that respond nicely to impact play include the upper back and shoulders, the back of the thighs, and the calves.

You can make use of dynamics during impact play, since highly sensitive areas may only need the most delicate of touches to provoke a reaction from your sub. Other areas may respond better to more forceful impact, but this will depend on what your sub can handle, and what they wish to experience with you.

That said, the head and neck, the lower back including the kidneys, the spine, and anywhere where there are more delicate joints, are all places where impact play may cause unwanted pain and damage. Nobody wants to leave a session with a cracked ankle!

What should I use in impact play?

You can pick up all kinds of toys from your sex store of choice, but if you're relatively new to impact play, open hands are good enough.

It's easier to estimate, increase, or decrease the intensity of impact when using an open hand on your partner's body. More advanced toys, such as floggers and single tail whips, can be harder to control if you're less experienced.

It's also easier to be on target with your play partner's impact areas, avoiding what's called "wrapping", where the toy can unintentionally hit multiple parts of the submissive's body as it lands.

How much pain should I inflict/take?

Talk to your play partner about limits and desires, and be conscious that different people understand pain tolerance differently. No matter the level of experience of the Dominant or submissive, start off gently, slowly, and listen to and watch for how your play partner reacts, before working up to more intensity.

That said, impact play isn't all about pain! You can make use of gentler touching, stroking, or smacking to provoke a horny, but powerful, reaction from a sub, especially if they're tied up or blindfolded, and if you're stimulating sensitive areas. You can use your own fingertips, tongue, or even feathers, and this can still help to reinforce a hot power dynamic between the Dom and the sub, even when no pain is involved.

Even in scenes where inflicting pain is the goal, you can still mix in pleasure and anticipation as a way to help the sub process the impacts. This could look like stimulating your play partner's genitals in between impacts, whispering words of affirmation or blowing in their ear, switching between harsher and softer strokes, or announcing how many times you will strike a certain area.

Whether you're giving or receiving, be aware of the limits set down. Impact play can lead to euphoric feelings, so it can be easy to get lost in the moment and push the scene further than what you might have agreed. While in safe, trusting hands this can be a powerful experience, it also means it can be harder for a sub to communicate quickly and honestly.

In this case, consider slowing down and even taking a break, if you're worried that the scene is pushing further than expected, and if the sub's response times are slowing down too much.

What about floggers, whips, and paddles?

If you're wanting to make use of toys, think about going to a physical shop and purchasing something from there, instead of buying something online. This way, not only can you get a feel of the toy before you buy it, but you can also get some recommendations from the staff depending on your experience, desires, and concerns.

Different toys work for different styles of impact play. For example, if you prefer to inflict - or experience - the buzz of gentle, focused touching, a crop might work best for you. If you prefer wider, duller, but harsher impact play, you may wish to opt for a flogger.

Each toy works best for different kinds of impact play, so no matter which one you choose, you'll want to adapt your technique to work with what you're holding. Using a crop like you would use a flogger, for example, may result in far more pain than what the toy has been designed to inflict.

What about the marks?

These can actually be a source of pride for a lot of submissives! Depending on the length and intensity of the session, welts can last for a few hours to several days. Whether or not the sub is left with longer-lasting marks could be part of discussions before the scene starts, and will suggest both what kind of impact play should take place, and how long and hard the scene should go on for.

However, if it looks like the skin is broken on any of the welts, keeping the area clean, moisturised, and if necessary, appropriately dressed, can aid the healing process. Keep an eye out for infection, in which case, consult a health professional.

Breath Control



Breath Control (BC) involves restricting oxygen to heighten sexual experience, and as with impact play, it can be a very intense and horny way to establish or reinforce power play during sex.

The high you feel when doing BC comes from a temporary lack of oxygen, meaning that while it can be very exciting, it's also potentially very dangerous. The risk involved, however, can be mitigated if you take some precautions, and you're prepared for your scene.

If you've never done breath control before, or you're not confident about your skills, consider playing with someone who has more experience with BC.

What kind of BC should beginners go with?

Using your own hands means you're more able to control the amount of pressure you apply, and it's much easier to stop and allow the submissive to breathe normally again.

When you hold a person's throat, your aim should be to not constrict the submissive's windpipe. This can be a very delicate area and easy to damage. Instead, your aim is to press gently against the sides of the throat, in order to constrict blood flow to the head.

Very little pressure is needed for the effect, so take care not to hold your submissive with too much force, and be aware of not allowing your hand to grip the windpipe.

How do I communicate with my Dom/sub during BC?

As a submissive, you should be aware that you may find it harder to speak when BC is being administered, and while you could make use of safe signals, these too can be challenging.

What this means is that the Dominant should start with short applications of BC at a time, allowing the sub to say how they're feeling between, and if they would like to keep going or to stop.

As with impact play, the euphoria that the sub can experience may make them wish to push ahead even if it seems like too much - in which case, you should consider slowing down and even stopping if you sense that the scene has gone far enough. Paying attention to how a sub is breathing, moving, and reacting can help you understand if it's time to stop.

One other way you can mitigate the risks of BC is by arranging the scene so that the sub is holding onto the Dom in some way. The grip that the sub has can be a way for the Dominant to understand how the scene is progressing and if something is going wrong - for example, if the grip starts to suddenly weaken, it may indicate that oxygen needs to be reintroduced.

Alcohol and drugs - including poppers - can make it harder to read these signals, so consider leaving them out of any scene involving BC entirely.

What about bagging?

Rebreathing is another common way of doing breath control. This is where a plastic bag is pulled over a sub's head - called "bagging". The effect takes a little longer to induce than when using your hands to hold someone's throat, but it can be harder to control, reduce, or stop the restriction as quickly. For this reason, you may want to practise bagging with kinksters who have more experience in BC, and if you've established a high level of trust and attentiveness between all partners.

When bagging a sub, using your own hand to hold the bag shut around your sub's neck means that, if the sub requires air immediately, you can simply let go, and allow air into the bag. Drawstring bags and other bags with self-enclosing mechanisms may make it more challenging to reintroduce fresh air into the bag.

While it can take some time for the euphoria that comes with rebreathing to take effect, when it happens, it happens fast, and can be very intense. You don't need to hold the

bag in place for very long for the sub to get the best out of the moment. Short, repeated baggings carry less risk than a single, prolonged one.

Any other notes?

As always, an exit strategy is a good idea not just in case anything goes wrong, but also to demonstrate to your play partner that you've thought through the scene, and is a great way to establish trust between all parties.

Having a pair of safety scissors on hand at all times means that you can easily reach out and use them to cut the bag or rope should you need to immediately provide more oxygen to your sub.

Remember breath control is very intense, and it's important to start slow and work up, even with folks who are more experienced. That said, people with heart or respiratory conditions should seriously consider if they can engage in BC at all.

What about solo breathplay?

The physical sensation of restricting your own airflow can feel horny. But enjoying this in a safe way when you don't have a partner present may not be possible - which is why most kinsters avoid solo breathplay.

The risks of something going wrong when you're on your own are considerably higher. The euphoria you experience may stop you from making rational decisions, or moving fast enough to reintroduce airflow.

If you are going to practise BC solo, consider the following:

- Avoid methods where there is no way for you to be able to breathe again if you can't move. This includes avoiding bagging, gas masks, and rebreather hoods.
- Avoid doing so while under the influence of drugs or alcohol. This includes poppers.
- Using your hands on your own throat carries less risk than the methods mentioned above, since you can stop

the compression by taking your hands away. However this can still result in injury, since the high you experience can result in you adding more pressure than necessary.

- Thinking about involving another person in the scene - whether they are actively applying the BC, or are simply watching you as the scene happens. You could also consider only trying solo BC if you're not home alone.

Solo breathplay is amongst the riskiest of kink activities, and there have been some serious accidents and even deaths when it has been practised.

Aftercare



Kink can very easily get intense. You'll be surprised at how much energy it takes as both a Dom or as a sub, and how quickly feelings of sadness or anxiety can set in when a scene finishes - also known as "drop". Aftercare is the process of helping everyone in the scene slowly adjust to real life, after the highs that come from a session.

While different people have different ways of providing or receiving aftercare, there are some broad areas you might want to cover, whether through the techniques suggested here, or in your own way.

Just a touch

Holding your play partner is one of the easiest and best ways to provide aftercare. Physical touch and hugging help to gently bring down the excitement of the scene and keep each other feeling warm as your bodies cool, but the tenderness that comes with a hug can help both the Dom and the sub feel safe and appreciated.

Massage can also help relax one another, and sooth areas that may have been strained under pressure from bondage or impact play.

All this can also lead to emotional release, and it's perfectly normal if you or the play partners in the scene start to cry at this point.

Don't stay silent

Words of affirmation will go a long way to aiding aftercare, from both the Dominant and the submissive. Telling your play partner/s that they are safe, welcome, appreciated, and beautiful are all brilliant ways to settle each other back down to Earth.

If you're not sure what to say, simply saying "thank you" can be enough, as is gentle humming or happy moans.

Keeping things hot

You might work up a sweat during play, but if you're playing naked or with fetish clothing that doesn't hold much heat - such as thin latex or Lycra - you may suddenly feel cold once play has stopped.

Holding your play partner is one way to keep them warm, but you may also want to cover up with a blanket, some loose, warm clothing, or to take a warm shower.

Sugar rush

Hydration and sustenance are both wonderful forms of aftercare. While you should be taking time before and during play to give everyone a chance to drink some water, it's a good idea to drink afterwards too. Water, green tea or fruit juices will be more hydrating than alcohol or coffee.

Kink is also a very energy intensive activity, so opt for some high energy snacks to share with your play partner/s after the scene ends. This could include chocolate, fruit, biscuits or nuts.

Debrief

You may even want to talk a little about what you found hot, what you enjoyed, and what made you feel happy during the scene. Doing this during the immediate aftermath of the play can be a great way to affirm each other, but remember the emotions can still be quite raw, to consider if it is the right time to offer critique, or if it can be saved for a later discussion.

You don't have to offer reflections straight away, and it's OK to wait until a few days have passed, to get some perspective on what you shared and put it into words. You might want to have a chat with your play partner over the phone or by text a few days later in order to offer these reflections, and to discuss how the scene went for you.

Scan the QR code below to visit our website, where you can find links to more helpful resources, including: support with drugs and sex, STI testing resources, information about HIV PrEP and DoxyPEP, details on how to get your vaccines, and advice on accessing queer health resources for migrants in Europe.



Resources

Social Networks

Fetlife - One of the largest kink-focused social networking sites, with a load of resources on kink and BDSM discussions and events. fetlife.com

Recon - Social networking app that also runs events for kinky people - including Fetish Week London. Dominantly focused on connecting men and masc-presenting folk. recon.com

Podcasts

Off The Cuffs - Kink and BDSM-focused podcast, with a different guest each week. offthecuffs.org

Watts The Safeword - Youtube channel and podcast, focused on sex and kink education, presented by two veteran kinksters on the scene. youtube.com/@WattsTheSafeword

The Bed Post - Kink-friendly podcast focused on sex, sexuality and sex work. thesonarnetwork.com/the-bed-post

Blogs and Resources

A Kinky Autistic - Blog and resource for kinksters from an autistic perspective. akinkyautistic.com

Kynk 101 - Excellent resource with risk mitigation tips for a wide variety of kinks. kynk101.com

Venues and Events

Anatomie Studio - Shibari (Japanese rope bondage) studio based in London. Educational space that runs both workshops and demonstrations. All genders welcome. anatomiestudio.com

Torture Garden - Monthly London event, and the world's largest regular fetish and body art club. All genders welcome. torturegarden.com

The Underground Club @ Central Station - Runs a wide variety of kink and fetish events for GBMSM, which tend to run earlier in the evening. undergroundclublondon.co.uk

Club Labrys - BDSM fetish sex party for lesbian, bi, and trans women, as well as other

women who have sex with other women.

bizarre-events.com/club-labrys

Eagle Manchester - Manchester-based bar that holds a range of fetish events, dominantly for GBMSM. eaglemanchester.com

General Sexual Health

Ready For It - Kinkster-oriented guide to vaccines and immunisation against several STIs. queerhealth.info/ready

Prepster - Online resource on all things HIV PrEP (pre-exposure prophylaxis) related, including information on how to access and use HIV PrEP as part of your own sexual health regime. prepster.info

Queer Health - The Love Tank's collection of sexual health and wellbeing resources, including information on safer chillouts, DoxyPEP, STIs, and safer steroid use. queerhealth.info

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