

BDSM (Bondage, Discipline SadoMasochism, Dominance and Submission) may include an alternative relationship style, power exchanges, spankings, bondage and a wide variety of sensory stimulation.

BDSM activity can be differentiated from abuse and pathological behaviour by a key component to BDSM: **Consent**.

Consent guidelines for most BDSM practitioners include SSC (Safe, Sane, Consensual), RACK (Risk Aware Consensual Kink) or PRICK (Personal Responsibility Informed Consensual Kink).

Some forms of BDSM activity may leave marks, bruises and/or abrasions. If you have concerns about marks on a patient discussing it with them while being open to the idea that such marks may be consensual.

It can be very difficult for a patient to broach this subject with their doctor. By being accepting and

Kink Aware you can help your patient to share information that may be necessary in order to provide them with quality care.

For more information please see the resources below.

#### Resources

National Coalition to Sexual Freedom  
<https://ncsfreedom.org/>



BDSM Information for Health Service Providers:  
<http://goo.gl/H2etQB>



Additional Resources  
<http://goo.gl/gyULsW>



# When a Patient is into BDSM



## A BDSM Info Pamphlet for Medical Professionals

Guide by



# BDSM VS ABUSE



What Is BDSM?	What Is Abuse?
The use of bodily sensations to elicit pleasure	A way to cause physical, mental and/or emotional damage or harm to another person
A form of consensual power exchange where both participants are empowered	It takes away another person's power
Before anything happens, each participant must negotiate and come to an agreement	Nobody knows when or how it will happen, and nobody every negotiates or agrees to it happening
Creates excitement to see your partner	Causes most people to fear and be afraid their partner
Creates, relies upon and builds trust	Destroys any and all forms of trust
Is designed to help fulfill the desires of both partners within a safe environment	Is the cruel and violent treatment of another person
Opens communication and supports an environment where both parties can talk freely about their thoughts and emotions	No communication, and no support