

# SO YOU WANT TO BE A SLUT...?

*Survival Tips on How to Do it Safely, Sanely, and just have fun!*

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Want more freedom, sex, excitement, intimacy, and connection in your life and relationships? Interested in exploring more sexual partners or opening up a current relationship but don't know where to start? Curious about polyamory and/or swinging but don't know how to talk about it with your partner(s)? Come and explore alternative sexual relationships and avenues of loving and relating... and walk away with skills for venturing into the world of unlimited love and pleasure.

## So... What IS a Slut?

Do you enjoy pleasure? Think pleasure and sex are natural? Want more of it? If so, then you just might be a slut!

*A slut is a person of any gender or orientation who has the courage to live their life according to the pleasure principle. Being a slut has nothing to do with number of partners a person has... it's merely about the radical notion that sex is nice and that pleasure is good for you.*

## Types of Sluts...

**Partnered Non-monogamy/Swing**, *is an erotically nonmonogamous relationship for committed couples which allows involvement with other people for sex, BDSM, or other erotic activities (occurring once or recurring) with the understanding that it is casual, commitment-free, and nonromantic.*

## Swinging Styles

- ❖ **Soft Swinging:** Sexual intercourse is limited to one's committed partner, although other acts, such as kissing, fondling, and oral sex may be permitted.
- ❖ **Swinging with One:** Sex with one other person, usually a single woman or a woman who is permitted to play without her partner.
- ❖ **Swinging with Another Couple, i.e. Swapping:** Sex with another committed couple
- ❖ **Group Swinging, i.e. Orgies:** Sex in groups of couples

## Rules & Etiquette

- Be polite!
- Respect boundaries – yours, your partners, and others.
- Ask before you touch!

## On-premise vs. Off-premise

- ❖ **“On-Premises”** – an event where sex is permitted on-site
- ❖ **“Off-Premises”** – an event where you can meet other swingers but must go elsewhere to have sex.

**Polyamory**, *in its broadest usage, is the concept of being open to having more than one loving, intimate relationship at a time, with the full knowledge and consent of all partners involved.*

## Polyamory Styles

- ❖ **Hierarchical Poly, or “One Primary Plus”:** Partners who are in a long-term, committed, marriage-type relationship
- ❖ **Multiple Primaries or Multi-partner Groups, i.e. Triads, Quads, etc.:** A unit of committed members which may or may not be equal.
- ❖ **Non-primary Partners, i.e. Secondary & Tertiary:** Peripheral partners and relationships that can have varying levels of intimacy, frequency of contact, and commitment.

## Slut Skills...

- ❖ **Self-awareness:** Know yourself... what do you want? What do you need?
- ❖ **Communication:** Talk! Talk! Talk! **Be clear with your partner(s) about your desires, wants, needs, intentions, expectations, feelings, plans, etc.** Make sure they understand you and vice versa! **Communication is an ongoing process!**
- ❖ **Patience & Compassion:** Navigating alternative relationships is not easy- **approach all aspects with thoughtful self-assessment, honesty, mutual nonjudgmental support, respect, compassionate listening, and a willingness to compromise, if necessary.**
- ❖ **Honesty:** Be honest with yourself and your partner(s).
- ❖ **Boundaries:** Set personal boundaries about what you want, need, and value and then stick to them. **Do things out of desire, not a need to please a partner.**
- ❖ **Personal Responsibility:** Own your actions and feelings... **no one can make you feel a certain way.** Take control of your feelings and relationship!

## Okay, So I Think I Want to Give Non-Monogamy a Try....

First and foremost: You MUST be secure in yourself and your relationship! **(Do NOT try swing or poly to “fix” or “spice up” a damaged relationship!)**

## How to Design Your Open Relationship

- ❖ Who is Allowed? (Only specific people, specific roles, same-sex, opposite-sex...)
- ❖ What is Allowed? (BDSM, sex act specific, emotional involvement...)
- ❖ When is it Allowed? (Special events only, frequency, dates and times...)

## Tackling Emotions...

Feelings are inevitable. The sooner you come to grips with that fact, the better off you'll be. ***What you resist, persists!*** The way to unlearn jealousy is to be willing to experience it!

## Types of Jealousy

- ❖ **Possessive** – Desire for exclusive possession of a love object (*Incompatible with alternative relationships*)
- ❖ **Exclusion** – Fear of being left out/deprived of time and/or affection. (**Can be mitigated by scheduling “date nights”**)
- ❖ **Envy/Competition** – Comparing self to other lovers; **fear of inadequacy**
- ❖ **Ego Jealousy** – Fear of being humiliated/cuckold; ***fear of what others think*** because partner desires others
- ❖ **Fear** – Fear that the partner will leave if someone better shows up. ***The unspoken assumption is that engaging in sex making falling in love more likely, and that falling IN love with a new person means falling OUT of love with an existing partner.*** (Best way to handle: Live in the moment rather than worry about the past or future)

## Tips for Handling Jealousy & Other Intense Feelings:

- ❖ Be willing to feel your emotions... ***no matter how intense and scary they seem.***
- ❖ Own your feelings and actions... ***don't fall into the trappings of blame or self-pity.***
- ❖ Figure out what is triggering you... ***is it not knowing something? Is your overactive imagination getting the better of you?*** Sometimes the truth is less scary than we thought! (Full disclosure can be helpful here)
- ❖ Be willing to get vulnerable and admit your feelings... ***if there is anyone you need to be full-disclosure with, besides yourself, it's your partners.*** Don't be afraid to bare all!

## Compersion... What's THAT?

- ❖ **Emotional Compersion** – The opposite of jealousy, it is the ability to take pleasure or joy in the knowledge that one’s partner is engaging in a similar romantic or sexual relationship with another person; especially when a partner finds joy in the knowledge that their beloveds are expressing love for one another.
- ❖ **Erotic Compersion** – The ability to enjoy or get turned on watching or hearing about their partner having sex with someone else.

### Learning Compersion

- ❖ **Unlearn Jealousy** – *let go of feelings of insecurity, possessiveness, and fear.*
- ❖ **Desire Your Partner’s Happiness** – *Feel excitement for, rather than feel threatened by, their feelings and activities.* Give your partner freedom and support to grow and change.

### How to be a Safer Sex Slut...

No Risk, Low Risk, Highest Risk Acts – Choose the risks you feel comfortable with  
 What can be passed with each... (supplemental handout)  
 How to make sex safer...

### Swing Only Events/Clubs in NYC

Carousel	One Leg Up	SexxyMofu
Casbar	Premium Events	SINSation
Chemistry	Private List Party	Skin
Le Trapeze	Sensual Utopia	Voyeur

*For more information on other swinger lifestyle events & clubs, check out NASCA*

### Kink & Swing Events in NYC

Dark Odyssey	Phuk it (Queer, All gender)
DDevious Delights	SPAM (Queer, All gender)
Desire (Queer, Women/Trans only)	Submit (Queer, Women/Trans only)

### Poly Events & Group

Dark Odyssey	NJ Poly	Poly-NYC
FSA’s Beltane	NY Poly Munch	TriState Poly
Loving More	Poly Hour (Monthly Social)	

### Books & Resources for More Information...

Anapol, Deborah. *Polyamory: The New Love Without Limits*. (1997). San Rafael: IntiNet Resource Center.

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Block, Jenny. (2006). *Open: Love, Sex, and Life in Open Marriage*. Seal Press.

Easton, Dossie, and Catherine Lizst. (1997). *The Ethical Slut*. (1<sup>st</sup> Ed.) San Francisco: Greenery Press.

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Mazur, Ronald. (2000). *The New Intimacy: Open Ended Marriage and Alternative Lifestyle*. Lincoln: ToExcel Press.

Taormino, Tristan. *Opening Up*; 2008. San Francisco: Cleis Press.

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