

CLASS NOTES & HIGHLIGHTS FOR

THE ART OF CONSENSUAL NON-CONSENT

PRESENTED BY ALAIN & TIEDRED

The text listed in blue are the paintings and artists showcased in this class's presentation.

Introduction

- Welcome to The Art of CNC

The Bolt by Fragonard

- Art Talk
 - Successful art should “make” you feel something
 - “Art should comfort the disturbed and disturb the comfortable.”
 - Cesar A. Cruz, a Mexican poet and academic, also adopted by Banksy
 - Art has the dual power to soothe those who are struggling and to challenge those who are comfortable in life
 - Art can be a catalyst for change
- CNC is similar
 - Could CNC be identical to this way of looking at art?
 - You either understand the art or you don't
 - There is no right way to enjoy the art
 - It means something different to everyone

The Reluctant Bride by Auguste Toulmouche.

Part 1 - I'm Consenting to “Non Consent”?

- I'm Consenting to “Non Consent”? What does that mean?
- Most of us in this room understand the basic idea of CNC. So instead of doing a rusty dusty definition, we are going to take another look at what it could be.

The Nude Maja (La Maja desnuda) by Francisco Goya

- Some people experience tunnel vision on what CNC could be

Consensual Non-Consent Definition

- Starting with “Non-Consent”

- In the vanilla world, things that are generally considered bad or illegal:
 - Rape
 - Abduction
 - Stalking
 - Blackmail
 - Abuse
 - But also
 - Bullying
 - Humiliating
 - Gas lighting
 - Coercion
- In the kink world, more nuanced as we have a better understanding of what consent is, so add in:
 - Breaking limits
 - Anything that wasn't negotiated
 - Being forced to do something
 - Eating broccoli. Food can be CNC or a consent violation. See the food scene in 9 ½ Weeks - debatable whether that was CNC or abusive.
- Instilled by the culture we are raised in
 - Disrespecting parents, elderly, women, people in authority
 - Dressing "inappropriately"
- What is **perceived** as non-consensual is a combination of legal limitations, personal limits, and societal limits
- Now adding Consensual Non-Consent
 - **Consensually doing things that are perceived as non-consensual**
 - Some examples
 - Tickling – Person is resisting, trying to get away, saying no no no
 - Abduction – Alain is negotiating a scene where someone he has never met flies out to Denver and understands that if she gets in his car, she consents to a scene that will find her overpowered, tied up, abducted, and held captive for a good amount of time.
 - Play rape – When your partner gets "handsy", you say no. They force, coerce, or manipulate you to let/make it happen.
 - Dark age play – Same, but combined with age play
 - CNC-style free-use or TPE agreement
 - Top gives other person(s) permission to grope the bottom without informing the bottom who has that permission

[Mars Chastising Cupid by Bartolomeo Manfredi, 1605-1610](#)

The Story

- Back to the art reference
 - Good art will often tell an interesting story, it will stop you in your tracks, and you'll want to stare at it a bit longer
 - You want to know more about the story and look for clues in the art
- Adding CNC
 - Some kinks don't have a story: bondage, needle play, etc.
 - A CNC scene is only as good as its story
 - CNC has a story because of its role-playing component

Consent in Kink

- We talked about the “Non Consent” portion, let’s back up and look at “Consent”
- Informed, enthusiastic, freely given, revocable at any time
 - But when doing CNC, where No doesn’t always mean Stop, so let’s dive a little deeper
- Informed
 - All participants of a sexual encounter should have a fully informed and shared understanding of what they are consenting to do
 - **Can you be fully informed about something you’ve never experienced?**
 - Yes, you can educate yourself and your partner.
 - We can try to mitigate through education
 - We can try to mitigate this with educational negotiation
 - We can try to mitigate with Inclusive/Exclusive Negotiation
 - Exclusive: we don’t do things that are on the hard-limits list.
 - Inclusive: we only do things that have been discussed and agreed upon.
 - It might be great to start with a couple of “yes things” and only add one new item at a time
- Enthusiastic - We’ve evolved!
 - Affirmative Consent (want sex, yes or no, how our parents were likely introduced to sex) > Enthusiastic Consent (BUT absence of enthusiasm might be rape with this definition)
 - Not all sex is enthusiastic
 - Sexual desire and pleasure are not the only reasons we have sex
 - 237 reasons why people want sex (2007)
 - Bored, dared, emotional closeness, express love, feel physical closeness, wanted to make up after a fight, under the influence of drugs, I felt like I owed it to the person, I was attracted to the person, the person was famous and I wanted to be able to say I had sex with them, friends were having sex and I wanted to fit in, it feels good, I wanted to get closer to God, the person bought me jewelry
 - For CNC, I would like to add, because “I wanted to create the feeling of being raped”, or “I want to feel desired so deeply someone is willing to break the law”, or “I want to be forced into acts I find shameful”
 - Enthusiastic consent becomes complicated when we apply it as a universal standard.
 - Like if we were trying to defend sex workers in a court of law
 - While we should strive for it and it’s fantastic in certain circumstances, it doesn’t need to be required
 - **Authentic Consent (Agreement motivated by sincere desire to have sex, Dr. Nadine Thornhill)**
 - Sex educator, on Instagram
 - “Authentic sexual consent is an agreement that is motivated by people’s sincere desire to have sex for reasons that may include (but aren’t limited to) pleasure, exploration, generosity, love, baby-making, or because it’s their job.”
 - “Authentic consent can be enthusiastic. It can also be optimistically awkward, a means to an end, or entirely transactional. But at it’s foundation, it’s always about folks agreeing to have sex because it’s what they want.”
- Freely Given and Revocable at Anytime
 - While these are still required, they are fun to toy with in a CNC context later
 - Tread carefully/know your bottom, if you choose this adventure
 - Nothing like the mindfuck of “will this person actually hurt me”

- Scope
 - How long is it valid for? Right now? For tonight? While we're in a relationship? Until it is revoked? Every Saturday in May?

[The Sin by Heinrich Lossow](#)

Why CNC

Group questions

- Why do we have these fantasies?
 - Romantic - ultimate in wanting/being wanted
 - Control - the ultimate form of taking/losing control
 - Can be related to trauma: SA, child abuse, but also bullying, feeling unloved/not liked, pestering, body image issues, etc.
 - Removing guilt - Sometimes things feel wrong and like we shouldn't do them. If we don't have a choice, then we're also not guilty of wanting them. Fairly common among people raised in strict or puritanical settings.
- Should you make it real? Why?
 - Acting out sexual fantasies can be a LOT of fun.
 - Can allow you to do and enjoy new things
 - Can sometimes be used to process past trauma. (Not medical advice as we're not medical professionals.)

[Phryne before the Areopagus by Jean-Léon Gérôme, 1861](#)

Part 2 - Curating a Scene/Elements

[The Origin of the World by Gustave Courbet](#)

Realism

Surprise

Privacy

Fear

Temperature

Communication

Intensity

- If you observed this in public, at which point would you call speak up? Interfere? Call law enforcement? Keep this in mind when doing public play – the intensity determines the risk.

Freedom

Population (# people involved)

Trust

Violence

[Death of Sardanapalus by Eugène Delacroix \(1798–1863\)](#)

Part 3 - Tools to turn fantasy into play

- We've discussed a deeper definition of cnc, the elements to consider, now lets look at putting it into play

[The Happy Accidents of the Swing by Jean-Honoré Fragonard \(1732–1806\)](#)

Finding a CNC partner

- Look on FetLife/Reddit for people into CNC, Rape Play, Rough Sex, Primal, etc.
- Participate in local community events
- Finding a high-quality partner takes time

[Cimon and Pero, also known as Roman Charity.](#)

Negotiate

- Your play STARTS with negotiation.

[A Roman Slave Market by Jean-Léon Gérôme \(1824–1904\)](#)

- Exchange ideas.
- Over-negotiation

[L'Amour frivole \(Frisolous Love\) by Jean Frédéric Schall, 1780](#)

Consider Risk Profiles

- Risk-profile
- How much risk of actually being physically injured can I take?
- How much risk of being mentally injured can I take?
- How much risk of the world finding out can I take?
- How much risk of the scene exceeding its boundaries?
- Risk of Consent Violation or Accusation
- Screening for emotional intelligence and potential trouble

[Judith Beheading Holofernes, Caravaggio \(1571–1610\)](#)

In-scene Communication

- Safe words. ALWAYS use them if the bottom wants them. If the bottom is on the fence, taking them away can be a tool to introduce more fear.
- Tops are like toddlers talk

- Use Plain Language, TONE is important!
- Processing Time: Give your Top a chance to process a safe word. Count to three in your head. Assume Noble Intent until proven otherwise.
- Safe actions. ALWAYS use them. E.g. grunting or shaking head 3 times to indicate a problem and get a check-in.

Truth Coming Out of Her Well to Shame Mankind by Jean Léon Gérôme, 1896.

Make it successful

- Top must be able to gain the overhand
- Better the scene is too “mellow” over too “heavy”. Too mellow means you can go harder next time. Too heavy means you incur too many risks or the scene fizzles out as safe words get used.

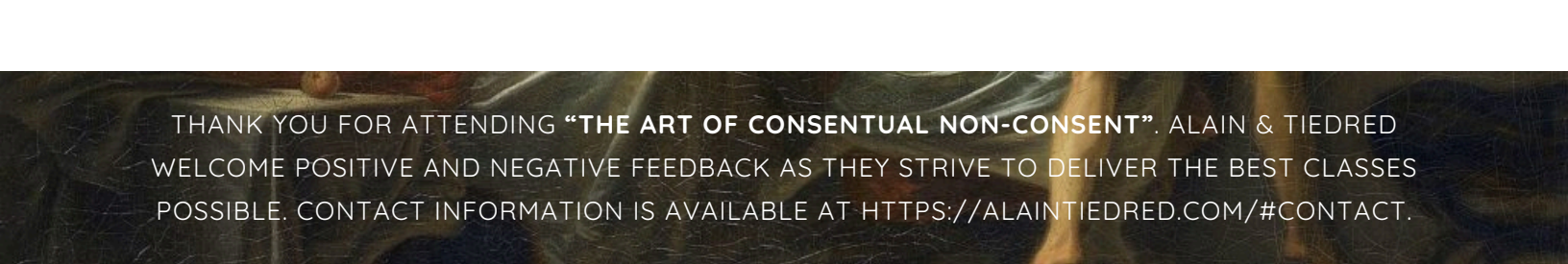
Plan for it going right

- Will you reconnect or cuddle after or will the top leave?
- What aftercare is needed or desired? If the bottom likes to be covered in a blanket, who provides it?
- What aftercare does the top need?
 - Common is being told they did what the bottom wanted. This helps process bad feelings from societal programming.
 - Expressing gratitude. “Thank you for making me cry. Thank you for beating me.”
- When do we check in after the scene (a few hours later, the next day, and the day after that.)
- Debrief: What did you like, What didn’t you like, What do you want more or less of?

Plan for it going wrong

- Mental trauma getting triggered – be aware of each other’s past traumatic experiences which may get triggered. Discuss how to deal with something traumatic happening! Maybe there’s a trusted friend who can be called?
- Actual injury – plan on where to go (clinic / ER) if something goes bad.
- Discuss health issues - seizures, surgeries, joint issues/injuries, etc that could come up
- Emergency services – plan on what to say if seeking medical help or law enforcement gets involved. Bottom can’t consent to some of this, but having a way to show it was consensual and they wanted it if they can’t speak for themselves is important. This can just be text messages on a phone.
- How does aftercare change if the scene doesn’t go well and needs to be stopped? As a top, do not freak out if the bottom does not want aftercare from you. Stay present and help them in ways they allow and need.
- Friendly Reminder: Setting up a safe call for both Tops and Bottoms
- Exchange emergency contacts for both parties

Nymph Abducted by a Satyr by Alexandre Cabanel, 1860.



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