

Accessibility Notes for

JADED. When Kink Loses its Sparkle

Presented by Alain & TiedRed

Learning Objectives

This class will maintain a solution-focused positive tone while exploring solutions to move through feelings of being “stuck” or disenfranchised with different aspects of the kink community. Participants will examine their own participation in the community and consider new angles to explore. Successful attendees will feel seen knowing that it is more common than we realize to struggle within the community at some point in our journey. Themes of caution, self-development, and mentorship will be discussed.

Requirements

- Projector

Introduction

- Inflatable ball and Sharpie gets passed around so people can write on it. Questions: why are you here, what are you hoping to learn?
- TiedRed/Kelsie and Alain intros
- We read the ball out loud. Discuss why people are attending.
- Share disclosures and expectations for the presentation

Shit happens

- Kink Participation and Risk
- Play the “put a finger down game”? We read a list of things that go wrong in the kink world and people put a finger down if it has happened to them.
- What did I miss that might have made kink less fun for you?
- Does anyone have any fingers left?
- We’re human!
- Self-selecting out
- ACTIVITY #1:
 - Take five minutes to put it in the journal and anything you may have not been up for sharing.
 - What were the feelings and the impact it had on you?

Shit went wrong. Now what?

- Typical solutions

- Moving Forward. What else can be done?
- “Jadedness is a self-protective response that is quite natural and appropriate with these kinds of experiences.”

Become or stay well-rounded

- Is kink a part of your life or is your life defined by kink?
- What is your life like outside of kink?
- Curate supportive non-kinky friendships
- Gratitude & Positive Psychology
- "Kink comes last" rule
- Goals/Hobbies that do not incorporate kink
- ACTIVITY #2: Wellness Wheel – Coloring activity on handouts

Refreshing Your Kinky World

- Now that your life is well-rounded and your happiness isn't dependent on kink, we are ready to return to kink.
- Choosing Partners Wisely
- Explore how you participate in kink
- Creating Fuck-et Lists/Kinky Bucket List
- Service and Volunteering
- Become a Villager - Investing in Others
 - Introduce concept of rings of friendship - Dunbar's Number
 - Friendships make us resilient in the face of adversity (like kink gone wrong).
- Alter your Chemistry - Speeding Up
- Slowing down
- Nuggets
- Don't give up space
- Time

Discussion & Story Time!

- ACTIVITY #3: During or after class, reflect on the journaling question in your trifold
- What advice did we miss?
- What items have you felt jaded about in the past and how did you move through it?
- What items are you still struggling with?
- Do you have any cautionary tale for newbies?

Should you require accessibility support for any classes Alain & TiedRed
provide, please reach out!

Contact information is available at <https://alaintiedred.com/#contact>.