

Entering The BDSM and D/s

Community

*By Kayla Lords  
Compiled by Submissive Guide*

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The site is dedicated to helping submissives understand themselves and the service they wish to provide; from sexual to domestic, personal assistant to pain slut and everything in between.



## About Kayla Lords

Kayla Lords is a kinky submissive, an erotic author, a sex blogger, and a podcaster. She writes about BDSM and kink from a loving and realistic view. Kayla's focus is on D/s relationships and how to make them work in the very vanilla world. She also is a regular contributor to Submissive Guide, Kinkly, Fetish.com, and Fuck.com. Find her online at [kaylalords.com](http://kaylalords.com) or on Twitter @KaylaLords.

## Getting to Know the Local and Not so Local Community

An Introduction by lunaKM

One of the most feared activities of a novice is getting up the nerve to meet other people face to face. Yet this is one of the first things that I and many others recommend for those wishing to get into BDSM. I encourage people to learn all they want behind the comfort of a computer screen but to really taste things as they are, they need to get out and experience it. Talking to other people can not only dispel the fantasies that may have been built in the novices minds but help fortify what they believed all along; they are kinky.

This is a necessary first step for you when you want to do more than read about BDSM. I know the exact moment I reached the point of no return. I knew I'd be leaving the online realm altogether and engage in real experiences. I had an online Dominant at the time and I was really good at asking a lot of questions. I had a blog (no longer around) that I used to figure out what I might like and dislike, what drew me to things and how I felt about finding a Dominant. The night that my online Dominant said that he could no longer help me with my questions, that I needed to get out into the community and really experience kink for myself was a huge turning point. I took it as a new task, a challenge not to be ignored and started searching for groups local to me.

Thankfully I found a few. I joined the message boards, introduced myself and set a date with destiny. I was terrified to meet these strangers for which we had a common bond. What would

they think of me, how would they act, what was I getting into? Would I recognize anyone? None of these things stopped me cold. I needed answers and only community was left for me to get those answers.

Walking into the restaurant that first time was scary. Approaching them and seeing all the smiling faces was wonderful. It put me at ease and when I started talking I just couldn't stop. It was like coming home. I had found my friends.

Will you have the same experience? Probably not. Each community has a different feel to it. You may need to try several different groups to find one that meets your needs. There are all sorts of different groups in this country. Some are play focused, others are social groups complete with drinking socials and parties, others are intellectual and hold a lot of discussions and topic themed munches. There is something for everyone. I'm sure that there is some group out there meant just for you.

Ultimately it's your decision if you want to move further in your learning and experience level. This is THE next step. Take the leap and meet some real people in a nonthreatening atmosphere. What could it harm?

# **Finding Other Local Kinksters Using Online Resources**

Welcome to a series I hope will help you feel more comfortable entering and becoming a part of the local BDSM community. Some of the best education I've received as a submissive, especially on the different ways other people live the D/s life, have been from people in my local area. Attending a munch, going to a play party, or just hanging out online and observing conversations and interactions is a great way to learn and have your eyes opened to other viewpoints and experiences.

The best advice I've been given (even though I fought it at first) when it comes to living the BDSM lifestyle is to go meet people in the local area. I used to say, and I now hear countless people say, "But there aren't any people. How am I supposed to find them? I'm the only one I know!"

Stop right now. You are not the only kinky person in your town. You might be the only one with a social media profile. You might, (maybe, but highly unlikely) be the only one on Fetlife. But you are not the only kinky person in your area – unless your area has five people, and they all live in your house.

Here are some places to find your local community:

## **Good Old Google**

When in doubt, Google it. Go a step further and actually click on the second or third page of the search results. A quick Google search of your town's name and "BDSM" will yield some results. In my area, there are pages for different groups in my state (Florida), kinky profiles on dating sites, and different blogs to visit.

## **Fetlife**

"But Fetlife is filled with creepy posers sending dick pics." You're right, those people are there. And you're a fully functional adult who is capable of ignoring those people. There are also groups and forums specifically for your city, town, or region. Your local BDSM dungeon or

munches probably have a page, too. Use the handy-dandy search function and type in the name of your town or county and see what you find.

## **Secret Facebook Groups**

Before I got kicked off Facebook (for using a pseudonym, damn the Facebook gods and their weird rules), I was part of several secret groups devoted to the lifestyle – BDSM Without the BS, Daddies and their Littles, you name it. Some groups aren't secret but you'll have to ask to join. Join them and get to know people. There are usually threads in each group to introduce yourself and share where you're from – use that thread to find your local peeps. And remember not to be a creepy stalker. Let things happen naturally and make friends with people you genuinely like.

## **Craigslist**

I'm adding this one with a disclaimer: Proceed with caution! Typically on Craigslist, people just want a quick, kinky hook-up. Or worse, they're a predator looking for a victim. Listen to your instincts. If something doesn't feel right, don't go. Have a safe call set up so someone knows where you're going, when you arrive, and when you should leave. Safety first, y'all. But sometimes, you can find a couple who wants to hang out or a group of people looking to meet someone new. Yes, it may be sexual, which is perfectly fine, if that's what you want, too.

## **LunaKM Adds: FindaMunch.com**

Joy of FindaMunch.com has done all the leg work for finding a group in your area. She scans FetLife and she searches the web for groups that identify as local and regional groups so you can find your local community a lot easier. Her listing is international and frequently updated so you can be sure to find some group near you that can provide you the potential friends and support you need.

Whether you're ready to hit the local munch you found on Fetlife, or you just want someone you can email or grab a cup of coffee with to chat about life, there is no better way to learn more about BDSM and the lifestyle than meeting real people and hearing about it from their own perspective. Remember, though, to be open, honest, and patient.

BDSM and kink may feel like completely foreign or new concepts, but at the end of the day, we're all people. Go about making friends and meeting your fellow kinksters the same way you would if you were in a vanilla situation. Relax and take your time. Be yourself and don't be creepy!

## **The Different Ways to Socialize with Local Kinksters**

Okay, lesson number one about hanging out with kinky people: They're people, just like you and I. They enjoy doing many of the same things as you do. And, like you, they're kinky, too.

Not every interaction with your local community is going to be filled with kink, especially if you're in a vanilla setting. That being said, in my experience, when you get a group of kinksters together, we tend to talk about BDSM and sex a lot more than I do with my non-kinky friends. I imagine that's probably pretty common for all of us. Oh, and for anyone who thinks they're not kinky enough to hang out with the kinky people, think again.

So, what are the different ways to hang out with local kinksters?

### **Munches**

A munch is just a gathering of kinky people at a vanilla setting. There's no real rule on time, place, or when but in my area, and probably in yours, too, munches tend to be in restaurants at slower times during the weekend. My favorite munch to attend is in a back room of a local diner from 2:00 p.m. until about 4:00 p.m. on the third Saturday of the month. The diner doesn't mind because most of us order something to eat, and it's in between the lunch and dinner rush.

### **Coffee-Times**

I don't know how common these are around the country, but in my general region, munches are on the weekends, which rule out people who work every Saturday. An answer to that is a weekly or monthly "coffee time" in the middle of the week. Sometimes it's in a restaurant with

a big enough room (depends on the size of your crowd) and sometimes it's in an actual coffee shop. It's late enough that people can eat dinner or just get a cup of coffee but ends early enough for people who have to get up to go to work the next morning.

## **General Meet-Ups**

Maybe you have a good munch and a new coffee-time, but someone wants to meet on a different day or at a different place. In my area, these are just "meet ups" but they work the same. Vanilla setting, on a weekly or monthly basis, in the same place each month – and the kinksters who can come show up.

## **Local BDSM Dungeon or Club**

All clubs and dungeons function differently. Some are private and require invitation by the club owner or people they trust. Others are open for membership but you have to be sponsored or attend classes on the lifestyle before you can attend. Either way, these are places where you can watch a kinky scene or participate in one.

Saint Andrew's Crosses, spanking benches, medical play tables, suspension bars, and many other pieces of BDSM equipment will be found here. If you're not ready to play, you can usually hang out in a social area to chat and watch. And I haven't been to a dungeon or club yet that didn't have food – often brought in by regular attendees. It makes sense – kinky play takes a lot of energy, and you'll need to refuel.

## **Private Parties**

You can organize your own private party, or once you meet people and make friends, you might be invited to a play party. Typically, you can expect to have the opportunity to scene and play, but there should be no pressure to join in. Make sure you follow the rules of the house (or create your own if this is your party). The people who attend will hopefully understand basic protocols and show respect to you and your partner. If not, let the organizers know.

For those who want to have their own party, a word of caution. Invite people you trust to play safe, respect boundaries, and follow the rules. Don't invite people you know are trouble. You may never get anyone to come out to another party again if you do.

My recommendation for anyone new to the local lifestyle is to start with munches, coffee-



times, and general meet-ups. This is a good way to get to know people and make friends. You'll also establish yourself within the local community, hopefully, as someone who understands or is willing to learn the lifestyle and can behave respectfully in public. People will learn to be comfortable with you and may invite you out to more private affairs.

And if you're scared and shy about walking into that restaurant or coffee shop, remember, everyone was new at some point. Most of the people you'll meet are very friendly. Just be up front and tell them you're new. The good ones will take you under their wing and make sure you have a good time.

## **Understanding and Following General Protocols in Public**

Attending a munch, going to a play party, or just hanging out online and observing conversations and interactions is a great way to learn and have your eyes opened to other viewpoints and experiences.

Remember that every place and every situation is a little different. BDSM dungeons and clubs may have very specific rules for how they expect Dominants/tops and submissives/bottoms to behave. You also need to remember that whatever rules and protocols your Dominant has set for you still apply.

Before you get yourself stressed out that you're never going to remember all the rules or you're going to embarrass yourself, remember this one thing:

Just be polite.

If you remember no other protocol once you walk through the door and are faced with a mix of Dominants and submissives, remember that.

### **Munches, Meet-Ups, Coffees – Low Protocol**

The least stressful time you can have with your kinky peeps is in a vanilla setting. This is a time for everyone to come together just to hang out and get to know one another. You need to

blend in so you don't freak out the non-kinky among you, but you still need to remember who you are.

- Follow whatever rules your Dominant has set for you. When Southern Sir and I are out at a restaurant, it's my job to prepare his coffee once it's served. Most servers don't even notice, but every once in a while, one gets confused and thinks they gave coffee to the wrong person. Nope, this is just my rule. He doesn't remind me, and I don't mention it. I just do what I'm supposed to do.
- When in doubt, let your Dominant introduce you to people. Or, if you know the person organizing the munch or meet-up, let them introduce you.
- Be polite but feel free to talk to other people. This is a time to get to know people in the lifestyle. Hopefully, it's a no pressure situation for everyone.
- For single submissives, don't be bashful. Shake hands, introduce yourself, and find a conversation to join. But always, always, always show good manners.

For those submissives who have a Dominant, you have to remember that your behavior is a reflection of them. When you're rude, rowdy, or obnoxious, you make your Dominant look bad, as if they don't have any control over you or your behavior.

## **Dungeons, Play Parties, and Kinky Events – High Protocol**

Okay, for a night out with the kinky peeps, the rules are a bit different and often much stricter. No worries, though, you can handle this. When in doubt, fall back on being uber-polite.

If you're new to the location, ask the dungeon master or whoever greets you at the door for any rules you need to be aware of. Most places will tell you the rules from the beginning, but in case they don't, always ask.

Follow those rules. Don't get kicked out of a dungeon because you didn't feel like complying with the same rules as everyone else. Also realize that everyone is new at some point, and mistakes will be forgiven as long as you apologize and stay polite.

Some basic higher protocol rules you'll probably encounter in general:

- Follow all rules your Dominant has in place for you. (That's a given and should be an automatic.)
- Wait for your Dominant to introduce you.

- Unless told differently, use “Sir” for male Dominants and “Ma’am” for female Dominants. Don’t worry, they’ll tell you if they want to be called something specific.
- Don’t speak to, touch, or otherwise engage with someone unless your Dominant approves. If the person you want to talk to is a submissive, you may also need their Dominant’s permission.
- Don’t talk too much during a scene. Definitely don’t talk to the participants. If you talk to the people around you, be very quiet and keep it brief. Interrupting someone’s concentration could be dangerous and is definitely rude.
- Never interrupt a scene. You can ask questions later. If you think someone’s in danger, you should go to the dungeon master.
- Keep your attention focused on your Dominant.
- In very high protocol situations, you may need to keep your eyes lowered and kneel or sit at your Dominant’s feet. For some, this is already part of your rules when in public. For others, it might be new.
- If you make a mistake, simply apologize politely. Most people are very forgiving.

Single submissives, you have more freedom to approach other people, depending on the rules of the club or dungeon. If the person is a submissive, make sure their Dominant grants permission first. (In reality, they should make sure they have permission but if you are the one who approaches, be the one to ask permission.) If the person you’re talking to is a Dominant, be as polite and respectful as you know how to be.

If you remember nothing else when you’re out and about with your fellow kinksters, remember this: Always be polite. It’s good practice for being a human, and it’s a great way to establish trust and respect and make friends in the BDSM lifestyle.

## **Who You’ll Meet and What to Expect at a Munch**

There are two types of people I know when it comes to attending a munch:

- People who are terrified to go – afraid of being alone, ignored, or feeling like an outsider

- People who used to feel that way until they actually attended a few munches

Everyone is nervous the first they attend their first meet-up with kinksters. I was lucky that Southern Sir was with me for my first munch. He knew most of the people, and I didn't feel completely alone. That being said, he did make me attend my first coffee time alone, and I broke down in tears as I drove away because I was so nervous about being new.

Both times, the Saturday afternoon munch and the mid-week evening "coffee time," I was greeted and accepted by someone who was friendly. At the munch, it was the organizer who is now a personal friend. At the coffee time, it was another submissive who remembered what it was like to be new.

I know there are some exceptions to this, but by and large, when you go to your first munch, you will be greeted by friendly people.

## **Who You'll Meet at a Munch**

Let me dispel the first myth about who you'll meet.

Everyone is going to look like a completely average, completely normal human being. You won't be able to tell most of the people apart from the vanilla patrons. If someone on staff doesn't know to send you in a specific direction (or a back room), you might not even find them right away.

You won't automatically be able to tell the Dominants from the submissives or switches. You won't see a lot of obvious signs of the lifestyle. You might see submissives wearing collars. Some people are completely out. Others are not.

This is a time for a more relaxed protocol. Feel free to introduce yourself. Only a total jerk will think you shouldn't speak to them because they're a Dominant or their partner is a submissive.

## **What You Can Expect at a Munch**

Don't worry that you're not kinky enough or involved in BDSM enough to attend.

It's just a bunch of people sitting around, usually eating lunch or drinking a coffee, and hanging out. From my experience, we do get into conversations about sex or kink –

something that may not happen in a gathering of your vanilla friends – but other than that, it's simply people talking to one another.

We talk about work. We talk about children. We talk about what business opened up or closed down in town. We talk about the weather.

At my munch, we have a few people who work at adult toy stores, and they talk about that. Hearing someone ask about a specific vibrator or flogger isn't unusual, but it's not exactly a required topic, either.

Depending on your local area, you might also have designated times to discuss topics in the lifestyle. Sometimes it's a speaker that comes in to share a presentation. It could just be an open discussion with a question thrown out for everyone to consider. Submissives and Dominants alike are encouraged to share their opinion. Protocol is low, but being polite is always a good thing.

A munch is like any other social gathering. People are people no matter where you are. Someone's going to be on a diet. Someone's going to be starving and order an absolutely huge meal. Someone will be a picky eater, and someone else probably won't eat at all.

It's not any different from a book club, a garden club, college friends, or a group of moms getting together after a trip to the park with one exception. Kink and BDSM are completely acceptable topics.

It's normal to be nervous. Go anyway. You never know who you'll meet or what you'll learn. But one thing is certain, you'll never know until you try.

## **Who You'll Meet and What You Can Expect at a Play Party/BDSM Dungeon**

Unlike attending a munch, which is very vanilla and very relaxed, going to a private play party or a local BDSM dungeon is a bit different.

The people are both the same and not the same as those you met at the munch. The rules are different. Your expectations should be a little different, too.

Either way, it's not as scary as you think it is.

Note: Every party or dungeon is different. Some are invitation only. Others require sponsorship or membership. There might be a cover charge that you'll need to pay. If you're unsure, ask before you go.

## **Who You'll Meet at the Dungeon**

Many (but not all) of the people you meet at the munch are similar to those you'll meet at the dungeon. In my area, the biggest play party of the month is the same night as the munch. The same people tend to go to both, but not always. It's often easier to go to the party which probably won't begin until 9:00 p.m. or later than it is to get an afternoon off to go to the munch.

The faces may be different, but the types of people will be similar.

Dominants, submissives, switches, newbies, Old Guard, male, female, transgender, straight, gay – BDSM is a pretty inclusive lifestyle, and there's no telling who's kinky in your local community.

Many people will be in their fetish gear. Some will arrive in street clothes and change before joining the group. You'll see all manners of dress. Corsets, leather pants, no pants, men in women's clothing, women in almost no clothing. My very first trip to a BDSM dungeon included the sight of two submissive women with their breasts on display the entire time they were there. It was definitely an eye-opening experience.

## **What You Can Expect at the Dungeon**

Earlier, I talked about rules and protocols. Here is where you'll see a higher protocol than you might be used to. Every club, dungeon, and party has its own rules and expectations. When you're new, you should be told what the rules are or given the information about how to find them. If that information isn't immediately shared, ask.

No one should expect perfection when you're new. If you make a mistake and break a rule (like talking to a submissive without their Dominant's permission), simply apologize and correct the mistake. Yes, there are assholes even in the kink community and someone might make an issue out of it. When in doubt, ask a dungeon master what you should do.

There should be a social area you can hang out in. It may or may not be adjacent to where others are playing or having scenes. If it is, keep your voice down a bit. It's not polite or safe to break the concentration of people in a scene – someone could get hurt.

Depending on the rules of the club or party, you may see full nudity, sexual penetration, and other intensely sexual and private moments. Don't be completely surprised by it. It might not be your thing, but if it's allowed and the dungeon master believes it's safe, either ignore it or enjoy the show.

Remember, everyone's experience at a dungeon or party is unique to them. Go in with an open mind, a willingness to learn and follow the rules, and a polite demeanor, and you'll be fine. You might even walk away with a few new tricks to try in your next scene or (if you're like me) a willingness to scene in front of everyone the next time you go.

# Guide to Your First Munch eBook

Make the next step into the BDSM community an easy one. Let me show you how!

There is one huge hurdle that can strike fear into you like nothing else can. You've been safe behind your computer, but the next step is clear. You need to meet people face to face. You will eventually need to go to a munch.

## Calm your Nerves and Arm Yourself with the Facts

- What a munch is and isn't
- How to find them on the internet using search engines and specialized websites
- What to wear, how to act and what is expected of you (and what isn't) when you walk into the room
- Get out of the corner and into a group of supportive friends
- How groups address privacy and personal information concerns
- Put your foot in the door for possible future invitations to those elusive play parties everyone is talking about!

Guide to Your First Munch is a downloadable quick guide designed to make entering the local and regional BDSM community where you are – anywhere you are, painless and easy!

Once you buy my ebook you'll have the basics down and be able to bravely walk into the restaurant or cafe and shake hands with people JUST LIKE YOU.



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