

The BDSM Safety Mantra Comparison Chart

	SSC	RACK	PRICK	CCC
Mantra	Safe, Sane and Consensual	Risk Aware Consensual Kink	Personal Responsibility Informed Consensual Kink	Committed Compassionate Consent
Focus	Safety	Knowledge of Risks	Personal Responsibility	Emotional Well Being
Origin	David Stein, 1983	Gary Switch, 1999	2009	Unknown
Basic Definition	Attempts should be made to identify and prevent risks to health; activities should be undertaken in a sensible frame of mind; all activities should involve full consent of parties involved.	All partners are well-informed of the risks involved in the proposed activity; in light of said risks, all partners have, of sound mind, offered consent to engage in activity.	Each person has the personal responsibility to know, understand and engage in consensual activities with a sound mind.	Those involved are committed to compassionate consent and are attuned to the mental state of themselves and their partner(s).
Important Notes	Most common in BDSM communities and events.			Relatively unknown to mainstream BDSM.
When to Use	New to BDSM, first experiences should emphasize safety over all things, Play spaces that adhere to SSC standards.	More experienced participants who have confidence in safety, committed relationships with well-known limits and familiarity.	When the person feels they need to take personal responsibility with the types of play they get into and disagree with the other 2 previous mantras.	Intended more for TPE or 24/7 relationships.