

Let's Discuss:

SSC vs. RACK

The Basics

SSC

- Safe - Without harm
- Sane - Rational
- Consensual - Agreed upon

The purpose

To discuss the importance of adhering to SSC & Rack;
To compare both philosophies;
And to create discourse about the merits and limitations of each.

RACK

- Risk
 - Aware
- } Being aware of & prepared for the risk involved in your actions
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- Consensual
 - Kink
- } Agreement upon activities taking place within the scene

The Importance of Safety

- Kinky isn't synonymous with careless
- *"As you mature in your place in BDSM the often preached safety items can become obsolete or you may develop your own opinions that don't match what you were taught as a novice. There's nothing wrong with that, but knowing [...] basic safety rules is that foundation" (lunaKM).*

The Importance of Safety

- “Why Safety is Preached...” by lunaKM is an article intended for people who are new to BDSM. It addresses the importance of safe calls, red flags, and the basics of SSC.

Question for consideration:

Compared to a vanilla relationship, what additional safety concerns might BDSM practitioners have? Are these concerns different for tops and bottoms? Remember to consider concerns outside of the bedroom as well as inside it.

Safe, Sane Consensual (SSC)

- Learn to apply SSC to your own lifestyle.
- *“When I first learned about SSC, I found that it was very important that I understand what it means to me and my experiences in BDSM”
(LunaKM)*

Question for consideration:

What are the benefits and restraints of utilizing the Safe, Sane, Consensual philosophy to inform your practice?

Risk Aware Consensual Kink (RACK)

- *“The purpose of RACK is awareness and education. You should endeavor to learn all there is about a play activity before engaging in it.” (LunaKM)*

Question for consideration:

What challenges does the RACK philosophy face when addressing activities in the BDSM community (from a first and third party perspective)?

RACK & SSC

- Are the philosophies compatible?
 - How can they be combined, OR
 - What makes them incompatible?

Conclusion

- Which philosophy best fills your needs and helps you meet your expectations of yourself?

Articles included:

- J's Kallista. "Why SSC and RACK Are Both Important." 2016.
<<http://www.submissiveguide.com/2016/03/why-ssc-and-rack-are-both-important-safety-acronyms-to-know/>>
- LunaKM. "A Submissive Approach to Safe, Sane and Consensual." Submissive Guide. 2009. <<http://www.submissiveguide.com/2009/02/a-submissive-approach-to-safe-sane-and-consensual/>>
- LunaKM. "RACK: an Alternative to SSC." Submissive Guide. 2009.
<<http://www.submissiveguide.com/2009/02/rack-an-alternative-to-ssc/>>
- LunaKM. "Why Safety is Preached and Why It's Important to Know Anyway." Submissive Guide. 2010.
<<http://www.submissiveguide.com/2010/06/why-safety-is-preached-to-novices-and-why-its-important-to-know-anyway/>>
- *SubmissiveGuide Encyclopedia*. "Safe, Sane, and Consensual."
<<http://www.submissiveguide.com/encyclopedia/safe-sane-and-consensual/>>