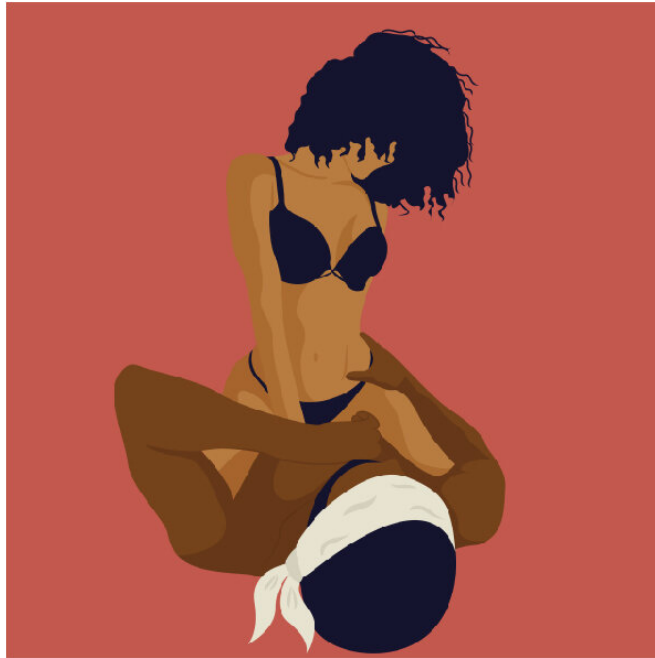


How Black People Can Explore Sexuality Through BDSM

b blextechnologies.com/blog/how-black-people-can-explore-sexuality-through-bdsm

February 1, 2020



Like many people, my earliest memory of understanding kink came from watching the first film installment of E.L. Jame’s *Fifty Shades of Grey*. During that Valentine’s weekend of my freshman year in undergrad, the Fifty Shades franchise and BDSM seemed to be the only things my girlfriends and I could talk about. Some of the girls thought it looked kind of weird and over-the-top. Others thought that maybe they’d be interested in it, but only the basics of being tied up and spanked. Though, no one’s opinions could’ve prepared me for what I heard next.

“That’s just some freaky, white people shit,” I heard out of the corner of the room. Most of my black friends agreed in unison. I guess I can’t be too surprised considering that it wasn’t too long before then that fellow black women of older generations tried to instill this idea in me that black women don’t even give blow jobs. On the other hand, these ideas were confusing to me considering that the way I typically saw black people portrayed in the media was a way that was much more hyper-sexual than any other demographic. At that moment something dawned on me that I had always known deep down inside, but never fully unpacked: there’s a complicated history behind the general understanding of black sexuality. Nevertheless, becoming more active in the kink community when I became older helped me to unapologetically embrace my sexuality as a black person, and here’s how you can too.

Want to give it a try?

For those of you who are familiar with the term BDSM, it's an umbrella term that encompasses a sexual lifestyle where informed adults participate in various sexual activities based off hierarchical relationships and dynamics through power play. The acronym stands for Bondage & Discipline/Dominance & Submission/Sadism & Masochism. Despite there being little to no black actors on the screen of *Fifty Shades*, that couldn't be further from the reality that the black community has become more actively engaged in the kink community. If you're interested in kink and you're not sure where to start, make a profile on Fetlife, the biggest social networking site for kinky individuals. There you can stay up to date with public events in a low-pressure setting (often called "munches") or private gatherings and play parties with locals in your area. Usually there are groups specifically for black kinksters to attend.

Navigate the space that works for you

Once you've tackled the first few steps of getting acquainted into the kink scene, keep in mind that it may be tricky, especially if you're a submissive woman or a dominant male. While the kink community has its pros, there will likely be times when certain acts are too triggering. Take race play, for example. Not everyone will find those particular scenarios suitable for them based on the historical implications alone. However, they may want to reclaim it entirely. For instance, Mistress Velvet, Chicago's Premier African Dominatrix, requires that her submissives (who are mostly white, cisgender men) read black feminist theory. Scenarios where black women have authority over white men aren't what is usually represented in the mainstream media whether it be in porn, erotic films, etc. So, finding a way to reclaim certain sex acts may be the key for some.

At the end of the day, part of the appeal behind kink is to explore the deepest desires of your subconscious so there may be some acts that seem questionable and even egregious at times. If something doesn't sit well with you then it's okay for that to be a hard limit. Figure out the key elements of BDSM that help you relinquish anything that comes in the way of you exploring your sexuality and go from there.

Embrace your erotic power

There are many aspects of BDSM that can be empowering for black kinksters and here are a few tips to discover which aspects you should delve into:

- **Be open-minded** - Black people, particularly those who grew up in the Belt-belt south, may have some reservations about what's acceptable within kinky acts. It's good to remind yourself from time-to-time that what happens in your sex life should be a personal decision and religious beliefs and sexuality aren't necessarily mutually-exclusive.
- **Take the BDSM test** - Taking a BDSM assessment will help you learn about your tastes and preferences related to kink. I personally recommend The BDSM test online.

- **Utilize your resources** - *The Color of Kink: Black Women, BDSM, and Pornography* by Ariane Cruz and “Uses of the Erotic: The Erotic as Power,” in *Sister Outsider: Essays and Speeches* by Audre Lorde are both fantastic resources to help black women specifically analyze the complex relationship between their blackness as it pertains to politics and BDSM and erotic power.

Article written by Tatyannah King, Sexual health & wellness blogger. You can find her at https://linktr.ee/taty_kaloni_k.