



# Introduction to Chastity

June 2026



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## Introduction

Male chastity sits at the intersection of orgasm control, power exchange, and bondage with elements of degradation, humiliation, exhibitionism and CBT (if done correctly). A chastity cage is worn over the penis and intended to prevent erections, penile masturbation, ejaculation, and penetrative sex. Whether exploring it for the first time or deepening an existing dynamic, this guide covers what chastity devices are, how to fit one properly, how to stay safe, and what this kink does to the mind.

Chastity arrangements typically take one of three forms.

- **Key-holder Dominant:** The most common structure. The dominant partner holds the key and makes all decisions (after negotiations are complete) about when the device goes on, when it comes off, and what conditions apply.
- **Sub-Active or Solo:** The person locked has a real and active say in the arrangement or manages it independently. They initiate locking, handle their own hygiene, and drive communication about their needs. This is not a passive role. For self-lockers I recommend a time lock safe if you are struggling to keep it on throughout the day or night to force compliance in the absence of encouragement from a key-holder.

**Switch Arrangements:** Partners trade roles over time. Having been on both sides brings a depth of understanding that is hard to acquire any other way.

## Materials

Every device has four core components: the cage tube, the base ring, the gap spacer(s), and the lock.

Cage material types include:

- **Plastic/Resin** lightweight, beginner-friendly, less secure, but cheap and easily replaceable.
- **Stainless Steel/ Medical-Grade Steel:** Traditionally the most popular for experienced practitioners, hygienic, durable, will trigger metal detectors),
- **Silicone:** Flexible, body-safe, ideal for daily wear and newcomers. Though I personally do not think they are big dick friendly as I have torn two different ones.
- **Custom 3D Printed:** Made to exact measurements, best for long-term wear, is becoming the more of the go to and whereas with the sell people tend to forget these are on and feel like they become a second skin only remembering it's there when brushed or touched.

Cage styles include: Holy Trainers, micro cages, inverse cages, full coverage and restrictive cages, flat cages, sissy cages, and electroshock cages.

Additional Materials:

- Lube
- Q-tips
- Hair Trimmers
- Aloe Vera and Moisturizer
- Emergency Key
- First Aid Kit
- Wire Cutters or Scissors

## Negotiation

Before any device goes on, a conversation must happen first, where both parties need to agree on: duration (how long the device stays on), check-in schedule, removal conditions, emergency procedures, hygiene routines, and safe



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words / signals that end everything immediately or convey other changes in condition. Equally important is defining what the dynamic actually looks like: the power structure, limits, and expectations on both sides.

## Safety: E.A.C.H.S.

To remember the key safety considerations, use the acronym E.A.C.H.S.: Emergency Access, Circulation, Hygiene, Skin checks.

- **Emergency Access:** Before locking, establish where the backup key is kept and what tools are on hand for removal. For plastic devices: a spare key or scissors. For steel: wire cutters. This is not hypothetical — it is essential planning.
- **Circulation:** The base ring must never restrict blood or urine flow. Signs of a problem include numbness, color changes (blue, purple, or red), or a cold sensation. If any of these occur, remove the device immediately.
- **Hygiene:** For wear exceeding a few hours, daily cleaning is required using warm water and mild soap. Open-bar steel designs can often be cleaned in place (using cotton swabs); closed tube designs require removal for thorough cleaning.

**Skin Checks:** Before every wearing, inspect for redness, discoloration, rawness, or broken skin. Any skin issues mean the device stays off until fully healed. New wearers should start with one to two hours and build up gradually.

## Measuring for Fit

Fit is everything. A poorly fitting cage is dangerous, not just uncomfortable. There are four measurements to take, and you should write them down - sizes vary between brands and bodies change over time.

1. **Base Ring Inner Diameter:** Wrap a flexible tape around the base behind the testicles and shaft. Divide circumference by 3.14.
2. **Flaccid Cage Length:** Measure from base to tip fully relaxed at room temperature. The cage should be slightly shorter than this number.
3. **Cage Inner Diameter:** Measure mid-shaft circumference, divide by 3.14. The tube should fit with gentle guidance and a thin layer of lubricant.
4. **Gap Spacer:** Start with standard and adjust based on feel after the first wear.

## The Fitting Process

Follow steps in order - temperature affects fit (cold = tighter, heat = looser).

- **Step 1:** Apply lube to the base ring. One testicle through, then the other, then the shaft. All dicks are different so some may need both balls then the shaft or vice versa.
  - One-finger check: Should slide under with resistance. Too tight = take it off and go a size up in ring. Too loose = go down a size. Check in with the wearer before proceeding.
- **Step 2:** Apply lube inside the tube. Insert the penis flaccid with gentle guidance, never force. Align cage to ring, connect the spacer(s).
- **Step 3:** Feed pins through both pieces and close the lock. The click of the lock is for many when the power exchange becomes real.

Full post-fit checks every time: one finger under the ring, no skin caught in the gap, no pinching. Ask about numbness, sharp pressure, or any new sensations.



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## Aftercare

When the device comes off, aftercare starts the effort for all parties to return to their base lines. Making space for the transition out of a locked headspace. Some people need closeness and quiet. Some need to talk. Some need time before either. Ask, and revisit this as the arrangement evolves. Do not assume needs stay static. Also check the skin at removal for changes from your inspection from it going on, give sub a warm shower, if possible, water, and rest. Pay particular attention to the base ring area after extended wear.

**Key-holders:** You have held authority over someone's body and desire for the full duration of that arrangement. That has weight. You are also allowed to need tending to at the end. Journaling and debriefing with the locked has worked best for me.

## Summary

Male chastity is a rich and multilayered practice. Done well, it requires preparation, honest communication, physical care, and genuine investment from both people involved. Chastity is a versatile kink that can be used to supplement or enhance other types of play or be the main activity between partners.

## Other Reference Material

- [The Ultimate guide to buying a cock cage](#)
- [An incomplete comprehensive guide to \(almost\) all things male chastity](#)
- [Beginner's Chastity Cage Guide: How to Measure & Choose a Material](#)
- [Chastity Basics \(Video\)](#)

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