



## CONTINUING EDUCATION SESSION

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SESSION	CE HOURS	DATE/TIME	
CE13	1.0	Saturday, November 5th	11:00am-12:00pm
TITLE			
Erotic Adventures at Play: Injuries, Risks and Prevention in Kink Behaviors			
AUTHORS			
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AASECT - Core Knowledge Areas and Training:		F; H; O	
APA - Curriculum Content Criteria:		1.1; 1.2; 1.3	
NCHEC - Areas of Responsibility:		1.3.2; 1.3.4; 1.3.6	
ABSTRACT			
<p>Purpose: Atypical erotic activities such as bondage, rough sex, and other fetish activities may have increased injury risks, and impacts, not typically associated with genital sex. In fact, over their lifetimes,13.50% of kinky people reported an injury or medical complication related to their kink or BDSM activities and 19% reported delaying or avoiding healthcare because of perceived stigma. (Sprott, 2021) Based on their past research findings and discussing their current International Kink Health Study, which is currently in data collection, this session will outline the risk profiles of kink activities, common injuries and their intervening variables; and outline ways to support erotic decision making and implement health promotion strategies at both the individual and community levels. Issues: Sexuality professionals often balance transdisciplinary responsibilities, particularly about erotic desires and practices that are less common or stigmatized. Aside from specific kink activities, kink-identified persons have an erotic behavior profile distinct from that of non-kink-identified people, including partner choice, number, and non-kink activities. And while Kink refers to a broad set of erotic activities that are disruptive, anti-normative, consensual, and nurturant; all are gathered around a primary unifying feature of "non-acceptability to the dominant culture." (Glyde, 2015) Increased interest and adoption of erotic practices by those who might not even call themselves kinky, emphasizes the need for clinicians, healthcare providers and sex educators to become more knowledgeable about the risks, types and experiences of injuries and support erotic decision making and implement health promotion strategies at both the individual and community levels. Kink activities broaden the common vocabulary of erotic expression beyond the genital, yet erotic activities such as bondage, rough sex, and other fetish activities may place practitioners at higher risk for injury, medical complication, or may impact mental health, both positively or negatively. Watersports may risk sobriety, chronic health conditions may impact types of kink play, increased knowledge about bondage injuries may impact community education efforts Sexual minorities often turn to other sources for healthcare information, eg. kink community, via online forums or in person, to obtain information about kink &amp; health. (Waldura, et al, 2016). Those with intersecting identities of race, gender, sex and culture bare added stressors. The combination of behavioral risk and social stigma is concerning because this same combination of factors can drive health disparities in other sexual minorities. (Meyer, 2013; Charest, et al, 2016) Overview: 0-10 minutes Small group process around kink behaviors and risk 10-15- minutes Lecture - Stigma and behavioral risk-taking in health 15 - 40 minutes Lecture: Review of research on kink behaviors, health risks, injuries and barriers/facilitators to healthcare utilization 40 - 50 minutes Group discussion: Individual and community approaches to health promotion 50-60 minutes Q&amp;A</p>			



#### LEARNING OBJECTIVES

To interpret the impact of perceived risk, behavioral risk and social stigma on decisions to delay or avoid care

To describe three common injuries or health complications related to kink activities

To identify and outline at least one health promotion strategy to decrease negative health outcomes in high risk kink behaviors