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Content Warning: This post explores themes of non-consentual acts and gendered violence including strangualtion.

WHAT'S UP WITH CHOKING?

PORN VS REAL LIFE SEX

Swipe for more info →

PORN

Porn often shows that everyone enjoys rough sex including things like choking, spitting, smacking and bondage.

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REAL SEX

In reality, not everyone enjoys rough sex.

Some rough sex can be very dangerous, like choking and bondage.

If you are interested, it is important to learn how to have safer rough sex and make sure everyone gives consent. This is to keep you and your partner/s safe.

Read the caption for more

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Long Caption (shortened in page above)

Porn often shows people taking part in risky sexual behaviours, and may call it kink or “BDSM” when it’s not. An example of this is when mainstream porn shows partners getting choked without consent. People will often copy this without knowing the risks, or how to do it safely.

Choking (or strangulation) deprives the brain of oxygen and/or blood. This can cause serious harm including injuries, long term health conditions and death. There is no evidence of any way to safely choke someone. Unlike other forms of play where you might get warning signs from your body, oxygen deprivation can happen quickly without an alarm. This makes it hard to take back consent when you can’t speak or breath. If harm occurs, the person doing the choking is at risk of criminal charges – even if the choking was consensual. In porn and real life sex, women are more likely the ones being choked - which reinforces gender stereotypes, and leads to the normalisation of violence against women.

⚠️ Dangerous sexual behaviours include people using BDSM elements without the safety, trust and consent that is included in BDSM practices. These include choking, BDSM play without safe words or consent, AND using violence.

🔗 BDSM sex is an umbrella term for a variety of different sexual practices. The acronym BDSM can be broken down into Bondage and Discipline (BD), Dominance and Submission (DS), and Sadism and Masochism (SM). BDSM practices are rooted in consent, trust and exploring power plays safely- before, during and after sex. BDSM stigma can cause people to have shame about their interests. Aftercare is also important to BDSM sex. This is when partners take care of each other after sex. This can include cuddling, cleaning each other up, or other calming activities.

Talk with your partner about trying different things during sex. If they aren’t into it, nervous about trying, or scared, you can do some research together and respect their choices. Despite porn showing sex as spontaneous, hot, and edgy; good sexual connection often needs more communication, not less.

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