

Aftercare Variations and Negotiations - Presenter: Sarah

Description: "Who needs aftercare? Is it only needed after hardcore sessions? Is all aftercare the same? What are some options for negotiating aftercare? What aftercare have you given/received that seemed to work well? What aftercare obstacles have you encountered, and what are some ideas for coping with them? How are aftercare and safety and consent related? Let's talk."

Why aftercare? Aftercare can be a beautiful end to a play session, and in some cases it may be a necessary safety precaution if someone is still coming down mentally/emotionally/physically -- they may be unable to (deny) consent, or they may not be ready to walk / drive. Knowing there will be aftercare can free someone to give more during a session (not hold back). Aftercare may be needed by both parties for reassurance, connection, or grounding.

Options for aftercare (basics)

- * Physical: water, blanket, ?
- * Touch: hugging, couch cuddling?
- * Emotional -- thanking, praise?

How to offer aftercare

- * Heres the kind of aftercare Im comfortable providing, does that work for you? OR
- * Ask what kind of aftercare they like
- * Not everyone will want to receive aftercare, and thats ok

How to ask for aftercare

- * A simple request for just "aftercare" may leave all unsatisfied: aftercare means different things to different people
- * A specific request helps uncover assumptions
- ** Not everyone likes giving/receiving all the basics
- ** Unusual requests -- e.g., an hour-plus of aftercare; sex; ?
- * Clearing play area together might work as grounding

Actually giving aftercare

- * Preparation: have supplies (water, blankets, etc.), transition plan (location)
- * Implementation: may need to adapt to circumstances, e.g., surprised by reactions; may need to handle interruptions/disruptions during play or during aftercare

Advanced Topics

What if top/dom(me) isn't into or good at giving aftercare?

- * Top/dom(me)'s other bottoms/subs

- * Buddy system (have friends lined up)

- * Potential backlash to Clean-up On Aisle 3: potential resentment at being asked to provide aftercare for someone else who won't.