

## SSC, RACK, And Me



Prepared for you by



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### Terms

“SSC” and “RACK” are two terms frequently used to describe different people’s (and different group’s) philosophy on responsible BDSM play practices. They stand for, “Safe, Sane, and Consensual,” and “Risk-Aware Consensual Kink,” respectively.

### Safety

For SSC players, safety is paramount; nothing that could do actual lasting harm to another person is considered to be acceptable behavior. While any intimate activity always carries some risk (and BDSM is certainly no exception), those risks are consciously minimized at every turn by both the dominant and the submissive.

### Sanity

Sanity is a very subjective concept, but when SSC players decide on what to do together, they consider carefully what steps they will take to remain mindful of safety throughout their play and do their best to make sure both parties come away from their play feeling emotionally and psychologically safe and secure.

### Consensuality

Informed Consent is indispensably important to both SSC and RACK players. To an SSC player, actions that have not been consented to by both parties would strip their play of Safety and Sanity, and would not be acceptable. RACK players place a high value on Consent for another reason: they may choose to play in ways that do risk lasting harm, which raises the stakes of obtaining prior Consent immeasurably.

### Risk

RACK players generally take great pains to research and study different types of play, every bit as much as SSC players, but the goal is not to avoid risk, but to be mentally prepared to accept and savor its thrill.

### Awareness

Both players in a RACK situation require one another to be as knowledgeable as possible about the physical, emotional, psychological, and even spiritual effects of any play they engage in, no matter how light or intense their play will be. This knowledge base is what gives weight to their mutual informed consent.

### Personal Limits

Every SSC or RACK player has personal limitations of what they can and cannot participate in or even watch comfortably. Sometimes these limits are only discovered through harsh experience – which, ideally, is gained in an atmosphere of trust. SSC and RACK players have their philosophical differences, but we all share the common limitation of simply being human.

### CEPE

Columbia Erotic Power Exchange defines itself as an SSC group. Our event rules reflect this position both by prohibiting certain activities outright, and by outlining set safety procedures for others. That does not mean that we feel either approach to BDSM is in any way “better” than the other. SSC play is simply more widespread and has broader appeal in the community, and in our opinion, provides a more sound foundation for those who are newly exploring their own interest in the wonderfully scary things we all enjoy.

CEPE does have members who practice both SSC and RACK play privately, but know and accept that only Safe, Sane, and Consensual BDSM play may happen at CEPE events. Your philosophy of what constitutes safe play will never make you less than welcome in CEPE.