

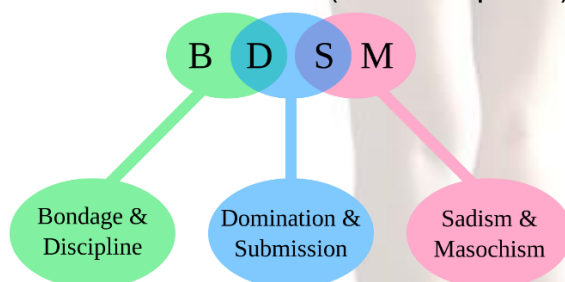
The Swingers Dictionary

Feeling overwhelmed with all the different terms you have come across? It can be intimidating to say the least, especially if you have no one to turn to and ask what something means.

I will provide you with a swingers' dictionary to help set your mind at ease. Some swinger terms, I am still learning, so let's embark on this adventure together!

Let's start from A to Z

- **Airtight**
Intercourse simultaneously in vagina, anal and oral.
- **Bareback**
Sexual intercourse without the use of a condom.
- **BDSM**
Bondage, Discipline, Dominance, Submission, Sadism and Masochism. Variety of erotic kinks including spanking, restraints, role play, and more. BDSM can be sensual (the kind I prefer) or more rough



Source: <https://en.wikipedia.org/wiki/BDSM>

- **Bi-Comfortable**
Comfortable with the idea of same-gender sexual activity, but would prefer opposite gender.
- **Bi-Curious**
Interested in exploring sex with the same gender
- **Bi-Receptive**
Comfortable with same gender performing sexual activities on them, but not willing to perform same sexual activities on them

- **Bi-Sexual**
A person who is sexually attracted to the same gender as well as the opposite gender.
- **Bi-Situational**
If the circumstances are right, the person will enjoy exploring and having sex with the same gender where they are normally not inclined to
- **Bondage**
Restraining a person using ropes, handcuffs, cable ties, etc. for sexual pleasure
- **Bull**
Single males within the Lifestyle



- **Compersion**
Feeling of joy when your partner enjoys sexual intimacy with another person instead of jealousy



- **CNM**
Consensual non-monogamy is for relationships where all partners give consent to have a romantic/sexual relationship with other partners
- **Consent**
Consent should always be between participants. This relates to touching, etc., and not just sexual activity
- **Cuckold**
A female who controls her husband by having sexual relations with other men
- **Drug and Disease Free (DD Free)**
The participants are free of drugs and sexually transmitted diseases
- **Dominant**
The person with more authority in the relationship takes control during sexual activities
- **Double Anal Penetration**
Also known as *DAP*, refers to the simultaneous penetration of the anus (rare)
- **Double Penetration**
Also known as *DP*, refers to anal and vaginal intercourse simultaneously
- **Double Vaginal Penetration**
Also known as *DVP*, refers to the simultaneous penetration of the vagina
- **Erection Enhancers**
Medication or natural supplements to improve erectile function in men.

- **Exhibitionist (Exhibitionism)**
A person who enjoys being naked around people or gets aroused by people watching them in sexual activities
- **Female, Female, Male (FFM)**
A threesome that consists of 2 females and 1 male where the 2 females will also play with each other and not only with the male
- **Female, Male, Female (FMF)**
A threesome that consists of 2 females and 1 male where the 2 females will not play with each other and only with the male
- **Male, Female, Female, Male (MFFM)**
A foursome that consists of 2 females and 2 males where the 2 females will play with each other.
- **Male, Female, Male**
A Threesome that consists of 1 female and 2 males where the female plays with both males
These abbreviations go on with MFMF, FMMF, MMF, etc.
- **Full swop**
Sexual activities where both couples will swop partners for vaginal penetration
- **Gang Bang**
Group of individuals where there is either 1 female or 1 male and multiple individuals of the opposite gender
- **Hall Pass**
This is when 1 partner gives the other partner permission to have sex with another person without being present
- **Hot Wife**
A female who has sex with men other than her partner/husband
- **Kink**
Kinks are sexual practices that are generally not ordinary (fetish)
- **Lifestyle**
The Lifestyle refers to the swinging community
- **Newbie**
Refers to participants who are new to the Lifestyle
- **Open Relationship**
One or more parties have permission to engage in sexual activities or relationships outside of their relationship
- **Play**
Sexual Activities in the Lifestyle
- **Play Room**
An area for sexual activity
- **Polyamory**
Also known as *Poly*, this refers to engaging in numerous sexual and romantic relationships where consent is given by all participants
- **Reconnecting**
This is an act you and your partner experience after a Lifestyle experience with other participants. You reconnect with your partner with sex and reclaim them as your own

- **Safe word**
A safe word needs to be chosen before you play or attend any Lifestyle event. When the safe word is used, all playing stops abruptly (you do not need to explain to anyone). A safe word can also be helpful to get out of a situation before it becomes too intimate (when you do not feel safe, you do not want to play with said individuals, etc)
- **Same Room**
You and your partner will play in the same room with other participants
- **Separate Rooms**
Also known as *Separate Play*, refers to you and your partner that will engage in sexual activities but not in the same room
- **Situational**
If under the right circumstances, a couple or single will engage in activities that they would normally not do in unfavorable conditions
- **Soft Swop**
When two couples swop partners without sexual intercourse – only oral sex allowed
- **Stag**
When the woman is a Hot Wife, her husband is known as the Stag



- **Submissive**
The person who is more obedient and gives all power and control to the Dominant. This person likes to be taken control of and told what to do
- **Swinger**
A person who practices consensual non-monogamy by partaking in sexual activities with others
- **Taking one for the team**
This is a **HARD NO!!!** This refers to engaging in sexual activities simply because your partner is interested in the play whereas you are not. Never *take one for the team* as this could damage your relationship with your partner
- **Unicorn**
Single females within the Lifestyle would join other singles or couples in sexual activities. A unicorn is hard to find in the Lifestyle



- **Upside Down Pineapple**
Whether you are in the Lifestyle or not, almost everyone has heard of this. This is the universal symbol used by Lifestylers/Swingers as a mascot of sorts

to indicate that they are active in the Lifestyle. Swingers might wear items of an upside-down pineapple to indicate to others of their Lifestyle.



- **Vanilla**
Individuals who are not in the Lifestyle or engage in any sexual activities besides with their partners
- **Vanilla with Sprinkles**
Same as *Vanilla*, but these individuals have a naughty side to them and surround themselves with individuals from the Lifestyle without engaging in any sexual activities with other people.
- **Vixen**
This is the term used for the wife during Hot Wife play sessions
- **Voyeurism**
This is the act of watching others engage in sexual activities without participating and often being aroused by this.

Read over these terms, let it be a guideline to help you know what you would like out of the Lifestyle.



The PsycheHOTic Wife