

PONY PLAY PRIMER

WITH PONYGIRLGINGER
AN INTRODUCTION FOR THE EQUINE-INCLINED



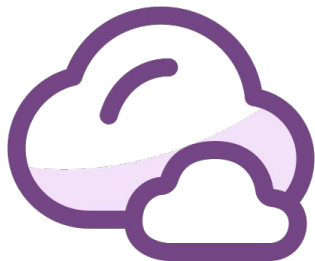
HI, IM GINGER.

NEIGH!

- I'm a ponygirl! Not a horse girl!
- Becoming a ponygirl
- Leather Pleasure Pony: Bondage, M/s, & forced pony play, oh my!
- [PoWA] Ponies of Washington + Pony Palooza
- The Manège



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What comes to mind when you think of Pony Play?

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THINGS YOU DON'T NEED TO PONY

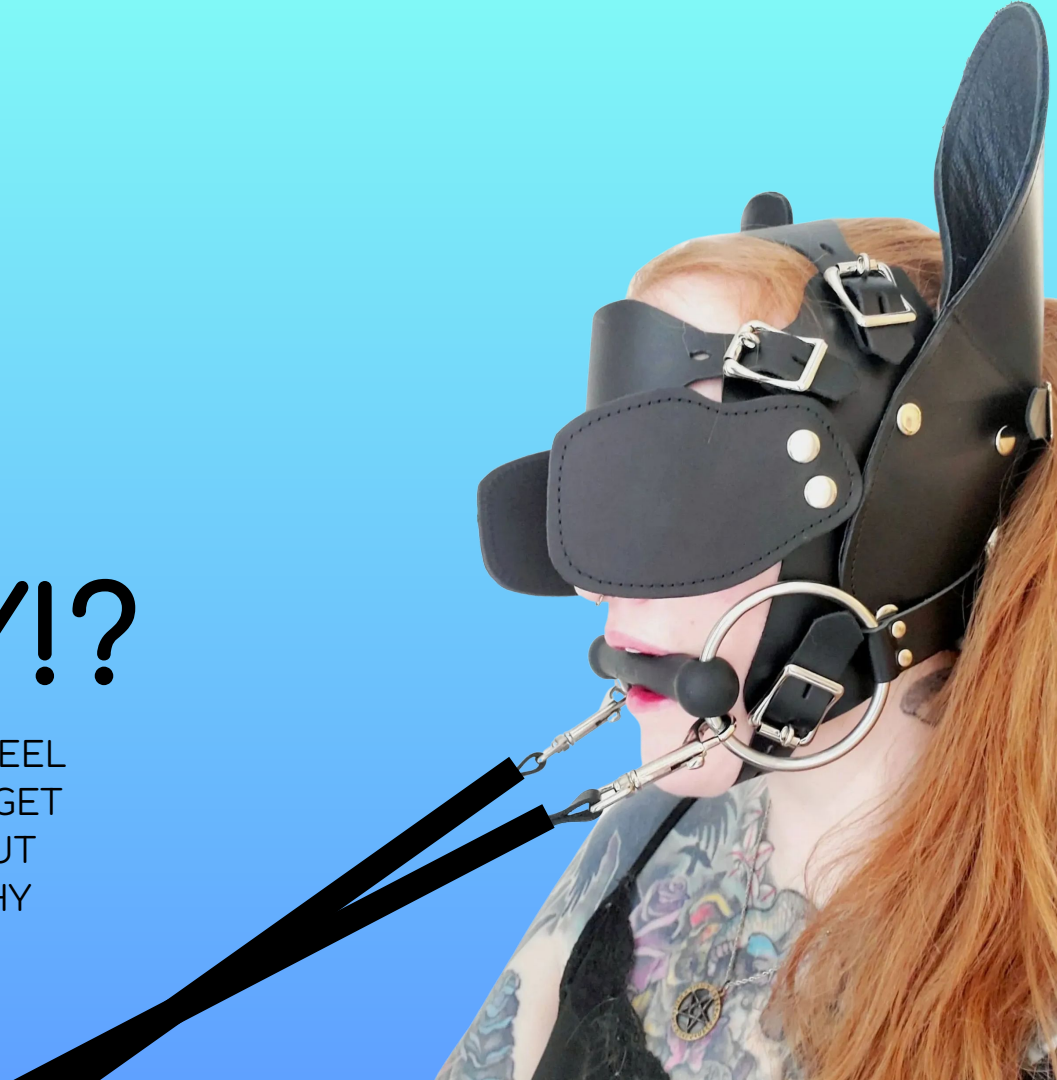
MISCONCEPTIONS

- A handler or a pony!
- A herd or other ponies
- An in-depth knowledge of equestrian terms
- Money & fancy gear/tack
- A specific body-type
- A specific gender or sexual orientation
- A power dynamic
- Not just for ponies!



WHAT IS PONY PLAY!?

WHAT THE HECK IS PET PLAY ANYWAY? I FEEL SILLY! DO I NEED A HANDLER? HOW DO I GET STARTED? I DON'T KNOW ANYTHING ABOUT HORSES, CAN I STILL BE A PONY? BUT, WHY PONIES???



WHAT IS PONY PLAY?

A SIMPLE PRIMER

Pony Play is a form of PET PLAY - animal role play - and *sometimes* crosses the kink, power dynamic and BDSM worlds. It is often considered a kink subculture or fetish.

Participants embrace the spirit of ponies through role play.

PONY PARTS & TACK

CRAFTING A PONY

- Pony "Gear": the cis-horse parts that make up a pony; this may include a tail, ears, a snout (or *hood*- a full-head mask), hand/foot hooves, coat, etc.
- Pony "Tack": the accoutrements that a pony optionally wears, often associated with domestication; this may include a bridle/headstall, body harness, reigns, bit, etc.

A Note on Gear & Tack: *You do not need either of these things to pony.* Gear & tack are supplemental and should be used to *encourage your headspace*. Keep in mind when you see other ponies with fancy gear that it is often the result of many years of dedication to pony play and they didn't obtain their looks over night. *You should never compare yourself to other ponies; there is no gear/tack gatekeeping in the pony world.*



PONIES & POWER

BREAKING DOWN PRESCRIPTIVE KINK

A pony does not need to have a handler OR take part in a power dynamic. A handler may lead the pony using reins, groom, or train the pony, but *“pony” and “handler” are roles and roles do not imply a power dynamic.*

Roles mixed with power dynamics may include: Pony/handler, pony/pony, Pony/pony, little/pony, Pony/critter, etc.



PLAYING PRETEND

ROLE-PLAY & MENTAL HEALTH

Role-Play in Psychology: Role-play is commonly used as a form of therapy to learn to better communicate with others, express feelings, modify behavior, develop problem-solving skills, as well as fostering a variety of ways of relating to others.

Through role-play we create play that resembles emotional experiences we are struggling with internally- often unconsciously- that we may be unable to express verbally. Don't be surprised if your pony catches feels before you do!

IS PONY PLAY RIGHT FOR ME?

TO PONY OR NOT TO PONY, THAT IS THE QUESTION

Role-Play as an Adult: As a pony, we aren't bound by human needs or social expectations, but it can still be anxiety-inducing getting started.

As a child, you just PLAYED, creating entire worlds around your persona. As an adult, you worry about doing it wrong, being out-of-character, and may have fears about how you will feel as a pony; if it will “fit” how you feel, how to express yourself and your needs, or what your needs will even be!

This is normal.



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Do you pony?

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GETTING OFF TO THE RACES

TIPS FOR CURIOUS, NEW PONIES

Educate Yourself: Take the time to understand the basic concepts, terminology, and safety considerations. Knowledge *may* enhance your experience, but *don't feel you need to go out for equestrian classes just to play pony.*

Embrace Authenticity: Pony play is an opportunity for self-expression and exploration. Embrace your inner pony, allowing yourself to fully embody the characteristics and behaviors *that make sense for you. Be open to discovering new aspects of yourself through the role play.*

Start Slow & Grow: Explore different roles, dynamics, gear/tack, and movements at a pace that feels comfortable for you. *Take the time to discover what aspects of pony play resonate with you the most.*

WHAT KIND OF PONY AM I?

FINDING YOUR PONY PERSONA

There are lots of different ponies. Some ponies wear all latex - rubber ponies - and some wear nothing at all. Leather ponies aren't defined by what they wear rather by values & relationship to the community. Your persona doesn't need to be just one, nor does it need to remain static over time. Be patient with yourself and your journey.

Discover your pony persona.





Show/Dressage/Eventing
Pony

Show ponies often represent the elegant and refined side of pony play. They focus on grace, poise, and executing precise movements, much like horses in equestrian shows or dressage competitions.



Cart Pony

Cart ponies are trained to pull and navigate carts or carriages, showcasing strength and obedience. This type of pony play may involve learning to wear harnesses and pulling equipment, as well as practicing coordination and responding to verbal cues.



Pony Girl/Boy

Pony girls and pony boys embrace the role of a pony in a more general sense. They embody the spirit, behavior, and characteristics of ponies, exploring a wide range of pony-like movements and interactions. This type of pony play allows for more versatility and personal expression.



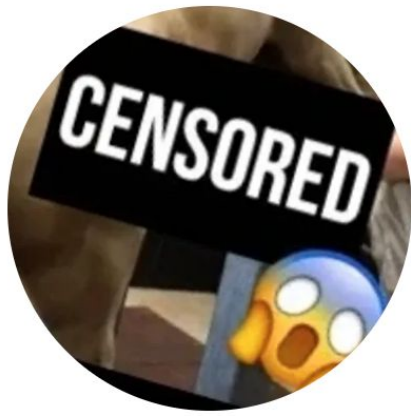
Fantasy Pony

Fantasy ponies take inspiration from mythical or fictional creatures, incorporating elements such as unicorn horns, wings, or other fantastical traits. This type of pony play allows for creative and imaginative exploration beyond the boundaries of traditional equine representation.



Pet Pony

Pet ponies focus on the nurturing and playful aspects of pony play. They may exhibit behaviors similar to domesticated pets, seeking attention, affection, and engaging in playful interactions with their handlers.



Breeding or Pleasure Pony

Breeding/Pleasure ponies have nothing to do with beastiality. Its the power play between the breeding pony and the other pony or Trainer. The stallion could be dominant or submissive as well, so dont box yourself in as a pleasure pony!



Riding Pony

Some ponies were made to be ridden. Whether on four legs or up on two "piggy back" style, these ponies are more rare these days. Special saddles can be made for this type of pony.



Leather, Rubber, & More

Im a leather pony (and not just because I wear it!). There are also rubber ponies bound in latex, donkeys, zebras, etc. It's important to note that these categories are not exhaustive, and individuals can create their own unique personas. The types of ponies can overlap, blend, or evolve based on personal preferences, fantasies, and the dynamics.

BUT IS IT LEATHER?

PONY AS AN IDENTITY?

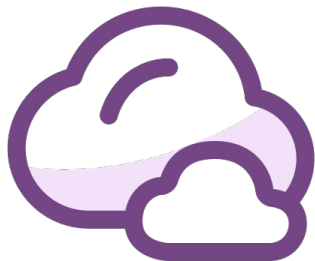
Kink is something you do, but Leather is something you are.

Leather has its protocols, its uniforms, its culture, and its values. A pony can be tamed to follow protocols, domestication leads a pony to wear its “uniform” of accoutrements- often leather- and a pony affirms a pecking order, choosing to tend to its community and be part of a herd.

A Leather pony is more than just a surface kink; Leather is a thing you are, being a pony is a thing you feel.



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What kind of pony are you?

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WHAT ABOUT SEX?

WE WERE HOPING YOU'D ASK!

Pony play is role play, and in no way involves sexual situations with *actual* ponies.

Pony play can be a means of exploring power dynamics within a consensual and negotiated context. It often involves elements of kink- from fetishistic bondage outfits to dehumanization, *but can also be joyful play for the sake of embodying a pony.*

Pony play can indeed be a deeply intimate experience for those involved. While it may involve elements of role-playing and fetishism, it often goes beyond mere costumes and props. *While pony play itself is not inherently sexual, it can incorporate elements of sexuality and eroticism for many participants.*

PONY SEX!

BREAKING THE TABOO & EMBRACING KINK

Sex as Taboo: Sex can be almost taboo with pony play.

Erotic Role-Play: Pony play can be sexually arousing. Power dynamics and activities like teasing, sexual stimulation, or incorporating sexual acts within the context of the pony play scene can all be erotic.

Fetishistic Elements: Play may involve specific fetishes or kinks that are inherently sexual in nature. This can include leather or latex fetishism, sensory play, bondage, power dynamics, or impact play.



[NOT JUST] PONY SEX!

INTIMACY & VULNERABILITY

Its Not All About Sex: While the connection between sex and pony play exists for some individuals, not all participants engage in pony play for sexual reasons. Some may focus more on the emotional and psychological aspects or enjoy the non-sexual aspects of pony play, such as the sense of freedom, escape, or exploration of identity.

Aftercare & Intimacy: After engaging in pony play scenes, participants often do aftercare, which is a period of emotional and physical care. Aftercare can involve grooming & removing tack.

Emotional Bonding: The level of trust, vulnerability, and communication involved in this form of role play can lead to a deepening of emotional connection and understanding. The shared experiences, fantasies, and desires explored within the context of pony play can create a sense of emotional intimacy that extends beyond the physical aspects of the activity.

MOST IMPORTANTLY...

REFLECT, GROW AND ENJOY

Remember, pony play is a personal journey of play and adult make-believe, and there is no right way to pony. Enjoy the experience, have fun, and continuously communicate & adapt as you explore the fascinating world of pony play.

HANDLING, HERDS & THE PONY SCENE

I WANNA BE A PONY, NOW WHAT? HOW DO I
MEET OTHER PONIES? DO I HAVE TO JOIN A
HERD? WHERE CAN I GO TO PONY? HELP, I CAN'T
FIND OTHER PONIES! HOW DO I FIND A
HANDLER? HOW DO I INTERACT WITH A PONY?



A WORD ON HANDLING/TRAINING

HANDLING 101

Communication & Consent: Establish clear communication and consent. *Discuss desires, limits, and expectations before engaging in training sessions.* Consider verbal cues, physical gestures, or a combination of both. Become proficient in non-verbal pony “language.”

Start with Basic Obedience: Start with basic commands and behaviors, such as walking, stopping, or turning. Use positive reinforcement techniques, such as rewards or praise.

Consistency & Repetition: Consistency, patience and repetition are key to ingraining the desired behavior. Provide clear feedback, both verbal and non-verbal, to reinforce desired behaviors or correct any misunderstandings. Regularly assess progress and make adjustments as needed to meet the individual needs and goals of the pony.



GIDDY UP, PONY

TIPS FOR GETTING STARTED WITH TRAINING

Start slow: Start with meeting the pony for the first time. Just get acquainted, let it sniff you, be slow and gentle in movements and use a calming tone.

Gear up: If your pony is domesticated, start your early scenes simply getting it “tacked up”, putting on its bridle, getting it to accept a bit. Remember to offer lots of praise and reward. Then, take the bridle off, possibly engage in grooming for bonding time.

Get Walking: There's many ways you can teach a pony to walk. The thing to remember is “step” probably doesn't mean anything to a pony. Its helpful to have two sticks (crops, etc) and use them to gently encourage movement of the pony's legs. Give the command you want to elicit the movement of “step” or “leg up” and then move the pony into position, then release & reward. You can spend an entire scene on slowly working through just “step.”

Build on skills: Once you master stepping, move to other commands such as walking, stopping and turning. Make sure your pony knows “stop” well before moving on to faster movements!

SCENE IDEAS!

I WANNA PONY, NOW WHAT?

Explore diverse scenarios, negotiate boundaries, and unlock the exhilarating potential of your pony play adventures. Unleash your fantasies and indulge in unforgettable experiences.

You do not need a handler to pony. Plenty, if not most, ponies pony independently. You may have a handler but still have time where you simply exist in a pony headspace without their influence.



Dressage Performance

Create a scene where the pony and trainer focus on precision and obedience. The pony can showcase their dressage skills through controlled gaits, specific movements, and formations.



Show Ring Competition

Emulate a competitive atmosphere where the pony performs in front of an audience or a panel of judges. The trainer can guide the pony through various routines, showcasing their grace, beauty, and obedience.



Trail Riding Adventure

Imagine a scenario where the pony and trainer embark on a trail riding adventure. Create an outdoor setting with obstacles, trails, or natural elements, and navigate through them while focusing on trust, communication, and teamwork.



Pony Petting Zoo

Set up a playful and interactive scene where the pony becomes the center of attention at a pony petting zoo. Allow people to pet, groom, and interact with the pony under the watchful guidance of the trainer.



Stable Life

Engage in a role-play scene where the pony and trainer assume the roles of stable workers. Perform activities like grooming, feeding, tacking up, or performing other tasks associated with the care and maintenance of a stable.



Pony Racing

Create a thrilling racing scene where multiple ponies compete against each other under the supervision of their trainers. Establish a racecourse, complete with obstacles and challenges, and encourage the ponies to showcase their speed and agility.



Pony Play Date

Arrange a playful scene where multiple ponies and trainers come together for a pony playdate. This can involve interactions, games, and playful challenges designed to foster camaraderie, fun, and socialization.



English Riding Events

Create a scene where the pony must run an obstacle course with jumps, show your stamina as a Handler & pony pair (equitation), or give fox hunting a try (where someone plays the fox and the horse makes chase!).



Veterinary Play

A visit from the vet can be practical or sensual depending on which way you want to take it. Be sure to check your pony over thoroughly and reward them for good behavior through their exam.



Tacking up

Along with grooming/stable life, tacking up your pony can be a very involved and intimate act. Some ponies have very complicated outfits that can take quite a bit of time and effort to get on. Instead of this happening prior to play, incorporate it and enjoy the bond between pony and Handler



PONIES AT PARTIES

HOW TO APPROACH A PONY

If the pony has a handler, speak directly to the handler regarding the pony.

If the pony is solo, its ok to talk to the pony. They may not respond to you; do not be offended. Most ponies do not speak human. If they have a hood, they may not hear you!

Approach a pony like you would a cis-horse; no sudden movements, speak softly, put out a hand and ask to pet the pony on the shoulder (this is a safe, platonic place). The pony will either move closer or will shake its head to signal its not to be petted. Not all ponies are person-friendly and tamed!

Activities: If the pony has a brush or glove for grooming, you may ask to groom it. If it has reigns, you may ask to negotiate handling the pony, to lead it around a space. If the pony has treats, you may ask to feed it. Some of these things can be done via gesture and some require verbal negotiation. It's always ok to ask the pony if it would be willing to discuss having a pony-handler interaction/scene (or pony/little, pony/pup, etc).

Consent is key.

PART OF THE HERD

HOW DO I FIND PONIES?

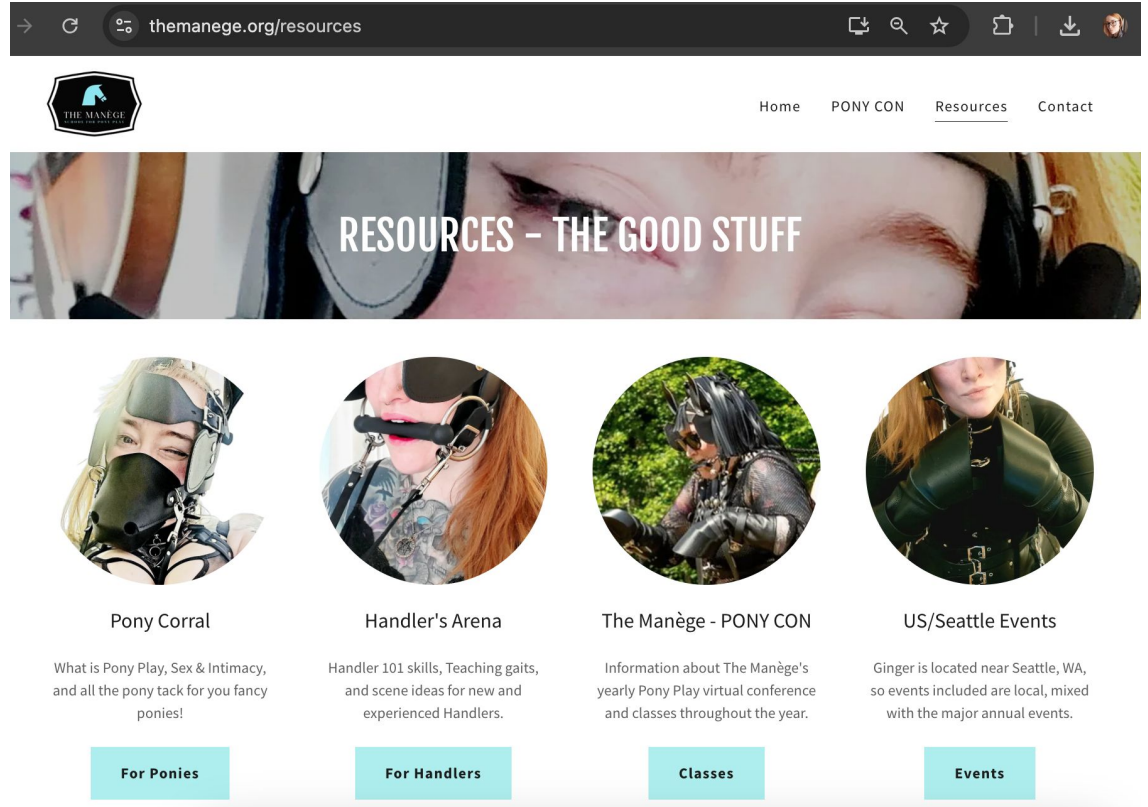
Feeling like you're the only pony in your town and not able to find others? The following are tips for finding other ponies, joining a herd and/or opportunities to pony:

- Go to pony events
- Go to non-pony events where other ponies congregate (KinkFest, etc)
- Go to non-pony munches: littles, furies & pups
- Go to non-pony events; everyone loves a pony! *Handlers and Ponies may not know their potential! Teach others how to interact with ponies!*
- Join an existing discussion group or start your own.
- Ponies need wrangling; *you do not need to be an experienced pony to host a pony munch or organize an event!*

Resources



SCAN ME



THANK YOU!

