

WHAT IS AN ABDL OR AGE PLAYER

AB/DL is an acronym that stands for “Adult Baby/Diaper Lover.” Just to be Clear, AB/DL HAS NOTHING TO DO WITH CHILDREN. It is not a mental illness or disorder. As a reminder, the “A” in the definition stands for ADULT. It would be classified as a sexual fetish or kink that encompasses an interest or attraction to wearing diapers, in some cases using them, dressing up in adult sized baby clothes or mentally regressing into a “little state.” It is no different than a BD/SM (50 Shades of Gray) Leather or Rubber fetish. The activity harms neither the participant nor anyone else in society.

That being said, the fetish may not be considered “normal” by what society says is normal, but it is no body’s business what people do with their private lives. The AB/DL community is a large and diverse group of adults ranging from any career path from doctors, lawyers, independent business owners to what would be considered entry level positions in society. Every kinkster, sometimes called age players, may have varying interests and attractions in regard to play. Not all Diaper Lovers have interests in the Adult Baby aspect of play and there are some Age Players that have no interest in diapers as well. The fetish isn’t exclusively a sexual one. Many participants receive no sexual stimulation from the activity but may find comfort or stress relief. It is different for each and every person.

We hope this brief overview has offered an insightful, and respectful understanding. People tend to fear what they don’t know or understand and learning that a loved one is an AB/DL can be difficult to understand, but the important thing to do is maintain an open mind, remember that the activity in no way involves children or minors. The person isn’t mentally ill, and this in no way hurts them or anyone else. If AB/DL isn’t your thing that’s okay. If everyone were only into the same “normal” things then the world would be a dull place, but if there is any advice we can give it is to try to understand and accept that person for who they are. If Star Wars taught us anything is the “Fear leads to Anger, Anger leads to Hate, Hate Leads to Suffering” and people always fear what they don’t know.