



MAIN*line*
CHEMSEX.NL

BEHAVIOURAL TOOLKIT FOR SAFER SWINGING



**Designed for everyone
but with a focus on all female-identifying individuals**

**Includes definitions,
general tips, a checklist,
& example scenarios**

This guide offers essential info to help you to stay safe, empowered, and in control

IMPORTANT TERMS & DEFINITIONS

(SWINGING + SUBSTANCES)

- **Lifestyle (LS)** = Common slang referring to the swinging community
- **Soft Swap** = swap without penetrative sex
- **Hard Swap** = swap with penetrative sex
- **Unicorn** = a single women (often bisexual, they are typically rare but high in demand)
- **Unicorn hunting** = a couple obsessively seeking a unicorn
- **Hot wifing** = partnered woman enjoys sex with others, with her partner's full support (who is not joining in)
- **Cuckcold** = male partner aroused by their partner having sex with others, often with a submissive element
- **ENM** = ethical non-monogamy (sexual acts with others ≠ cheating)
- **Booty bumping** = injecting drugs solved in water in your butt with a syringe

Keta, K = Ketamine

X, E = XTC

Snoepje = XTC

Miauw Miauw = 4mmc/ mefedron

Molly = MDMA

G = GHB

C = cocaine

Skiing = cocaine use

Slamming = injecting drugs (e.g., crystal meth)

SWINGING & DRUG USE

GENERAL TIPS

Why Drug Use in Swinging Settings Needs Extra Awareness

- Substances can blur boundaries and reduce inhibition.
- Longer sessions and multiple partners can increase risks of STIs, vaginal infections and crossed boundaries.
- Power dynamics (e.g., single women joining couples) can lead to pressure or unequal negotiation (pressure to continue drug consumption).

Before the Party: Prep Like a Pro

- Educate yourself on substances [here](#).
- Plan safe words and substance limits in advance.
- Be honest and open about your sexual desires and health issues (STIs, PrEP use, limits).
- Communicate your boundaries and desires—especially if you're joining as a unicorn.
- Pack: Condoms, lube, toy cleaner, snacks (e.g. banana or protein shake), electrolytes, and any needed aftercare (e.g., boric acid, probiotics, cotton underwear).

Safer Sex & Body Tips

- Urinate before and after sex to reduce UTIs
 - > Substances typically reduce the feeling to urinate: try anyway!
- Clean genitals and hands before sex.
- Change condoms and/ or wash up when switching from anal-> vaginal sex.
- Use unscented soap and water to wash sex toys.
- Regularly reapply lube to prevent vaginal dryness (waterbased lube= condom safe).
- Stay hydrated and avoid sugary lube (yeast loves sugar!)
- If prone to vaginal infections (UTI's, BV, yeast): consider D-mannose, boric acid, and probiotics.
- Use a new condom with each sexual partner.
- Know that STI's can also spread through oral sex and sperm.

Check p.5
for an
overall
checklist!

SWINGING & DRUG USE

GENERAL TIPS

Navigating the Scene as a Unicorn

- You are not an accessory – your needs, preferences and pleasure matter.
- Be alert to “unicorn hunters” who may ignore your boundaries.
- Watch for “couple privilege” dynamics – make sure you feel seen and respected.
 - Do they ask what you want? Check in with you emotionally? Listen when you say no?, Do they make “rules” for you, but don’t accept your boundaries?
- You should feel like an equal part in the dynamic
- Decide in advance:
 - What fantasies are you open to?
 - Which are off-limits?
- Set your boundaries before any substance use— gangbang scenarios can make them harder to maintain, so discuss and internalize them up front.

Navigating the Scene as a Couple

- Clearly communicate what boundaries you have personally + as a couple (check in with each other when you're under influence)
 - this can reduce regretting certain behaviours afterwards
- What fantasies, desires would you like to explore? Which ones are off-limits?
- When looking for a Unicorn, make sure not to pressure: all parties are equals.
- When consuming drugs: make sure to communicate about these topics beforehand (drugs influence your boundaries and rational thinking).

Substance synchronization with Partners

- Time your drug use: know how much to take and how much time should pass before taking another dose.
 - Know that the same dose can feel very different for different people!
- It's normal to not be on the exact same level

CHECKLIST FOR SAFER SWINGING

Before the Play

- ☐ Set clear boundaries for sex and substance use.
- ☐ Plan a pre-play conversation with all partners (expectations, interests, limits).
- ☐ Pack condoms, lube (water-based, non-glycerin), and personal hygiene items.
- ☐ Eat well and hydrate in advance.
- ☐ Tell a trusted friend where you're going + when you expect to return.
- ☐ Practice making boundaries clear: especially important for gangbangs.
- ☐ Ensure there's equality in terms of sexual choices.

During Play

- ☐ Urinate before and after sex.
- ☐ Wash hands and genitals before sex.
- ☐ New condoms from anal → vaginal penetration.
- ☐ Use condoms with new or multiple partners.
- ☐ Make sure to reapply lube to prevent vaginal dryness.
- ☐ Don't share sex toys unless cleaned with soap and water.
- ☐ Take breaks: Check in with yourself and partners.
- ☐ Keep a water bottle nearby—stay hydrated.
- ☐ Use a safe word or gesture. Make sure everyone agrees on it.
- ☐ Know what substances you're using and avoid risky combos (read more [here](#)).

Aftercare

- ☐ Use breathable cotton underwear.
- ☐ Consider D-mannose (UTI), boric acid suppositories (BV), or vaginal probiotics to reduce risk of vaginal infections.
- ☐ Take a warm shower, no scented soaps.
- ☐ Debrief with a friend or partner about how the experience felt.
- ☐ Plan psychological aftercare for the next day (avoid isolation during comedown).
- ☐ Leave enough time between Wappen sessions for your body and brain to recover—especially after substance use.

IF... THEN SCENARIOS

= help you act more automatically and in line with your own goals, even under pressure or intoxication

Going through these can help you prepare for how to behave if you encounter any of the following situations:

Boundaries & Consent

- If someone wants to push past my boundaries, then I will say “No”->“firmly no” and step away.
- If I feel unsure about a situation, then I will go to the bathroom to get some space.
- If I’m invited to take more drugs than I planned, then I will first ask myself: “Would sober me say yes to this?”

Communication

- If I notice someone getting quiet or passive, then I will check in: “Are you still okay with everything?”
- If I feel overwhelmed or overstimulated, then I will communicate it and take a break.

Substances

- If someone I don't know offers me drugs, I will pass.
- If I want to mix substances, then I will research how they interact beforehand.
- If I feel pressure to use more than I want, then I will remind myself that being safe and comfortable is more important than fitting in.

Self-Care

- If I feel shame or regret the next day, then I will reach out to my support person for grounding and care.
- If I notice signs of infection (burning, itching, discharge), then I will schedule a check-up or use at-home medications/remedies.

For Unicorns

- If the couple is unclear about their expectations, then I will ask directly: “What are you hoping for tonight?”
- If I feel like an add-on or excluded during the encounter, then I will pause and decide if I want to continue.