



## TIPS FOR SWINGING

### TIP #1: COMMUNICATION IS EVERYTHING; TALK ABOUT THE DETAILS BEFORE YOU ACT.

We tell couples to start by opening up about their sex life, their fantasies, and taking it to another level from there. A husband might start by outlining his desire to see his wife with another woman. A wife might start by asking her husband's opinion on such a situation.

Begin by talking about it on a hypothetical level and gauging your partner's reception to the topic. Once people open up about this, it's like they can talk about anything—money problems, problems at work, problems with their kids. When a couple can openly talk about sex, it leads to better communication overall.

### TIP #2: FIND A COMMUNITY AND BUILD YOUR PROFILE.

Should you and your partner decide to enter the swinging lifestyle we recommend joining an online swinging community to make connections in your area. Build a profile that outlines your specific sexual desires and what type of play partners you are looking for. A couple may include a photo of themselves or opt for only detailed physical descriptions for privacy reasons.

For group gatherings like Swingfields and larger swinger parties, an online presence helps you to know other attendees that are into your same sexual interests. People will check into the website before going, see who else will be there, and see who they will be compatible with. For instance, a full swap couple (full intercourse between swappers) generally won't engage with a couple that's soft swap (full exchange of partners, with everything allowed except intercourse).

### TIP #3: STICK TO YOUR BOUNDARIES.

Before engaging in your first swinging outing, set detailed boundaries with your partner. While some swingers don't want to engage in certain acts due to the "raunch" factor, others hate to see their partner committing more saccharine, intimate gestures like kissing or holding hands.

Decide your limits and stick to them. During the intimacy of being with another person, it becomes easy to blow past these rules, so be aware of that!

### TIP #4: DON'T BE AFRAID TO TURN A COUPLE DOWN.

Should you be approached by a couple wishing to engage with you, don't be afraid to decline further advances because of a lack of chemistry. Within this lifestyle it's very customary to be honest and say, 'Hey, you're nice people, but as far as being play mates, we have to decline.'

Although physical incompatibility is always a possibility, the swinging community is not a particularly shallow group in that way. More often, it's people's personalities that dictate how they are received in the lifestyle. Some couples that may not have the greatest bodies, but their personality is so great that people just want to be around them.

#### **TIP #5: LEAVE THE PERSONAL HANG-UPS AT HOME.**

No matter your age, ethnicity, or physical appearance, its likely there's someone in the swinging community that will enjoy your company just the way you are. It doesn't matter if you're black, white, or Asian, fit or overweight, big wiener or little wiener. It's more about being confident and comfortable with yourself!

#### **TIP #6: MAKE SAFE CHOICES.**

We promote safe sex. In general, the swinging community embraces condom use during full intercourse, although there can be a generational gap where condoms are concerned. We've found older couples can be more free with whether or not to use one, while most people in their 20s will always wear a condom.