

# NeuroKink Academy



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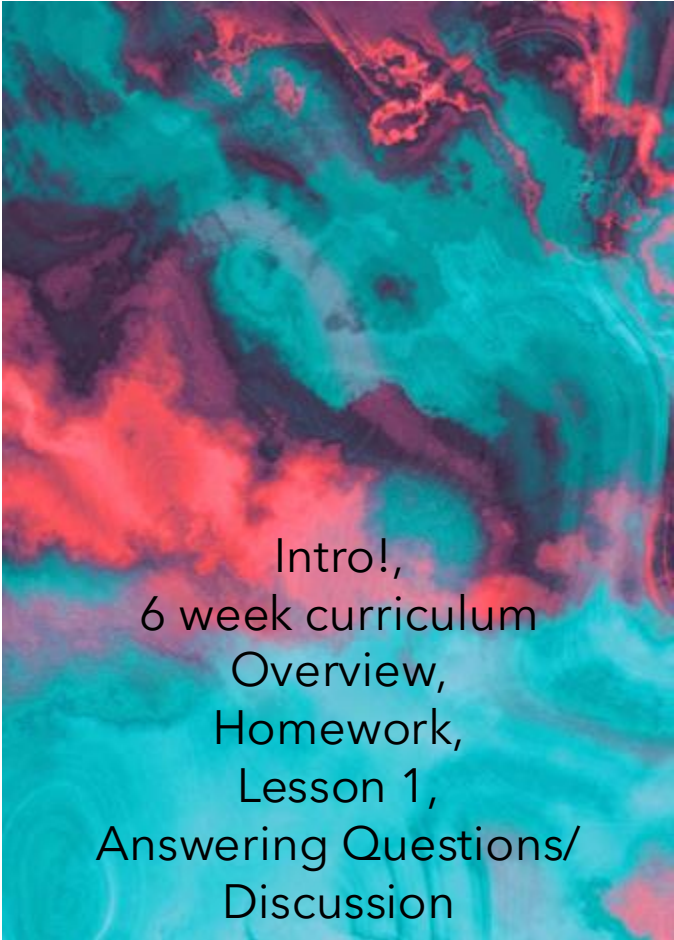
# NeuroKink Academy

## LESSON: THE UNIQUENESS OF NEURODIVERGENT MINDS IN THE CONTEXT OF KINK

### LEARNING OBJECTIVES:

BY THE END OF THIS LESSON, PARTICIPANTS WILL:

- BEGIN TO DEVELOP AN UNDERSTANDING OF HOW NEURODIVERGENT (ND) MINDS EXPERIENCE AND ENGAGE WITH KINK DIFFERENTLY.
- IDENTIFY THE WAYS IN WHICH ND TRAITS CAN SHAPE PREFERENCES, BOUNDARIES, AND DYNAMICS.
- EXPLORE STRATEGIES FOR CREATING AFFIRMING AND ACCESSIBLE KINK SPACES FOR ND INDIVIDUALS.



Intro!,  
6 week curriculum  
Overview,  
Homework,  
Lesson 1,  
Answering Questions/  
Discussion



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## WHO THE FUCK AM I?

GIVE YOURSELF THAT TIME TO PROCESS THROUGHOUT THIS COURSE.

IT IS OKAY TO ...

## REFLECT

&

## TAKE SPACE



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If you have met one autistic person, you've met one autistic person  
-Stephen Shore

**BUT**

That person has a lot in common with other autistic people  
-NeuroClastic



Every fingerprint is unique



Every eye is unique



But fingerprints share a lot of characteristics with other fingerprints that make them different from eyes

References: 'Autistics at work',  
[www.sandrathomjones.com](http://www.sandrathomjones.com),  
known as the Autistic Professor



The **framework for the first six modules of the NeuroKink Academy curriculum**, with a focus on neurodivergence and kink:

### Week 1: Why NeuroKink? Why Are We Here?

- **Objective:** Introduce the concept of NeuroKink, exploring the intersection of neurodivergence and kink.
- **Content:**
  - The uniqueness of neurodivergent minds in the context of kink.
  - The importance of creating inclusive, safe spaces for neurodivergent individuals within kink communities.
  - Understanding why this course exists and how it will empower participants.

### Week 2: Boundaries & Their Importance

- **Objective:** Dive into the concept of boundaries within kink and why they are essential, especially for neurodivergent individuals.
- **Content:**
  - Defining boundaries: physical, emotional, and psychological.
  - How neurodivergence can affect our understanding and enforcement of boundaries.
  - Strategies for setting, communicating, and respecting boundaries in kink relationships.



Weeks 1 & 2

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Weeks 3 and 4

### Week 3: Sensory Processing & Kink

- **Objective:** Understand how sensory processing differences impact kink experiences.
- **Content:**
  - Sensory overload vs. sensory seeking; how it plays out in kink.
  - Tools for managing sensory experiences during scenes or play.
  - Creating sensory-friendly environments for kink play and negotiation.

### Week 4: Communication & Consent in Neurodivergent Kink

- **Objective:** Explore communication techniques and consent practices tailored for neurodivergent individuals.
- **Content:**
  - The importance of explicit and clear communication.
  - How to navigate consent: understanding enthusiastic vs. passive consent.
  - Negotiation tools: how to use scripts or specific language to make communication easier.

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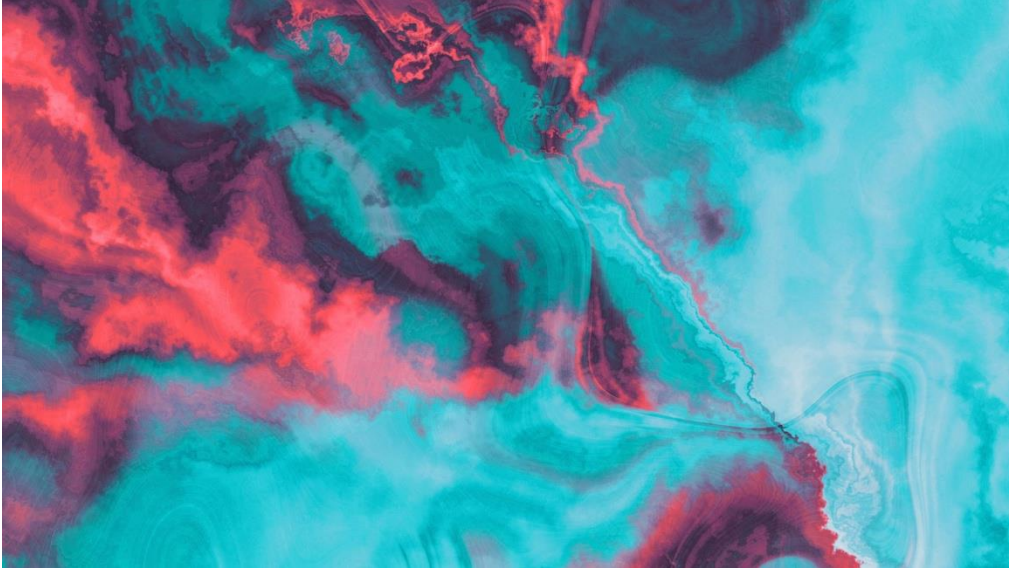




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## Week 5: Emotional Safety & Aftercare

- **Objective:** Focus on emotional safety and the importance of aftercare in neurodivergent kink dynamics.
- **Content:**
  - The impact of play on emotional states for neurodivergent individuals.



- Developing personalised aftercare routines: physical, emotional, and psychological.
- Understanding the need for debriefing and aftercare post-scene.

### Week 6: Identity & Power Dynamics in Neurodivergent Kink

- **Objective:** Examine the role of identity in kink, focusing on how neurodivergent identities affect power dynamics.
- **Content:**
  - How ADHD, autism, and other neurodivergences influence kink roles and power exchange.
  - Embracing or challenging traditional roles (Dom, sub, switch) in the context of neurodivergence.
  - Navigating power dynamics in a way that honours individual needs and limits.

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## Neurokink Academy Foundations



Paz Bizarre

Previous

Next



### NeuroKink Academy

Educational insights and community discussions  
on kink, neuroscience, and mindful practice.

✓ Subscribed



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<https://neurokinkacademy.substack.com/>

# NeuroKink Academy

[neurokinkacademy@gmail.com](mailto:neurokinkacademy@gmail.com)

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## Understanding Neurodivergence in Kink



**Definition:**  
Neurodivergence includes ADHD, autism, dyslexia, and other cognitive variations that influence perception, sensory processing, and communication.



This course specifically focuses on the experiences of autistic and ADHD kinksters, recognising that we all have unique perspectives to share.



Drawing from both my lived experience and professional background, I am excited to offer insights while also remaining open to learning from other neurodivergent individuals. We can all grow through shared experiences and mutual understanding in this space.



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## Why This Matters in Kink:

- Kink is inherently creative and allows for individualised expression, making it a natural fit for many ND people.
- The structured nature of BDSM (clear roles, negotiations, protocols) can be comforting and clarifying.
- Sensory sensitivities, hyperfocus, and special interests often play a role in how ND individuals engage in kink.



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ND Trait	Influence on Kink
Sensory Sensitivities	Some enjoy intense sensations, others need soft/specific textures. Sensory play can be deeply personal.
Hyperfocus & Special Interests	Can lead to deep mastery of techniques or intense engagement in specific kinks.
Need for Clarity & Structure	Detailed negotiation, scripts, and rituals can enhance safety and enjoyment.
Emotional Intensity & RSD (Rejection Sensitivity Dysphoria)	Communication styles matter: aftercare and reassurance may need customisation.
Executive Dysfunction	Can impact session planning, aftercare routines, or following protocols.



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## BREAKING STIGMA & EMBRACING ND KINK APPROACHES

- **ND people aren't 'too much' or 'too intense'-they just engage differently.**
- Consent conversations may look different (e.g., scripts, written negotiations).
- Stimming, body movements, and verbal expressions might not align with traditional expectations but are valid.
- Drop, aftercare, and recovery might require unique approaches (e.g., fidget tools, quiet spaces).

Lesson 1  
Week 1



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## Creating ND-Affirming Kink Spaces

- Use clear, direct communication and respect nonverbal cues.
- Normalise accommodations (e.g., noise reduction options, written instructions).
- Recognise that some ND folks may mask in social settings but need space to unmask in play.
- Be mindful of ND burnout and sensory overload-breaks and pacing matter.



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## Discussion & Reflection Question

1. How do your own neurodivergent traits (or those of partners) shape your kink experiences?



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## Discussion & Reflection Question

2. What accommodations or adjustments make kink more accessible for you?



### 3. How can we challenge ableism within kink spaces and normalise ND needs?



# Questions from the Cohort (& homework)

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MODULE 1

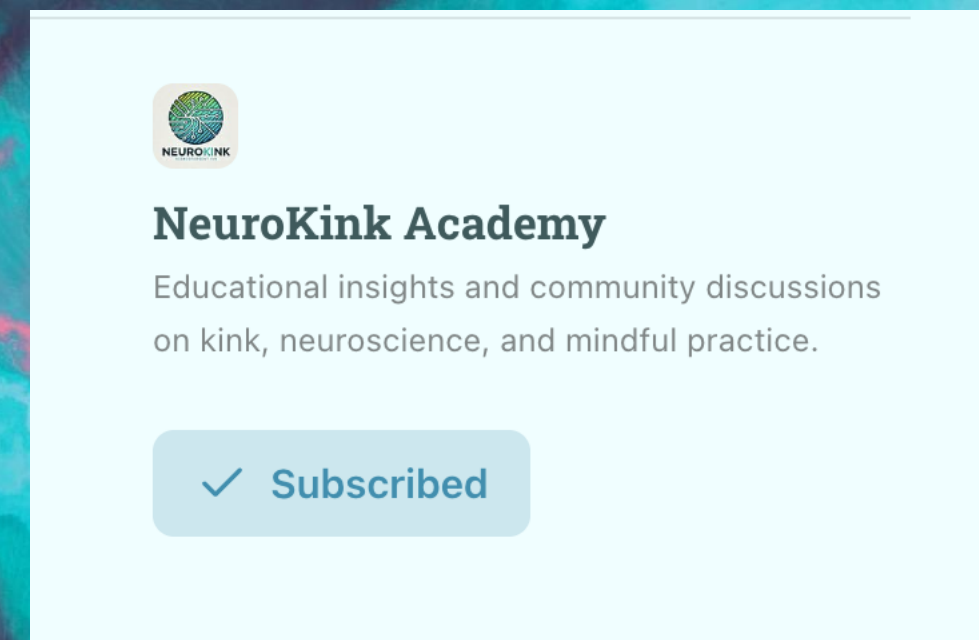
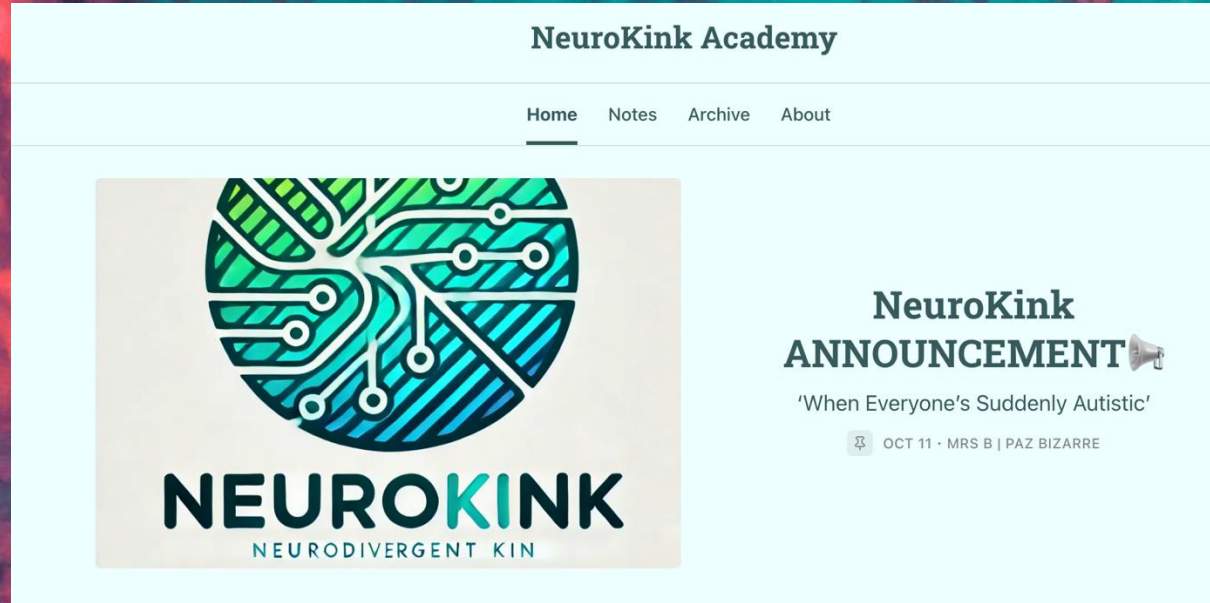


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## Questions from the Cohort (& homework)

1. *“I keep masking in sessions and then crash afterward. How do I find a way to dom that feels actually sustainable for my brain?”*
2. *“Is it normal to feel more comfortable topping online than in-person? I’m not sure if that’s an ADHD thing or just me.”*
3. *“I’m super sensory-avoidant but love control dynamics. How do I negotiate that without feeling like a ‘bad’ Dom/me?”*
4. *“How do I differentiate between my hyperfocus on kink and actually wanting to do it long-term?”*
5. *“I have years of experience as a lifestyle Domme, but the pro scene feels overwhelming. Where do I even begin without burning out?”*
6. *“What if I feel more in control bottoming? Is that a trauma/ND thing or something to explore?”*





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MODULE 1