

PIAMP

SUGARING



SOME INFO ABOUT...

2021

le PAMP.

Support - Training - Information
Concerning the trade of
sexual services among youth.

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A brief description of the PiAMP

The PiAMP is an organisation that supports youth aged under 25 who exchange sexual services for any form of remuneration. We do this through outreach and street work, and individual support. We also offer :

- a listening ear to the people close to youth exchanging sexual services for any form of remuneration;
- information and training for the professionals working with and supporting them;
- awareness workshops for youth regarding the exchange of sexual services.

To contact us :



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Check out our website www.piamp.net for more details about our mission, our services and our values.

Why this guide ?

The PIaMP notes that the practice of sugaring is often sensationalized in public spaces or is, at least, often presented without the appropriate nuances. The often attractive portrayals of sugaring and the tendency not to label it as "real" sex work can lead people to turn to the practice, even when these people have no prior experience with the exchange of sexual services. What is therefor concerning is that sugar babies may enter into this type of relationship without being aware of the potential challenges and risks involved and without the benefit of the resources and supportive community created by and for sex workers.

Nevertheless, sugaring can be a positive experience for some people and the important thing is for them to have access to relevant, accurate and nuanced information in order to make informed decisions.

With this in mind, the PIaMP wanted to create a tool in French to educate people about the realities of this practice without resorting to sensationalism.

For this purpose, Lola, PIaMP's peer helper and sugar baby, with the collaboration of the work team, has drawn on her experiences to offer a guide that provides

- a better understand of sugaring relationships and how they are organized;
- an increased awareness of the challenges that can arise;
- access to the tools needed to overcome these obstacles and make informed decisions;
- an increased awareness of the resources available to help.

DEFINITION

Sugaring is the relationship between a sugar baby (SB) and a sugar daddy (SD), or sometimes a sugar mommy. In this relationship, the SB offers their company for various activities.

The SD offers gifts, money, and pays for all these activities. The vast majority of the time, this relationship has **social, economic, emotional and sexual components**.

A GLAMOUROUS LIFE ?

Sometimes, sugaring is presented as an **ideal** type of relationship, **full of luxury**, and without any obstacles for the SB: they would only have to provide pleasant companionship to receive everything they wish and travel around the world. In reality, not all SDs are rich and some try to **exceed the limits** of SBs, or constantly **decrease their compensation** (in gifts or money).

HUMAN TRAFFICKING ?

Sometimes sugaring is simply portrayed as **sexual exploitation** and having horrific impacts on all SBs.

In fact, it works for some people, for instance because they build trusting relationships and feel **respected** and supported by their SD.

Sugaring is mainly organized through **dating applications** designed for this purpose or not, but it also happens that SBs do "freestyle" and frequent posh places in order to meet a sugar daddy.

Usually, the arrangement is negotiated at the beginning of the relationship and should take into consideration the needs and limitations of both people. There are **several types of arrangements** but the most common are "pay per meet" (PPM), in which the SB receives an amount for each meeting, and monthly arrangements, in which the SB receives an allowance at the beginning of the month for a certain number of meetings.

ORGANIZATION

DESCRIPTION OF ACTIVITIES

Sometimes a SB accompanies their SD on outings, trips or couple activities.

It is also possible that the SD prefers a "**discreet**" arrangement, that is to say that the meetings take place only in private places like hotels or homes.

IMPLIED

SEXUAL EXPECTATIONS



For legal reasons, sugaring dating sites and the people who use them do not explicitly state that these arrangements may **include sex**. However, it is often an expectation in this type of relationship. For example, a SD may ask if you are open to sharing "intimate moments" to indicate that they want to have sex.

Sex is often part of a sugaring relationship, but that **doesn't mean you have to accept it**.

A FORM OF SEXUAL EXCHANGE

At PIAMP, we consider sugaring a form of sexual exchange, just **like escorting, massage, webcam or erotic dance services**. Although the compensation is not always in money and is not per act or per hour, SBs offer sex among other things and receive some compensation.

OBSTACLES

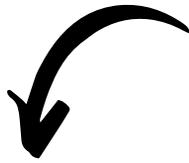
Being a sugar baby is not that easy! Here are some obstacles that are often encountered by people who get involved into this type of relationship.

AGE DIFFERENCE

There is often a significant age difference between the sugar baby and the sugar daddy (or mommy). This raises issues of consent. Often, older men take advantage of the age difference with the SBs to try to **manipulate** them and **cross their boundaries**.

INSISTANCE

SDs often insist repeatedly using manipulative techniques to get what they want. Sometimes the sugar baby gives in to their demands. **Giving in is not consenting.** Someone who respects you and cares about your well-being will never insist that you do things you don't want to do. **You have the right to say no,** whether you are being paid or not.



The amount of time to invest in the relationship can sometimes be unclear or difficult to plan. A SD might expect their SB to prioritize them, be available at all times, and communicate regularly outside of meetings.

WORK AND LIFE

Some people also make it a way of life and introduce their SD to their loved ones. Some relationships become as engaging as a couple's relationship.

SDs' expectations are sometimes high: spending a lot of time together, being their only love and sex partner, being available whenever they want to do what they want, etc. Because they give money, some SDs think that the SB should meet all their demands. If the sugar baby refuses, they may face verbal, emotional, economic, sexual or physical abuse. **You do not have to endure this abuse.** There are resources available to help you. Don't hesitate to contact the PIAMP.



It's hard to get paid fairly, to get gifts we love and to have interesting experiences.

Many SDs do not hesitate to negotiate the amount you offer or to ask you for time that is not paid. They may even try to manipulate you and make you feel bad about asking for their fair share by saying things like "you're just in it for the money".



Some will also want to decide what they offer you by prioritizing their own tastes and needs. Some may also refuse to give you the agreed-upon amount of money after spending time with you, whether or not there was sex.

This is a form of aggression because they are not respecting the conditions under which you gave your consent.

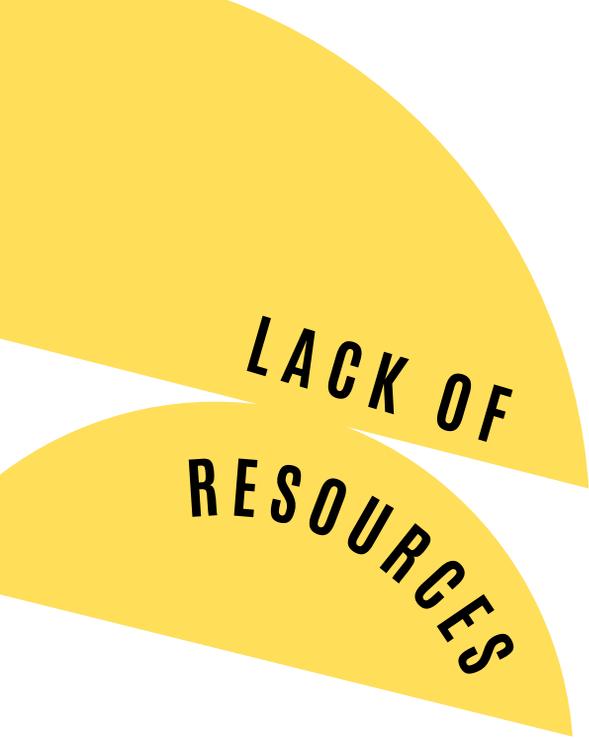


EXCLUSIVITY



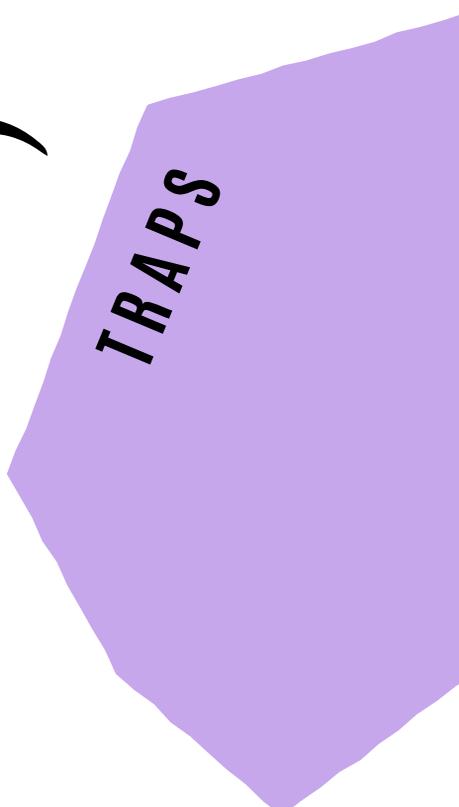
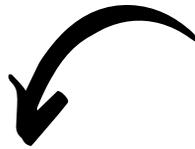
A SD may demand an exclusive relationship and not want you to see other partners. You don't have to agree to these conditions, but if that's what you want too, make sure that your agreement meets your needs too.

This type of arrangement can also lead to some financial dependence on the SD. If possible, think about keeping other options to support yourself so that you have a safety net if the relationship stops working.



LACK OF RESOURCES

Because sugaring is not always categorized as sex work, sugar babies may not be reached by the support resources, communities, and information they could benefit from. It can also be difficult to find accurate and nuanced information on the topic, as it is either glamorized or demonized by the media.



TRAPS

On sites used to meet sugar babies/daddies, there are often **scams**: people who try to steal money from you, or people who ask for erotic photos promising to pay, but never do. There are also agencies that recruit for escort or erotic massage jobs, making **false promises** about the working conditions.

LEGAL AGE OF

CONSENT

A **12 or 13 year old** can legally have sex with someone up to **2 years older**.

A **14 or 15 year old** can legally have sex with someone up to **5 years older**.

For consent to be considered valid, there must not be a relationship of authority between the two people (for example, not a teacher or sports coach), nor must there be a situation of financial dependence or "sexual exploitation". For minors, the law considers sugaring to be sexual exploitation.

At PIAMP, we do not believe that sugaring is automatically sexual exploitation. However, it is important to remember that it can be very difficult to set boundaries with someone who is older than you.

FIRST MEETINGS



The first meeting is usually done in a **public place** like a restaurant or a coffee shop to talk, to see if there is a connection, and because it is safer. Also, let someone close to you know where you are, what you are doing, what time you expect to be back. If you don't have anyone to talk to, you can contact Lola, PIAMP's peer helper.

SETTING BOUNDARIES

It's worthwhile before you get into this kind of relationship to think about your own boundaries. What do you feel comfortable doing? What is the minimum compensation you would accept? What is non-negotiable for you?

It will be easier **to set clear boundaries** from the beginning about how much time you can spend with your SD and how much you want them to be a part of your personal life.

Be firm when communicating your boundaries.

THE RIGHT TO SAY NO



You have the right to say no to reduced pay, unpaid time or seeing someone you are not comfortable with. You can say no to something you said yes to in the past if you don't want to do it again. **You can refuse to have sex** even if you have agreed to a date. You can refuse to go to certain places or do certain activities, including sexual activities. Just because a SD is generous to you doesn't mean they can do anything.

BEING AWARE OF MANIPULATION

"You only think about money."

"I've already given you a lot of money."

"You're going to make me poor."

"You are not worth that much."

"If I wanted an escort, this is what I would get."

Stop! These comments are used **to convince you to go beyond your limits** by making you feel guilty, to undermine your self-esteem, and make you doubt the value of your work. Remember that this is manipulation and is not representative of you, but rather of the lack of ethics of the person talking to you in this way.

ENDING RELATIONSHIP

If you are feeling uncomfortable, don't hesitate to **end relationships** and find someone who respects you.

These relationships are supposed to meet your needs too. It's okay to break off an arrangement that doesn't work for you.

It's normal to be unsure if you want to continue, to deal with conflicting emotions about your relationship, to have difficulty making a decision, to feel guilty about breaking up... Try not to stay alone with these feelings.

If a SD is threatening you after you have expressed boundaries or broken off a relationship, it is important that you seek help. You can always contact a PIaMP worker.

COMMUNICATE

The stigma of sex work does not spare SBs. You may not feel comfortable talking about it to people close to you and you may fear their judgment or your safety if you do. However, for your own safety and mental health, it's a good idea not to isolate yourself and build a support network.

There are online communities and forums where SBs share and support each other. PIaMP can also help you connect with others who have similar experiences!

AND DON'T ISOLATE

DO YOUR RESEARCH



There are many tools and information written by and for sex workers available online (forums, social networking groups, blogs, sex worker pages) and in some bookstores.

Whether or not you identify as a sex worker, you will find some of these tools very useful! Don't hesitate to contact a PIaMP worker to guide you in your research.

CONTACTING PIAMP

For more information, such as how to protect yourself from STIs or how to protect your privacy online, feel free to contact PIAMP! You can also take part in our activities to meet other sugar babies and other people who exchange sexual services.

Lola, a PIAMP peer helper, who was also a SB, hosts various discussion groups for sex workers. Follow our social networks or contact Lola to find out the dates and participate!



Lola, peer helper



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