

MALE CHASTITY GUIDE Latest Edition

Male Chastity Guide

Male Chastity Guide: Exploring Control, Trust, and Intimacy

male chastity guide ? a phrase that might evoke curiosity, questions, or even intrigue.

Whether you're entirely new to the concept or looking to deepen your understanding, this guide aims to shed light on male chastity, its dynamics, and how it can transform relationships and personal experiences. Male chastity involves voluntarily giving control over sexual release, often through the use of devices designed to prevent erections or masturbation. It's a practice rooted not only in physical restraint but also in psychological play, trust, and communication.

If you're wondering how to approach male chastity, what benefits it might offer, or how to navigate this lifestyle safely and enjoyably, keep reading for a comprehensive dive into the world of male chastity.

Understanding Male Chastity: What It Really Means

Male chastity isn't merely about physical denial; it's a multifaceted experience that blends physical control with emotional and psychological elements. At its core, it's about surrendering control over one's sexual gratification to a partner or oneself, often as part of a consensual arrangement.

The Role of Chastity Devices

Chastity devices, sometimes referred to as cages or belts, are central tools in male chastity play. These are typically made from materials such as silicone, plastic, stainless steel, or even leather and are designed to securely encase the penis, preventing erections or sexual stimulation.

These devices come in various styles and sizes to accommodate comfort and security preferences:

****Plastic or Silicone Devices:**** Lightweight and often more affordable, these are ideal for beginners.

****Metal Devices:**** Heavier and more durable, offering increased security and a different sensation.

****Custom-Fit Devices:**** Tailored to individual anatomy for maximum comfort and safety.

Choosing the right device is crucial to ensure safety, hygiene, and a positive experience. Ill-fitting devices can cause discomfort or injury, so it's essential to measure accurately and start with adjustable or beginner-friendly options.

The Psychological Dynamics Behind Male Chastity

Beyond the physical barrier, the psychological aspect of male chastity is what often makes it such a powerful tool for couples or individuals exploring kink and relationship dynamics.

Trust and Communication

Consent and communication are the foundation of any successful male chastity

arrangement. Whether the keyholder is a partner or the wearer themselves, clear, honest conversations about boundaries, desires, and limits ensure that everyone involved feels respected and safe.

Trust grows as the wearer surrenders control, often leading to deeper intimacy and connection. Many couples report enhanced emotional bonds and heightened anticipation, which can intensify sexual experiences once chastity is released.

Exploring Power Exchange

Male chastity frequently intersects with power exchange dynamics, where one partner takes on the role of controlling the other's sexual release. This can be empowering and exciting, allowing partners

Question

Answer

What is male chastity
and how does it work?

Male chastity involves the practice of restricting a man's
ability to engage in sexual activity or orgasm, typically
through the use of a chastity device that locks the genitals.

The device prevents stimulation and access, promoting
control, discipline, or enhancing intimacy between partners.

How do I choose the

right male chastity

device?

Choosing the right male chastity device depends on comfort, size, material, and security level. It's important to measure the penis and testicle size accurately, select hypoallergenic materials like medical-grade silicone or stainless steel, and consider devices with adjustable features for a proper fit.

What are the health

and safety

considerations when

using male chastity

devices?

Safety is crucial when using chastity devices. Ensure proper hygiene by cleaning the device and genitals regularly, avoid wearing the device too tightly to prevent circulation issues, and monitor for any discomfort or irritation. It's recommended to remove the device periodically and consult a healthcare professional if any problems arise.

Can male chastity

devices be worn for

long periods?

Many male chastity devices are designed for extended wear, ranging from a few hours to several days or even weeks.

However, long-term use requires careful attention to hygiene, comfort, and skin health. Users should gradually increase wear time and listen to their bodies to avoid complications.

How does male
chastity impact
relationships and
intimacy?

Male chastity can enhance relationships by building trust, communication, and anticipation between partners. It allows couples to explore power dynamics and deepen emotional connection. However, it's important to have open discussions and mutual consent to ensure a positive experience.

Are there different
types of male chastity
devices?

Yes, male chastity devices come in various types including plastic, silicone, and metal cages, belts, and hybrid models.

Each type offers different levels of security, comfort, and

aesthetics. Choosing the right type depends on personal preference, experience level, and desired duration of wear.

What are some tips for

beginners starting

male chastity?

Beginners should start with a comfortable, adjustable device

made from non-metal materials, practice proper hygiene, and

communicate openly with their partner. It's advisable to wear

the device for short periods initially and gradually increase

wear time as comfort and confidence grow.

Male Chastity Guide: Exploring the Dynamics and Practicalities of Male Chastity Devices

male chastity guide serves as a comprehensive resource for individuals and couples

interested in understanding the practice and implications of male chastity. This subject, once considered niche or taboo, has gained increasing attention within the realms of sexual health, relationship dynamics, and BDSM culture. The male chastity guide explores not only the physical devices involved but also the psychological and relational dimensions, offering a balanced perspective on a practice that can enhance trust, communication, and intimacy when approached with care and consent.

Understanding Male Chastity: Definition and Context

Male chastity refers to the practice of voluntarily restricting a man's ability to engage in

sexual activity or masturbation by using specialized locking devices. These devices, commonly referred to as chastity cages or belts, physically prevent erections and sexual stimulation, thereby enforcing a period of abstinence. While chastity may superficially appear as merely a form of control, it frequently functions as a consensual element within intimate relationships or kink communities, emphasizing power exchange, discipline, and enhanced emotional connection.

The concept of male chastity has roots that extend beyond modern sexual subcultures; historically, chastity belts were purportedly used for safeguarding fidelity, though many historians debate their prevalence. Today's male chastity practices, however, are grounded more in psychological and relational benefits rather than mere physical restraint.

The Role of Male Chastity Devices

Types and Materials

Male chastity devices come in various designs, sizes, and materials, each catering to different comfort levels, security needs, and aesthetic preferences. The most common types include:

Plastic cages: Lightweight and affordable, plastic devices are ideal for beginners

1.

or those seeking comfort during extended wear.

Metal cages: Usually made of stainless steel or aluminum, metal devices offer

2.

enhanced durability and security but can be heavier and less comfortable for prolonged use.

Silicone or rubber devices: Flexible and relatively comfortable, these devices

3.

provide a middle ground but may lack the robust security of metal counterparts.

Choosing the right device involves considering factors such as weight, ease of cleaning, ventilation, and the locking mechanism. Some devices feature integrated locks or are designed to be compatible with external padlocks, while others use specialized keys or combination locks.

Security and Comfort Considerations

A central tension in male chastity is balancing security with wearer comfort. Devices must be snug enough to prevent removal without authorization but not so tight as to cause discomfort, chafing, or medical issues. Proper sizing is critical, and many manufacturers provide detailed measurement guides to ensure an appropriate fit.

Moreover, hygiene is paramount since chastity devices are worn for extended periods.

Devices with open designs or ventilation holes are preferable to reduce the risk of skin irritation or infections. Users are often advised to remove the device periodically for cleaning and inspection.

The Psychological and Relational Aspects

Male chastity is more than a physical restraint; it often plays a profound psychological role

for both the wearer and their partner. The practice can deepen trust and communication by requiring clear boundaries and mutual consent. Many couples report that male chastity enhances anticipation and sexual excitement, transforming intimacy into a more deliberate and emotionally charged experience.

Power Dynamics and Consent

In relationships where male chastity is practiced, power exchange is a common theme. Typically, the keyholder—often the partner—controls the duration and conditions of chastity, creating a dynamic that emphasizes submission and dominance. This consensual control can foster a sense of surrender and vulnerability in the wearer, which some find liberating rather than restrictive.

However, the importance of explicit consent and ongoing communication cannot be overstated. Without clear agreements and respect for boundaries, male chastity risks becoming coercive or damaging to the relationship.

Benefits and Potential Challenges

Benefits associated with male chastity include:

Enhanced sexual anticipation and prolonged arousal

1.

Strengthened emotional bonds through trust and shared vulnerability

2.

Opportunities for exploring kink and BDSM dynamics safely

3.

Increased focus on non-penetrative intimacy and varied sexual expressions

4.

Conversely, challenges may arise, such as discomfort from improper device use, frustration or anxiety related to prolonged denial, and potential misunderstandings between partners. It is essential for participants to approach male chastity with patience, openness, and a willingness to adjust practices as needed.

Implementing Male Chastity: Practical Tips and Best Practices

Getting Started

For beginners, education and preparation are key. Prospective users should:

Research different devices and purchase from reputable vendors.

1.

Take precise measurements to ensure proper fit.

2.

Discuss expectations, limits, and safety protocols with partners.

3.

Start with short periods of wear before progressing to longer durations.

4.

Maintenance and Hygiene

Maintaining cleanliness and monitoring physical health are vital to prevent complications.

Regular removal for washing the device and the skin underneath is recommended. Users

should also watch for signs of irritation, swelling, or discomfort and adjust usage accordingly.

Communication and Aftercare

Open communication throughout the chastity experience enables partners to navigate emotional and physical responses effectively. Aftercare—providing reassurance, physical comfort, and emotional support after removing the device—is an important component, particularly after extended denial periods.

Market Trends and Innovations in Male Chastity Devices

The male chastity market has evolved significantly, reflecting increased demand and diversification of consumer preferences. Manufacturers now offer devices with ergonomic designs, customizable features, and even smart technology integration, such as Bluetooth-enabled locks controllable via smartphone apps. These innovations blend security with convenience, appealing to tech-savvy users seeking discreet and flexible control.

Moreover, a growing number of online communities and forums provide platforms for education, sharing experiences, and peer support, further normalizing male chastity within mainstream sexual health conversations.

Male chastity, once relegated to the fringes, has emerged as a multifaceted practice intersecting physical devices, psychological exploration, and relationship dynamics. By understanding the nuances involved—from device selection and safety to consent and

communication?participants can approach male chastity in ways that enrich intimacy and personal growth. This male chastity guide aims to demystify the practice and provide a grounded foundation for those curious about or committed to this unique form of sexual expression.

male chastity devices, male chastity training, male chastity tips, male chastity belts, male chastity control, male chastity techniques, male chastity lifestyle, male chastity rules, male chastity discipline, male chastity relationships

Fl3c Frenum Chastity

Fl3c Frenum Chastity

****Exploring ?3c Frenum Chastity: A Unique Approach to Male Chastity Devices****

?3c frenum chastity is a term gaining traction within the male chastity device

community, and it represents an innovative approach to frenum chastity devices. For those unfamiliar, male chastity devices are tools designed to restrict sexual activity by preventing erections or direct stimulation. The ?3c frenum chastity devices, in particular, focus on comfort, discretion, and e?ective control by leveraging the unique anatomy of the frenum area.

If you're curious about how ?3c frenum chastity di?ers from traditional chastity devices or how it ?ts into the broader landscape of male chastity, this article will walk you through the essentials, bene?ts, and practical considerations.

Understanding ?3c Frenum Chastity and Its Origins

The concept of ?3c frenum chastity centers around targeting the frenum, the sensitive band of tissue on the underside of the penis that connects the glans to the shaft. Unlike full cage chastity devices that encase the entire penis, ?3c models typically focus on restraining or stimulating the frenum area to achieve chastity goals.

Originally, male chastity devices were designed as full cages or tubes that enclosed the penis entirely. While effective, many users found these devices bulky, uncomfortable, or impractical for everyday wear. The ?3c frenum chastity devices emerged as a response to these concerns, offering a lighter, less intrusive alternative that still maintained control and security.

What Exactly Is a Frenum Chastity Device?

A frenum chastity device is a specialized tool that restricts sexual activity by controlling access to the frenum. Since the frenum is an erogenous zone with a high concentration of nerve endings, limiting stimulation or movement of this part can effectively reduce sexual pleasure or prevent erections.

The ?3c frenum chastity device is designed to be minimalist, often incorporating rings or clips that secure the frenum area without enclosing the entire penis. This design improves comfort and makes it easier to wear the device for long periods.

Benefits of ?3c Frenum Chastity Compared to Traditional Devices

One of the primary reasons ?3c frenum chastity devices have gained popularity is due to the unique advantages they offer. Here are some key benefits that distinguish them from

more conventional chastity cages:

1. Enhanced Comfort and Wearability

Traditional chastity cages can cause discomfort because they enclose the entire penis, sometimes restricting blood flow or causing chafing. By focusing on the frenum, these devices reduce bulk and avoid unnecessary pressure on other parts of the penis, allowing users to wear them for extended periods with less irritation.

2. Discretion and Practicality

Because these frenum chastity devices are smaller and less conspicuous, they are easier to conceal under clothing. This makes them an excellent choice for those who want to maintain chastity discreetly in everyday situations, whether at work or social events.

3. Targeted Control and Sensory Management

Since the frenum is an especially sensitive area, controlling access to it can be highly effective for chastity without needing to restrict the entire organ. This targeted approach allows for nuanced control over sensations and orgasms, appealing to users who want a less intrusive yet effective chastity experience.

4. Easier Hygiene and Maintenance

Smaller devices focusing on the frenum are generally easier to clean and maintain. Good hygiene is critical for chastity device users to avoid infections or skin irritation, and the these design simplifies daily care routines.

How to Choose the Right These Frenum Chastity Device

Selecting the appropriate ?3c frenum chastity device involves considering factors like size, material, locking mechanism, and personal comfort. Since these devices come in various designs, understanding what suits your anatomy and lifestyle is essential.

Material Matters

Materials commonly used in ?3c frenum chastity devices include stainless steel, medical-grade silicone, and durable plastics. Stainless steel o?ers strength and security but can be heavier, while silicone provides ?exibility and comfort but may be less secure. Consider any allergies or sensitivities you may have before choosing.

Sizing and Fit

Proper sizing is crucial for any chastity device. For frenum chastity, ensuring the device ?ts snugly around the frenum without pinching or cutting o? blood ?ow is vital. Many manufacturers provide sizing guides or o?er adjustable options to accommodate di?erent anatomies.

Locking and Security Features

The locking mechanism should balance security and ease of use. Some devices use traditional padlocks, while others employ integrated locks or magnetic closures. If discretion is a priority, magnetic locks o?er a sleeker appearance but may require special care to avoid accidental unlocking.

Incorporating ?3c Frenum Chastity into Your Lifestyle

Integrating ?3c frenum chastity devices into daily life involves both practical and psychological adjustments. Here are some tips to make the transition smoother:

Start Slowly

If you're new to chastity devices, begin by wearing the ?3c device for short periods to let your body adjust. Gradually increase wear time as comfort improves.

Communicate with Partners

If chastity play is part of a consensual relationship dynamic, open communication about comfort levels, boundaries, and expectations is essential.

Prioritize Hygiene

Regular cleaning of both the device and the genital area helps prevent infections. Use gentle soaps and ensure the device is completely dry before reapplying.

Monitor for Discomfort

Pay attention to any signs of irritation, swelling, or numbness. If you experience persistent discomfort, remove the device and consult a medical professional if necessary.

Exploring the Psychological and Sensory Impact of ?3c Frenum

Chastity

Beyond the physical aspects, ?3c frenum chastity devices can profoundly influence mental and emotional states. Many users report heightened arousal due to denial and control, as well as increased intimacy in BDSM or power exchange relationships.

The Power of Denial and Control

Chastity devices are often used to create a sense of anticipation and restraint. By limiting access to the frenum, users experience a unique form of sexual denial that can intensify

desire and satisfaction when release is eventually permitted.

Enhancing Sensory Awareness

Because the frenum is so sensitive, using a device that focuses on this area can heighten bodily awareness, even when sexual activity is restricted. This can lead to greater appreciation of touch, teasing, and other sensations.

Where to Find Quality ?3c Frenum Chastity Devices

As interest grows, more manufacturers and specialty retailers are o?ering ?3c frenum chastity devices. When shopping, prioritize products from reputable sources that emphasize safety, quality materials, and user reviews.

Custom vs. O?-the-Shelf Options

Some users prefer custom-made devices tailored to their measurements and preferences, which may be more comfortable and secure. However, o?-the-shelf devices are more accessible and often come with adjustable features to ?t a range of users.

Online Communities and Support

Engaging with online forums or social groups dedicated to male chastity can provide valuable insights, recommendations, and support for newcomers and experienced users alike.

Innovations and Future Trends in ?3c Frenum Chastity

The world of male chastity continues to evolve with advancements in design, materials, and technology. The ?3c frenum chastity category is no exception, with emerging trends such as:

****Smart chastity devices**** that incorporate sensors and connectivity for remote control and monitoring.

****Ergonomic designs**** that further improve comfort and adjustability.

****Hybrid models**** combining frenum chastity with partial enclosure for customizable experiences.

These innovations aim to create more personalized, safe, and pleasurable chastity experiences for users.

Throughout the exploration of 3c frenum chastity, it's clear that this approach to male chastity devices offers a compelling blend of comfort, discretion, and effective control.

Whether you're new to chastity or looking to try something different, understanding the nuances of frenum-focused devices can open up new possibilities for personal expression and relationship dynamics.

Question

Answer

What is FL3C Frenum

Chastity?

FL3C Frenum Chastity is a type of male chastity device designed to restrict access to the frenulum area, providing both physical control and enhanced sensation during wear.

How does the FL3C

Frenum Chastity device

work?

The device encases the frenulum and prevents stimulation or access, typically locking in place to ensure chastity and prevent removal without a key or combination.

Is FL3C Frenum Chastity

comfortable for long-

term wear?

Yes, FL3C Frenum Chastity devices are often made from body-safe, lightweight materials designed for comfort during extended use, but comfort can vary depending on individual anatomy and ?t.

Can FL3C Frenum

Chastity be worn during

physical activities?

Many users report being able to wear the device during light physical activities, but it is advisable to avoid strenuous exercise or activities that may cause discomfort or injury while wearing the device.

How do you clean and

maintain a FL3C Frenum

Chastity device?

Cleaning involves using mild soap and warm water regularly, ensuring all parts are thoroughly dried before reassembly.

Proper maintenance includes checking for wear and replacing any damaged components to ensure hygiene and safety.

Where can I purchase a

FL3C Frenum Chastity

device?

FL3C Frenum Chastity devices can be purchased from specialized online retailers that focus on chastity and BDSM accessories, as well as some adult stores. Always ensure you buy from reputable sellers to guarantee quality and safety.

FL3c Frenum Chastity: An In-Depth Exploration of Design, Functionality, and User Experience

FL3c frenum chastity devices have garnered attention within the niche of male chastity

gear, particularly for their innovative approach to comfort, security, and anatomical fit. As the market for chastity devices continues to evolve, the FL3c frenum chastity model stands out by focusing on a precise balance between restraint and wearability, addressing common issues experienced with traditional chastity cages.

Understanding the nuances of ?3c frenum chastity devices requires an examination of their design philosophy, materials, and the unique frenum-locking mechanism that di?erentiates them from conventional models. This article aims to provide a comprehensive, professional review of the ?3c frenum chastity device, analyzing its features, pros and cons, and positioning within the broader landscape of male chastity apparatuses.

Design and Material Composition of Fl3c Frenum Chastity

The ?3c frenum chastity device is engineered around the concept of frenum locking, which targets the sensitive underside of the penis ? the frenulum ? as a key locking point. This approach contrasts with many chastity devices that primarily encase the penile shaft or rely solely on ring-based locking mechanisms. By incorporating a frenum lock, the ?3c device aims to maximize comfort while ensuring e?ective restraint.

Materials used in manufacturing the ?3c frenum chastity are typically high-grade medical stainless steel or titanium. These metals are favored due to their durability, hypoallergenic properties, and resistance to corrosion. The choice of material is critical, as users often wear these devices for extended periods, necessitating skin-safe, non-reactive surfaces.

In terms of aesthetics, the ?3c device sports a minimalist and ergonomic design, with smooth contours to reduce chafing and irritation. It is lightweight relative to traditional full-cage devices, an attribute that enhances long-term wearability.

Innovative Features That Set FI3c Frenum Chastity Apart

Several distinctive features define the FI3c frenum chastity device:

Frenum Locking Mechanism: Unlike conventional chastity devices that apply

1.
pressure around the penile shaft or glans, the FI3c model locks specifically via the frenulum, offering a secure fit without excessive constriction.

Modular Components: The device often comes with interchangeable parts,

2.
allowing users to customize ring sizes and cage lengths for optimal comfort and security.

Ventilation and Hygiene: The design incorporates open areas and ventilation

3.
gaps, facilitating hygiene maintenance and reducing moisture build-up, which is a common concern in chastity wear.

Locking Options: FI3c devices typically support various locking mechanisms,

4.
including padlocks and integrated locks, providing flexibility in security preferences.

Comparative Analysis: FI3c Frenum Chastity vs. Traditional Chastity Devices

To contextualize the FI3c frenum chastity device's place in the market, it is instructive to compare it against traditional chastity cages such as full cages, partial cages, and tube-

style devices.

Comfort and Fit

Traditional chastity cages often cover the entire penis or encase it within rigid tubes, which can lead to discomfort, chafing, and pressure sores. The 3c's frenum locking mechanism alleviates some of these issues by targeting a sensitive yet less encumbered area for restraint, allowing the rest of the penile shaft more freedom and reducing constriction.

Users report that the 3c's ergonomic design and lightweight materials contribute to improved comfort during prolonged wear, making it a preferred choice for those seeking daily-use chastity devices.

Security and Durability

While full cages offer maximum security by fully enclosing the penis, the 3c frenum chastity device strikes a balance by providing adequate restraint through its frenum lock without compromising on wearability.

The use of medical-grade metals ensures that the device is both durable and resistant to tampering. However, the frenum locking mechanism may not offer the same level of absolute security as full cages in all scenarios, particularly against users determined to bypass the device.

Hygiene and Maintenance

Hygiene is a critical concern with any chastity device used for extended periods. The 3c's

open design facilitates easier cleaning and airflow, minimizing the risk of bacterial growth and discomfort associated with moisture retention – common issues in fully enclosed devices.

This aspect makes the 3c frenum chastity device particularly appealing for users prioritizing health and comfort without sacrificing control.

User Experience and Practical Considerations

Examining real-world user feedback provides valuable insights into the practical implications of incorporating the 3c frenum chastity device into daily life.

Adaptation Period and Wearability

New users often report an adaptation phase when transitioning to frenum-lock chastity devices. The sensation of restraint focused on the frenulum can initially feel unusual or even slightly uncomfortable, but most users acclimate within days.

The lightweight nature and ergonomic shaping contribute positively to all-day wearability, with many users noting less skin irritation compared to traditional cages.

Security Concerns and Limitations

While the 3c offers effective restraint, it is important to acknowledge that no chastity device is entirely foolproof. The frenum lock depends on precise sizing and correct application; improper fitting can reduce security or cause discomfort.

Moreover, the device's openness, while beneficial for hygiene, may theoretically allow for a greater chance of manipulation by a motivated wearer compared to fully enclosed models.

Maintenance and Cleaning Practices

Due to the FI3c device's metal construction and open design, cleaning is straightforward but essential. Users should regularly clean the device with mild soap and warm water, ensuring no residue or moisture remains trapped.

Routine maintenance extends the device's lifespan and preserves skin health during prolonged chastity play.

Who Should Consider FI3c Frenum Chastity?

The FI3c frenum chastity device is an optimal solution for certain user profiles:

Intermediate to Advanced Users: Those familiar with chastity play seeking

1.
enhanced comfort without compromising control.

Wearers Prioritizing Hygiene: Individuals who plan on wearing a device for

2.
extended periods and require easy cleaning options.

Sensitivity-Focused Users: Persons interested in an experience that targets the

3.
frenulum for a different sensation and locking style.

Custom Fit Enthusiasts: Users who value modularity and the ability to customize

4.
device dimensions precisely.

Conversely, beginners may find the frenum lock mechanism initially challenging and might benefit from starting with simpler chastity devices before transitioning to models like the 3c.

Market Position and Availability

Within the broader chastity device market, 3c frenum chastity devices occupy a niche that blends innovation with anatomical consideration. Their presence is more prominent in specialized boutiques and online platforms catering to kink and lifestyle communities. Pricing typically reflects the high-quality materials and craftsmanship involved, placing 3c devices at a mid-to-high price point relative to mass-market chastity cages. This positioning underscores their appeal to users seeking premium products with targeted design features.

Retailers often provide detailed sizing guides and customer support to assist buyers in selecting the correct fit, an important factor given the device's reliance on precise measurements for optimal function.

In the evolving landscape of male chastity devices, the 3c frenum chastity model represents a thoughtful innovation, merging ergonomic design with targeted restraint technology. Its focus on comfort, hygiene, and a distinctive locking mechanism appeals to users seeking alternatives to traditional cages. While not without limitations, the device's modularity and material quality place it as a notable option for those invested in the chastity lifestyle, balancing control with everyday practicality.

?3c chastity device, frenum chastity cage, male chastity, frenum lock, ?3c lock system, chastity play, male chastity training, frenum restraint, ?3c cage, chastity keyholder

Read the full article online: [Fl3c Frenum Chastity](#)