

The Donor Manual

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Brought to you by Project V



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Preface

This book is designed to support you on your journey as a donor. As always, we encourage you to apply critical reading and thinking when reviewing any resources. While this book does not provide definitive solutions, it aims to serve as a reliable guide for those new to the donor community. We recognize that resources for donors in the vampyre community are limited. Project V aims to change that by being a movement dedicated to supporting the entire vampyre community, including our valued donors! Hopefully, for our black swans in the community, this document will give you a better idea of what a donorship dynamic may look like and pique your interest in participating in a donorship. As always, consent is key! What you consent to can easily be revoked for whatever reason you see fit.



Donorships

Understanding the Donor-Vampyre Relationship.

What is a Donorship? A donorship is a donation relationship dynamic between 18 plus vampyres and donors. The donor consent to giving part of their life force, blood and or energy if you will. This can be strictly a professional or intimate interaction. You can even be in more than one donorship, in fact it is encouraged for the safety of all parties. Donorships should be formed with people who you trust and have known for a bit.

But wait, How do you start a donorship if you don't have a vamp or donor? Assuming you have already done your research into the vampyre community and the members within it, you should know the places you can go to connect with people! Find the online community, attend in person vampyre communities and events. Build connections, share experience. There will always be someone in the vampyre community you can find and build a bond with. You just have to go search for it, now this isn't saying go specifically searching for a friendship just to have a donorship because not every vamp wants a donor and not every donor wants a vamp. Acquainting yourself with the culture of the community can broaden your view on those you can meet and talk about donorships with. Do not be afraid to reach out, you don't truly know if someone is looking into a donorship until you ask. The vampyre community needs to be more open about these things. You can be open but safe about how you go about looking for a donorship. Once you have found someone to be in a donorship with, you need to determine the exchange. The point of a donorship is to have a bond with someone that you trust enough to give your life force to and for the vampyre to take it. Is this a blood donation or an energy donation? These are things you need to learn about the vampyre. But what you also need to learn is what are you wanting to donate? What draws the line for you? This is where we get into the topics of consent.



Informed Consent

Now before you rush straight into a donorship you need to set some rules and guidelines that both parties agree to, this is known as consent. Remember how I mentioned before that you not only need to learn what your vampyre is wanting in the donorship but that you need to figure out what you want? Well this is where that comes into play, you need to voice what you will agree to and what is certainly not okay for you.

The number one rule you need to remember about consent is that it is given and can always be revoked. Once someone is no longer consenting, this is when you need to stop and have a conversation. For a good set of ethical codes pertaining to donors, check out 'The Donor Bill of Rights' By Belfazaar Ashantison, Edited and republished by Elizabeth Hopka www.theblackbooks.net, The Donor Bill of Rights goes over consent and self preservation of the donor.

The Donor Bill of Rights: https://theblackbooks.net/pages/readbook.php?tbb_id=2

As a donor you need to be consenting to activities that are not only in the vampyres best interest but especially for yours as well. Unfortunately, It is common that donors try to be super reckless and have no self preservation for themselves. This could be due to the lack of education, or something more. Please see Page () for the manipulative behavior that could be presented in a donorship and how to avoid these behaviors.

What if you are scared of forgetting certain guidelines you have set or arent sure if you understand the guidelines that you are setting up? We have great news for you! Project V has presented a document that you can adjust your needs, rules, etc on a printed out agreement. This is not a legally binding document but serves as a form of clear communications for all parties involved. Clear communication is Priority in a donorship,

(Insert link)



Health & Safety Guidelines

Education

Be aware of the potential risks associated with donations and the importance of safety precautions. If you are participating in a blood donation it is advised against if neither of you are a licensed medical professional. If you are looking to become a licensed professional for this reason please look into 'Phlebotomy'.

Health Status

Before donating your life force, it's good to have a health check up for both the donor and vampyre. All parties need to be checked for blood borne diseases, contagious illnesses, etc. Please see the Project V health and safety resource section to look at things to be checked for before donating. All parties also need to be informed of the possible health conditions you may have. This may include but not limited to, heart conditions, mental health conditions, diabetes, prescription medicines you may take, etc. Even after participating in donorships you need to be monitoring your health for any deficiencies. Please see Page () for Post Donation self care tips!

Personal Hygiene

Cleanliness should be a priority when participating in a donorship that is in person, this prevents cross contamination, especially if you are donating blood or participating in intimate acts.

Sanitation Practices

Ensure the donation area is clean and sanitized, Use sterile, disposable equipment for the donation process to prevent infections.



Signs of a Healthy Donorship

1. Open Communication

Both parties feel comfortable discussing their needs, boundaries, and any concerns. Regular check-ins to ensure mutual satisfaction and understanding.

2. Mutual Respect

Each party respects the other's boundaries and choices. Acknowledgment of each other's feelings and needs.

3. Consent and Agreement

Clear and ongoing consent regarding all aspects of the donorship including types of donations and frequency. Both parties understand and agree on the terms of their arrangement.

4. Healthy Boundaries

Clearly defined boundaries that are respected by both sides. Awareness and acceptance of personal limits regarding physical and emotional exchanges.

5. Positive Experience

Both parties feel fulfilled and positive about their interactions. The relationship enhances the overall well-being of both the donor and the vampyre.

Not everyone is that fortunate to find someone that they trust and are in a sound donorship, manipulation can be at play by either the vampyre or donor. The vampyre is not always the predator in these situations. See below the key signs of manipulation that may be present in a toxic donorship.



The Signs of a toxic Donorship

1. Coercion or Pressure

Any attempt to pressure or manipulate you into donating more frequently or in ways that make you uncomfortable. In other words, Use of guilt or threats to compel participation in a donorship. A sense that you must comply to avoid negative consequences. This can play into emotional manipulation, please see below for the examples of emotional manipulation. Another note to make is that Donor often pressure or coerce their vampyre partner into donating. Taking advantage of, or manipulating a vampyre when they are twoofing is a good example.

2. Lack of Consent/Boundaries

Situations where consent is not clearly obtained or respected. Ignoring boundaries, this could be physical, emotional, or pushing for donation via blood or energy exchanges without prior agreement. Overstepping limits or manipulating or finding a loophole in stated boundaries without discussion or agreement, Is also a part of this category. Once you break or overstep consent and boundaries the trust is broken and cannot be formed back.

4. Inconsistent Communication

This is another killer of a donorship, having Difficulty in discussing boundaries, needs, or concerns or even having Avoidance of open dialogue about the donorship can leave room for error in the bond you have between donor and vampyre. If you do not have the maturity to communicate or listen to a person's feedback you are not fit for a donorship.

5. Unbalanced Power Dynamics

One party consistently holds more power or control over the other. Feeling diminished or unvalued in the donorship. There should and will not be any form of unbalanced power dynamics in a healthy donorship. The only time that there is a power dynamic in



a donorship is if all parties consent to this power dynamic, this includes intimacy, the BDSM scene, or the general agreed upon dynamic of the donorship. Regardless, consent is still given and can be revoked. You are not forced into anything nor have a lack of power to refuse anything.

6. Isolation

Attempts to isolate you from friends or other support systems and even disregarding your relationships with others in the vampyre community. This is a common tactic manipulators use to isolate you to coerce or influence your decision making. They will try to remove all support systems from you so you have no one to go to for help. More often than not, this usually starts off by the member of the donorship trying to force you to be exclusive. This can start off as “Hey don't see other people to donate to or to receive donations from” eventually they may even try to turn this into a romantic relationship and this form of manipulation turns into domestic abuse.

8. Neglecting Health and Safety

Encouraging risky behavior or unsafe practices during donations, these actions Disregard your personal health or well-being. Some examples being, taking more life force than the agreed upon amount, refusing to do health check ups, refusing to participate in contraceptives during an intimate act, etc.

9. Emotional Manipulation

Using emotional tactics to gain compliance or make you feel responsible for their feelings. They essentially create drama or crises to maintain control. A common example being “If you dont let me feed on or provide life force I will kill myself.” They are trying to scare you and coerce you into participating in the donorship by threatening their own well being.

If you believe you are in an unhealthy donorship please break away from it as soon as possible, no one is worth your health and well being. If you believe illegal activities are at play, please contact emergency responders accordingly.



Self-Care Tips

After care or general self care is just as important! Both vampyres and donors need it. A vampyre may feel guilt for taking your life force and you may feel weak or vulnerable after a donation. As a donor you need to reflect on your mental and physical well being. Are you feeling dizzy? Tired? Sick? Anxious? Upset? These are things you need to communicate with your vampyre. The vampyre needs to also reflect and express their feelings and concerns they may have. Of course you both can also communicate what you liked about this interaction and maybe discuss ways of improving it or tweaking it for the future.

After Care Routine:

Coming up with a routine after a donation is very beneficial for all parties involved. Some examples are, once you have finished with the donation and cleaned up and/or patched up you both can relax and eat a snack together maybe even watch a movie. You can do this while also monitoring each other's health making sure nothing out of the ordinary may occur.

Hydration:

This cannot be stressed enough, drink plenty of water after a donation! Donating blood depletes a considerable amount of fluid from your body. Replenishing that fluid with water helps restore your blood volume to normal levels, reducing the risk of dizziness, lightheadedness, and other negative effects of dehydration.



Common Donorship FAQ

What is the role of a donor in a vampyre relationship?

A donor provides sustenance, typically through blood or energy, in a mutually beneficial relationship with a vampyre.

How do I know if I'm ready to be a donor?

Consider your comfort level, understanding of the dynamics, and willingness to engage in open communication about boundaries and expectations.

What if I feel uncomfortable during the donation?

You should feel empowered to stop the process at any time if you experience discomfort. Communicate your feelings to ensure a safe environment.

Is it safe to donate blood or energy to a vampyre?

There will always be risks to donating blood or energy to a vampyre there are protocols you can follow to make the donorship safer but there will always be a possibility of a sour outcome.

Why are donorships restricted to consensual adults?

Minors are strictly prohibited from participating in donorships because minors are unable to provide legal and moral consent, making their involvement in such activities inappropriate and unethical. Consent is a crucial aspect of any interaction, and it is essential to prioritize the well-being and rights of all individuals involved.



Glossary

Aftercare: To care for oneself or another after an event and or activity. Often involving both the mental and physical wellbeing.

Donor: An individual who consensually donates their life force to a vampyre.

Donorship: A dynamic between donor and vampyre that mutually benefit via donation.

Twoofing: Experiencing a flare up in cravings of blood or energy. This can cause behavior issues such as mood swings, irritation, avoidance, etc.

Vampyre: someone who has the need of consuming life force.

Vampyre Community: A community full of vampyres, donors, and black swans who come together to discuss topics and experiences.

