

Yes, No and Maybe List.

Body Boundaries

- Having a partner touch me affectionately without asking first
- Touching a partner affectionately without asking first
- Having a partner touch me sexually without asking first
- Touching a partner sexually without asking first
- Having a partner touch me affectionately in public
- Touching a partner affectionately in public
- Having a partner touch me sexually in public
- Touching a partner sexually in public
- Having my shirt/top off with a partner
- Having a partner's shirt/top off
- Having my pants/bottoms off with a partner
- Having a partner's pants/bottoms off
- Being completely naked with a partner with the lights off or low
- Having a partner be completely naked with the lights off or low
- Being completely naked with a partner with the lights on
- Having a partner be completely naked with the lights on
- Direct eye contact
- Being looked at directly, overall, when I am naked
- Grooming or toileting in front of a partner
- Having a partner groom/use the toilet in front of me
- Having my genitals looked at directly
- Having a partner talk about my body
- Talking about a partner's body
- Having some or all of a disability, identity or difference I have be specifically made part of sex, sexualized or objectified
- Having some or all of a disability, identity or difference a partner has be specifically made part of sex, sexualized or objectified
- Having some or all kinds of sex during a menstrual period
- Seeing or being exposed to other kinds of body fluids (like semen, sweat or urine)
- Shaving/trimming/removing my own pubic hair
- Shaving/trimming/removing a partner's pubic hair
- Other:

Some parts of my body are just off-limits. Those are:

I am not comfortable looking at, touching or feeling some parts of another person's body. Those are:

I am triggered by (have a post-traumatic response to) something(s) about body boundaries. Those are/that is:

What helps me feel most comfortable being naked with someone? What ways a partner does or may talk about my body make or could make me feel uncomfortable? What do I "count" as sexual touching and what do I consider affectionate touching?

Words & Terms

I prefer the following gender/sexual identity or role words (like man, woman, boi, femme, butch, top, etc.) to be used for me:

I prefer my chest or breasts be referred to as:

I prefer my genitals to be referred to as:

I prefer my sexual orientation and/or identity to be referred to as:

Some words I am not okay with to refer to me, my identity, my body or, or which I am uncomfortable using or hearing about, with or during any kind of sex are:

I am triggered by certain words or language. Those are/that is:

Are certain words okay in some settings or situations but not in others? How flexible am I with what a partner might want to call something I like calling something else? Why do I use the words for my parts that I do?

Relationship Models & Choices

- Having a partner talk to close friends about our sex life
- Talking to close friends about my sex life
- Having a partner talk to acquaintances, family or co-workers about our sex life
- Talking to acquaintances, family or co-workers about my sex life
- An exclusive romantic relationship
- An exclusive sexual relationship
- Some kind of casual or occasional open/non-exclusive romantic relationship
- Some kind of casual or occasional open/non-exclusive sexual relationship
- Some kind of serious or ongoing open/non-exclusive romantic relationship
- Some kind of serious or ongoing open/non-exclusive sexual relationship
- Sex of some kind(s) with one partner at a time, only
- Sex of some kind(s) with two partners at a time
- Sex of some kind(s) with three partners at a time
- Sex of some kind(s) with more than three partners at a time
- Having a partner direct/decide for me in some way with sex
- Directing or deciding for a partner in some way with sex
- Other:

What kind of agreements do/would I want with the kinds of relationships models I want or am interested in? What are my personal values with relationships and simultaneous sexual partners?

Safer Sex and Overall Safety

- Sharing my sexual history with a partner
- A partner sharing their sexual history with me
- Using a condom with a partner, always
- Using a condom with a partner, not always
- Putting on a condom myself
- Putting on a condom for someone else
- Having someone else put on a condom for me
- Using a dental dam, with a partner, always
- Using a dental dam, with a partner, not always
- Putting on a dental dam for myself
- Putting a dental dam on someone else
- Having someone else put a dental dam on me
- Using a latex glove with a partner, always
- Using a latex glove with a partner, not always
- Putting on a latex glove for myself
- Putting on a latex glove for someone else
- Having someone else put a latex glove on me
- Using lubricant with a partner
- Applying lubricant to myself
- Applying lubricant on a partner
- Having someone else put lubricant on me
- Getting tested for STIs before sex with a partner
- Getting regularly tested for STIs by myself
- Getting tested for STIs with a partner
- A partner getting regularly tested for STIs
- Sharing STI test results with a partner
- Doing things which might cause me momentary or minor discomfort or pain
- Doing things which might cause a partner momentary or minor discomfort or pain
- Doing things which might cause me sustained or major discomfort or pain
- Doing things which might cause a partner sustained or major discomfort or pain
- Being unable to communicate clearly during sex
- Having a partner be unable to communicate clearly
- Initiating or having sex while or after I have been using alcohol or other recreational drugs
- A partner initiating or having sex while or after using alcohol or other recreational drugs
- Other:

I am triggered by something(s) around sexual safety, or need additional safety precautions because of triggers. Those are/that is:

Birth Control/Reproductive Choices

- Doing anything sexual which does or might pose a risk of pregnancy without using a reliable method of birth control
- Doing anything sexual which does or might pose a risk of pregnancy with a reliable form of birth control
- Using emergency contraception
- Having a partner use emergency contraception
- Becoming pregnant
- Creating a pregnancy with a partner
- Helping a partner throughout a pregnancy and delivery
- Experiencing a loss with a pregnancy, like miscarriage or abortion
- Supporting a partner through a loss with a pregnancy, like miscarriage or abortion
- Parenting with a partner
- Parenting by myself
- Paying child support for a pregnancy I co-created
- Terminating a pregnancy (abortion)
- Having a partner terminate a pregnancy (abortion)
- Choosing adoption if there was a pregnancy

Sexual Responses

- Feeling and being aroused (sexually excited), alone
- Feeling and being aroused, with or in front of a partner
- Having genital sexual response, like erection or lubrication, alone
- Having genital sexual response, like erection or lubrication, seen or felt by a partner
- Not having or "losing" erection or lubrication, alone
- Not having or "losing" erection or lubrication, with or in front of a partner
- Being unable to reach orgasm, alone
- Being unable to reach orgasm, with a partner
- Having one orgasm, alone
- Having one orgasm, with or in front of a partner
- Having more than one orgasm, alone
- Having more than one orgasm, with or in front of a partner
- Ejaculating, alone
- Ejaculating, with or in front of a partner
- Having a partner ejaculate with me/while I'm present
- Having an orgasm before or after you feel like you "should" with a partner
- Having a partner have an orgasm before or after you feel like they "should"
- Making noise during sex or orgasm, alone
- Making noise during sex or orgasm, with a partner
- Having sex interrupted by something or someone external or your own body or feelings
- Other:

I am triggered by certain sexual responses of my own or those of a partner. Those are:

I like or don't like having or giving certain kinds of sexual aftercare (like snuggling or reaffirming emotional feelings). Those are:

Physical and/or Sexual Activities

- Masturbation
- Holding hands
- Hugging
- Kissing, cheek or face
- Kissing, closed-mouth
- Kissing, open-mouth
- Being kissed or touched on the neck
- Kissing or touching a partner's neck
- Giving hickies
- Getting hickies
- Tickling, doing the tickling
- Tickling, being tickled
- Wrestling or "play-fighting"
- General massage, giving
- General massage, receiving
- Having my chest, breasts and/or nipples touched or rubbed
- Touching or rubbing a partner's the breasts, chest and/or nipples
- Frottage (dry humping/clothed body-to-body rubbing)
- Tribadism (scissoring, rubbing naked genitals together with a partner)
- Having a partner's mouth or tongue on my breasts or chest
- Putting my mouth or tongue on a partner's breasts or chest
- Masturbating in front of/with a partner
- Having a partner masturbate in front of/with me
- Manual sex (hands or fingers on penis or strap-on), receiving
- Manual sex (hands or fingers to penis or strap-on), giving
- Manual sex (hands or fingers on testes), receiving
- Manual sex (hands or fingers on testes), giving
- Manual sex (hands or fingers on vulva), receiving
- Manual sex (hands or fingers on vulva), giving
- Manual sex (hands or fingers inside vagina), receiving
- Manual sex (hands or fingers inside vagina), giving
- Manual sex (hands or fingers on or around anus), receiving
- Manual sex (hands or fingers on or around anus), giving
- Manual sex (hands or fingers inside rectum), receiving
- Manual sex (hands or fingers inside rectum), giving
- Ejaculating (coming) on or in a partner's body
- Having a partner ejaculate (come) on or in my body
- Using sex toys (like vibrators, dildos or masturbation sleeves), alone
- Using sex toys (like vibrators, dildos or masturbation sleeves), with a partner
- Oral sex (to vulva), receptive partner
- Oral sex (to vulva), doing to someone else
- Oral sex (to penis or strap-on), receptive partner
- Oral sex (to penis or strap-on), doing to someone else
- Oral sex (to testes), receptive partner
- Oral sex (to testes), doing to someone else
- Oral sex (to anus), receptive partner
- Oral sex (to anus), doing to someone else
- Vaginal intercourse, receptive partner
- Vaginal intercourse, insertive partner
- Anal intercourse, receptive partner
- Anal intercourse, insertive partner
- Having food items be part of sex
- Cross-dressing during sex
- Having a partner cross-dress during sex
- Biting a partner

- Being bitten by a partner
- Scratching a partner
- Being scratched by a partner
- Wearing something that covers my eyes
- Having a partner wear something that covers their eyes
- Having my movement restricted
- Restricting the movement of a partner
- Being slapped or spanked by a partner in the context of sexual pleasure
- Slapping or spanking a partner in the context of sexual pleasure
- Pinching or having any kind of clamp used on my body during sex
- Pinching a partner or using any kind of clamp on them during sex
- Other:

I am triggered by certain sexual activities. Those are:

If I said yes to something but my partner said maybe, what conditions might make their maybe a yes? With a partner, can we each live with and accept our no's? What ways do each of us, so far, know we like things done we've said we would do/like to do?

Non-Physical Sexual Activities

- Communicating my sexual fantasies to/with a partner
- Receiving information about a partner's sexual fantasies
- Role-play
- Phone sex
- Cybersex, in IM
- Cybersex, in chat room
- Cybersex, on cell phone
- Getting sexual images of a partner in my email or on my phone
- Giving sexual images to a partner in their email or on their phone
- Reading pornography or erotica, alone
- Reading pornography or erotica, with a partner
- Viewing pornography, alone
- Viewing pornography, with a partner
- A partner reading or viewing pornography
- Giving pornography/erotica to a partner
- Getting pornography/erotica from a partner
- Other:

I am triggered by certain non-physical sexual activities. Those are:

How do non-physical sexual activities figure into our/my relationship agreements? How big a role do non-physical sexual activities play in my sex life or do I want them to play?