

Yes, No, Maybe:

Knowing and Communicating What You Like and Don't Like

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 which I am uncomfortable using or hearing about, with or during any kind of sex are:

What do you know or think you would like to do?

Body Boundaries	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
A partner touching me affectionately without asking first						
Touching my partner affectionately without asking first						
A partner touching me sexually without asking first						
Touching a partner sexually without asking first						
A partner touching me affectionately in public						

Body Boundaries	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
Touching a partner affectionately in public						
A partner touching 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						
A partner being completely naked with the lights off or low						
Being completely naked with a partner with the lights on						
A partner being completely naked with the lights on						
Direct eye contact						
Being looked at directly, overall, when I am naked						
Grooming or using the toilet in front of a partner						
A partner grooming/using the toilet in front of me						
A partner looking directly at my genitals						
A partner talking about my body						
Talking about a partner's body						

Body Boundaries	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
Shaving/trimming/removing my own pubic hair						
Shaving/trimming/removing a partner's pubic hair						
Some or all of a disability, identity or difference I have being specifically made part of sex, sexualized or objectified						
Some or all of a disability, identity or difference a partner has being specifically made part of sex, sexualized or objectified						
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)						

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

I am not comfortable looking at, touching or feeling these parts of another person's body:

Would any of the following events make you feel uncomfortable in a sexual situation?

- Experiencing or expressing unexpected or challenging emotions before, during, or after sex
- A partner experiencing or expressing or challenging emotions before, during, or after sex
- Not experiencing or expressing expected emotions before, during, or after sex
- A partner not experiencing or expressing expected emotions before, during, or after sex
- 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
- Asking to cuddle after sex
- Being asked by a partner to cuddle after sex

Relationship Models and Choices	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
A partner talking to close friends about our sex life						
Talking to close friends about my sex life						
A partner talking 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 or more partners at a time						

Safer Sex and Overall Safety Items and Behaviors	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
Sharing my sexual history with a partner						
A partner sharing their sexual history with me						
Doing anything sexual which does or might pose high risks of certain or all sexually transmitted infections (STIs)						
Doing anything sexual which does or might pose moderate risks of certain or all sexually transmitted infections (STIs)						
Doing anything sexual which does or might pose low risks of certain or all sexually transmitted infections (STIs)						
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						
Someone else putting on a condom for me						
Using a dental dam, with a partner, always						
Using a dental dam, with a partner, not always						
Using a latex/nitrile glove with a partner, always						
Using a latex/nitrile glove with a partner, not always						
Using lubricant with a partner						

Safer Sex and Overall Safety Items and Behaviors	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
Applying lubricant to myself						
Applying lubricant on a partner						
Someone else putting 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						
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						

Physical and Sexual Activities	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
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 hickeys						
Getting hickeys						
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)						
A partner putting their mouth or tongue on my breasts or chest						
Putting my mouth or tongue on a partner's breasts or chest						

Physical and Sexual Activities	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
Masturbating in front of/with a partner						
A partner masturbating 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						
A partner ejaculating (coming) on or in my body						

Physical and Sexual Activities	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
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						
Using food items as a part of sex						
Wearing sexy clothes/lingerie						
Biting a partner						

Physical and Sexual Activities	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
Being bitten by a partner						
Scratching a partner						
Being scratched by a partner						
Wearing something that covers my eyes						
A partner wearing something that covers their eyes						
Being tied up during sex						
Tying a partner up during sex						
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						
Being blindfolded during sex						
Blindfolding a partner during sex						
Having ice or hot wax on my body in the context of sexual pleasure						
Putting ice or hot wax on my partner in the context of sexual pleasure						
Having my partner use a whip, paddle, or flogger on me for sexual pleasure						
Using a whip, paddle, or flogger on my partner for sexual pleasure						

Non-Physical Sexual Activities	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
Communicating my sexual fantasies to/with a partner						
Listening to my partner's sexual fantasies						
Role-playing						
Phone sex with my partner						
Sexting with my partner						
Talking about sexual activities with a stranger on the internet						
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						

Birth Control / Reproductive Choices	Yes	No	Maybe	I Don't Know	Fantasy Only	Doesn't Apply to Me
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						
Parenting with help from my family						
Paying child support for a pregnancy I co-created						
Terminating a pregnancy (abortion)						
A partner terminating a pregnancy (abortion)						
Choosing adoption if there was a pregnancy						