HOW TO HAVE HOT, HEALTHY, CONSENSUAL SEX & ROMANCE

Consent is a YES that is freely given, when the option of NO is both present and viable. Sexual and romantic activity is only sexy when enthusiastic consent is present, and respecting a "no" shows your partner(s) that you respect them.

Consent is not only sexy; it is MANDATORY.

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Language

Language I want you to use	Details/Explanation	Language I DO NOT want you to use	Details/Explanation

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ACTIVITY	EXPERIENCE (YES/NO)	WILLINGNESS (SCALE 0 - 5)	NOTES AND NUANCES
Anal Sex			
Beating			
Being Bitten			
Blindfolds			
Body Paint			
Bondage			
Bondage Tape			
Bruises			
Butt Plugs			
Chains			
Chastity Belts			
Clothespins			
Cock Rings/Straps			
Corsets			
Cross-dressing			
Cuffs			
Cuddling			
Dildos			

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ACTIVITY	EXPERIENCE (YES/NO)	WILLINGNESS (SCALE 0 - 5)	NOTES AND NUANCES
Double Penetration			
Exotic Dancing			
Exhibitionism			
Eye Contact Restrictions			
Face Slapping			
Fingering (giving)			
Fingering (receiving)			
Fisting			
Flogging			
Following Orders			
Food Play			
Foot Worship			
Gags (cloth/tape)			
Hair Pulling			
Hairbrush Spankings			
Hand Jobs (giving)			
Hand Jobs (receiving)			
High Heels			

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ACTIVITY	EXPERIENCE (YES/NO)	WILLINGNESS (SCALE 0 - 5)	NOTES AND NUANCES
Hot Waxing			
Ice Cubes			
Intercourse			
In a Car			
In the Kitchen			
In the Living Room			
In the Shower			
In someone else's house			
Kissing			
Leather Clothing			
Leather Restraints			
Lingerie (wearing)			
Marks (giving)			
Marks (receiving)			
Massage (giving)			
Massage (receiving)			
Modeling for erotic photos			
Nipple Play			

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ACTIVITY	EXPERIENCE (YES/NO)	WILLINGNESS (SCALE 0 - 5)	NOTES AND NUANCES
Orgasm Denial			
Outdoor Sex			
Over-the-knee Spanking			
Pain (giving)			
Pain (receiving)			
Phone Sex			
Pinching			
Role-play			
Rubber/Latex clothing			
Saran Wrapping			
Scratching (giving)			
Scratching (receiving)			
Sex Standing Up			
Sexting			
Shaving			
Skinny-Dipping			
Spanking			
Spooning			

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ACTIVITY	EXPERIENCE (YES/NO)	WILLINGNESS (SCALE 0 - 5)	NOTES AND NUANCES
Strap-On Dildos			
Suggestive Clothing (in private or in public)			
Swallowing Semen			
Swallowing Bodily Fluids			
Swinging (with another couple)			
Swinging (multiple couples)			
Teasing			
Threesome (or more)			
Thumbcuffs (metal)			
Triple Penetration			
Toys			
Vibrator on Genitals			
Video (recordings of you)			
Video (watching others)			
Voyeurism (watching others)			

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ACTIVITY	EXPERIENCE (YES/NO)	WILLINGNESS (SCALE 0 - 5)	NOTES AND NUANCES
Whips			
Wooden Panels			
Wrestling			
Other:			

Additional Relevant Information

Subject	Comments/ Concerns
Allergies	
Medical Condition (Including STIs)	
Aftercare Issues	
Other information to share	
Favorite form of birth control (specify which condoms if chosen)	
Favorite Fantasies	
Other fun stuff or ideas	