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## YES, NO, MAYBE

### **Code Guide**

Y = Yes

N = No

M = Maybe

IDK = I don't know

F = Fantasy

N/A = not applicable

Use this Code Guide to mark each of the statements below.

Many of the questions may be new to you, take time to deeply consider them, before you sit down to share answers with your partners.

### **Body Boundaries**

- A partner touching me affectionately without asking first
- Touching a 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
- 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 toileting 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
- 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:

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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:

### **Relationship Models & Choices**

- 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 partners at a time
- Sex of some kind(s) with more than three partners at a time
- A partner directing/deciding for me in some way with sex
- Directing or deciding for a partner in some way with sex
- Other:

### **Safer Sex and Overall Safety Items and Behaviors**

- Sharing my sexual history with a partner
- A partner sharing their sexual history with me

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- 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
  - Putting on a dental dam for myself
  - Putting a dental dam on someone else
  - Someone else putting 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
  - Someone else putting a latex glove on me
  - Using lubricant with a partner
  - 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
  - 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 able 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:

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

### **Sexual Activities**

This is a broad list of sexual activities, some of which you may be new to. A quick internet search may help you discover new things about your sexual preferences and fantasies.

Take this as an opportunity to explore your boundaries and to better identify areas in your relationship you are willing to connect to.

- Anal Sex
- Anilingus/Rimming
- Biting
- Blindfolds
- Bondage
- Boob Fucking
- Breath Play
- Cock Rings
- Costumes or Uniforms
- Cross Dressing
- Cunnilingus
- Dirty Talk
- Domination (Topping)
- Double Penetration
- Ejaculation (Male or Female)
- Electrosex
- Erotic photography/videos (Taking or Viewing)
- Exhibitionism
- Face Slapping
- Fellatio/Blow Job
- Fetish Clothing
- Fingering (Anal or Vaginal)
- Fisting (Anal or Vaginal)
- Flogging
- Food Play
- Foot Worship
- Furry Play
- Gags
- Gender Play
- Group Sex
- G-Spot Stimulation
- Hair Pulling
- Hand Job (Penis or Vulva)

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- Ice Cubes
  - Intercourse (Anal or Vaginal)
  - Kissing (Mouth or Full Body)
  - Lap Dance
  - Massage
  - Masturbation (Mutual or Alone)
  - Menstruation Play
  - Nipple Stimulation/Play
  - Open Relationship
  - Orgasm Delay/Denial
  - Outdoor Sex
  - Pain Play
  - Positions (Rear Entry, Top, Bottom, Standing, etc.)
  - Phone Sex
  - Polyamory
  - Pornography (Video or Reading Erotica)
  - Prostate Massage
  - Public Sex
  - Quickies
  - Role Play (Age, Teacher/Student, Medical, etc.)
  - Rough Sex
  - Scat Play
  - Sensation Play
  - Sensory Deprivation
  - Sex or BDSM Clubs
  - Sex or BDSM Parties
  - Sex Toys
  - Sex with Strangers
  - Shaving/Grooming
  - Spanking
  - Strap-On Sex
  - Strip Tease
  - Submission (Being Topped)
  - Swinging
  - Threesome (MMF, FFM, MMM, FFF)
  - Triple Penetration
  - Urine Play
  - Voyeurism
  - Wax (Dripping)
  - Webcam Sex
  - Other: