

Step 1

Your Menu Choices

What would you like today?



- Hand holding
- Kissing
- Hickeys
- Tickling
- Play fighting or wrestling
- Massage
- Dry humping
- Nipple play
- Masturbation
- Manual sex (handjobs/fingering)
- Oral sex (giving/receiving)
- Vaginal intercourse (insertive/receptive)
- Anal intercourse (insertive/receptive)
- Ejaculating (cumming) on or in a partner's body
- Partner ejaculating (cumming) on or in my body

Classic

Supreme

Step 2

Footlong or 6-inch

What are your limitations?



Deciding what type of relationship I want (exclusive with one partner, having many partners):

Body parts that are off limits:

Sexual acts I refuse to do:

Things that make me uncomfortable:

Allergies or medical conditions?:

Safe word (used when you want to stop):

Hard limits (definite no):

Soft limits (willing to try, but cautiously):

Step 3

Bread/Cheese

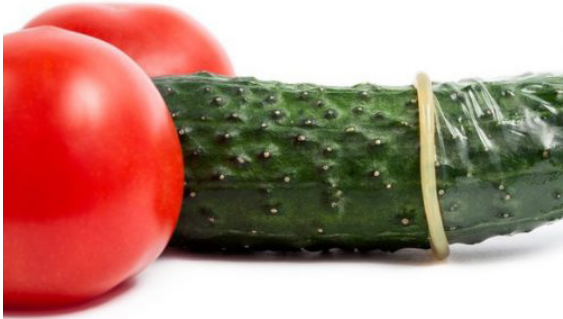
What safety measures do you take?



- Wearing a condom for sex
- Talking about sexual history
- Using a condom/dental dam for oral sex
- Using lubricant
- Getting tested for STIs (before having unprotected sex)
- Protection (always, sometimes, or never)
- Using birth control
- Using emergency contraception (morning after pill/Plan B)
- Discussing thoughts on unplanned pregnancy

Step 4

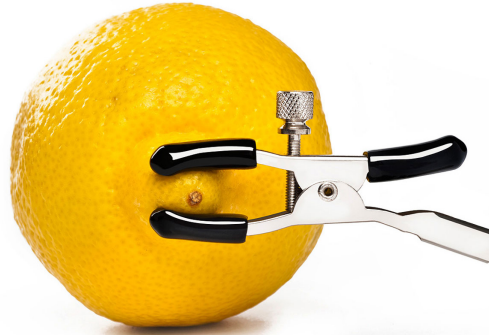
Veggies/Toppings What are your preferences?



- Public displays of affection
- Lights on or off
- Dirty talk
- Lingerie
- Sex toys
- Hair pulling or biting
- Spanking
- The kind of touching I'm okay/not okay with:
- I'm comfortable with this much nudity:
- Other:

Step 5

Sauce/Spice What "extras" are you into?



- Nipple clamps
- Candles/hot wax
- Sexual fantasies
- Role playing
- Domination/Submission
- Phone sex
- Sexting (Snapchat, text)
- Video sex
- Restraints/Bondage
- Food
- Porn (alone/with a partner)

BUILD YOUR SEXUAL CONSENT SANDWICH

