

# SO YOU WANT TO GET DOWN...



**CONTENT WARNING:** please be advised that this material includes sex & kink-related content

## INFORMED CONSENT CHECKLIST

Use this handy checklist as a tool to establish informed consent with your cutie(s) when going on a sexy adventure! Informed consent means that everyone is clear about what they, and everyone else involved, are consenting to. You might remove some surprise, but the anticipation of what's to come is so worth it!

- PEOPLE:** who will take part?
- TIME & PLACE:** start time? how long? where?
- WANTS:** what are main things you want? anything new?
- LIMITS:** emotional & physical limits of everyone involved?
- BOUNDARIES:** what sexual conduct is mutually accepted?
- INTENSITY:** how intense will each act be?
- PAIN:** is pain involved, with whom, how, & how intense?
- INTOXICANTS:** what, who, when, amount? emergency plan?
- MARKS:** are marks allowed? how many? where? what type? (e.g. hickeys)
- PACE & TONE:** hard /soft, fast /slow, intimate /impersonal?
- SAFE WORDS:** words for "stop," "slow down," and check-ins?
- LANGUAGE:** what will you call each other? body parts?
- ROLE:** power play? humiliation play? who will play what role?
- PHYSICAL SIGNALS:** what will physical safety signals be?
- RESTRAINT:** will anyone be bound, gagged, or restrained & how?
- SAFETY:** physical? medical? mental? sexual? emotional?
- COMFORT & EXPERIENCE:** experience & comfort with activities?
- PRIVACY:** private? open to sharing media and/or info about the experience?
- RISKS & MISTAKES:** risks understood? plan for accident?
- AFTERCARE:** how will each person give and receive care after play?



Learn more about navigating mutual consent

Adapted from Wiseman's BDSM Negotiation Form



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