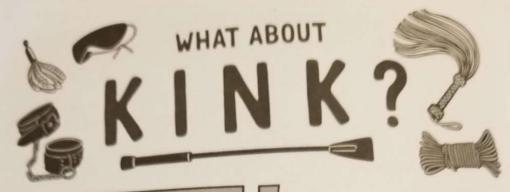
# A QUICK & EASY GUIDE TO - ISABELLA ROTMAN THRIFTBOOKS







In some kink situations, it's hard to communicate because of gags or other barriers.



And in some situations, saying no is part of it!



If you agree to be submissive, does that mean you've agreed to other



Sexting\*... talking dirty... phone sex... you know.



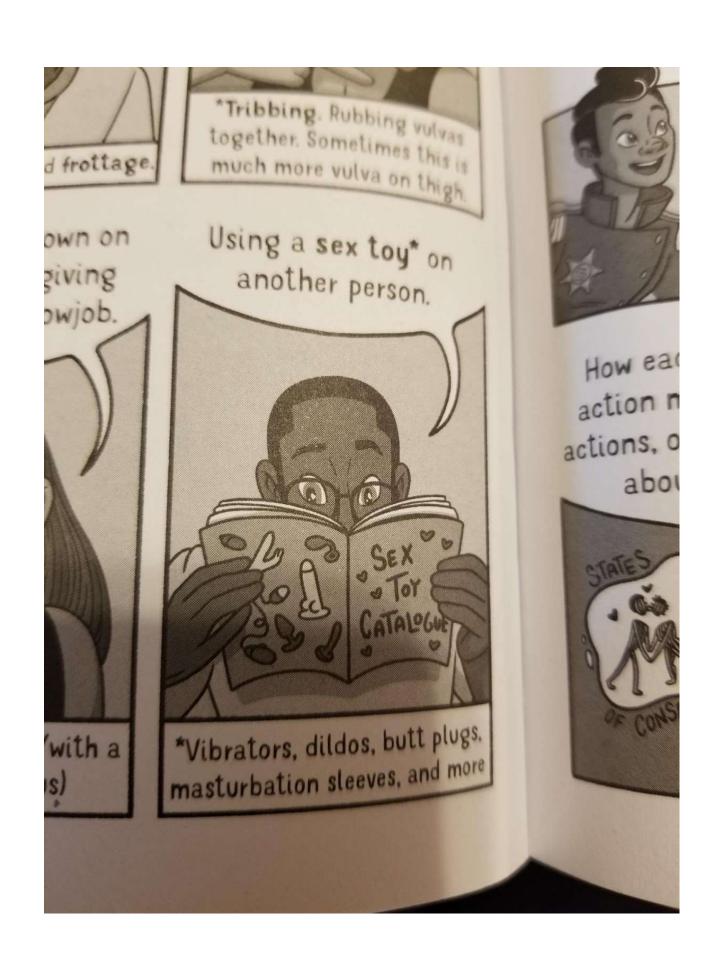
\*Virtual exchange of sexual words and/or images

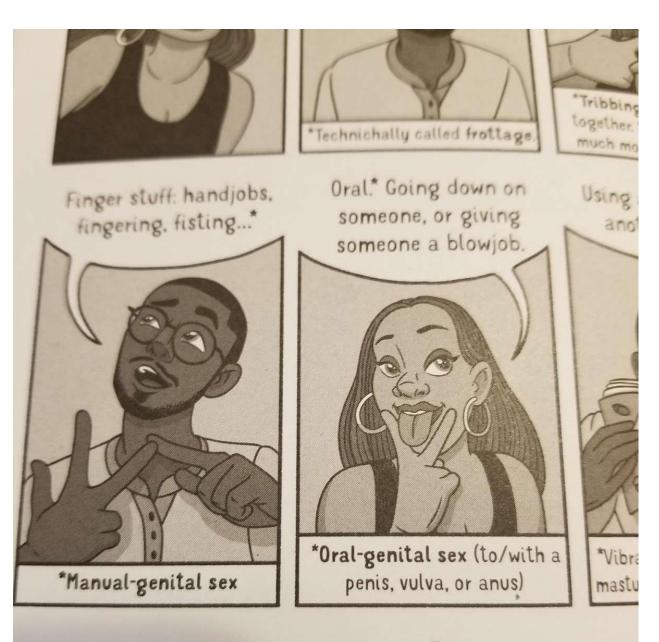
Yes... and probably other things, depending on what you're into!

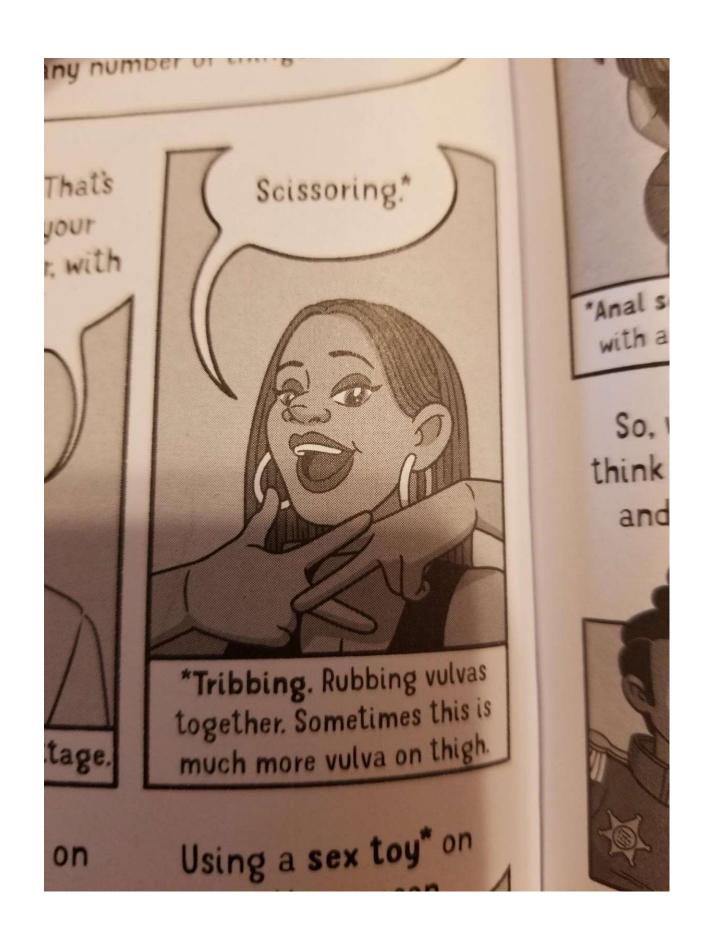


things, -evolving eries of Consent is a state both of you must be in to move through these interactions.











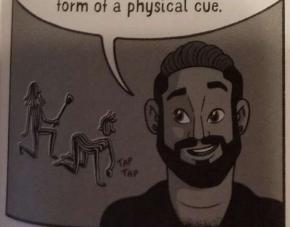
Often partners in kink will discuss what they want to do before ever getting intimate, so that they both go in fully aware of each other's yucks and yums.



If saying no is part of the scene, partners will decide on a safeword to communicate if they want to



And if someone is wearing a gag or is unable to speak for another reason, the safeword can take the form of a physical cue.









If saying no is part of the scene, partners will decide on a safeword to communicate if they want to stop.

Safeword?



# Safer Sex: Contraception

Sex is never totally risk-free, and different types of sex come with different risks. If you are unfamiliar with safer sex practices, please take the time to visit Scarleteen.com for free, comprehensive and medically accurate info on managing risks in sex, or another resource in the back of this book!

If you have the types of sex that can result in pregnancy, are you interested in using contraceptives to prevent pregnancy?

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### O No

## This does not apply to the type of sex I am having or planning on having

# IF YES, WHICH METHOD(S) OF CONTRACEPTION WOULD YOU LIKE TO USE OR ARE ALREADY USING?

#### Condoms



☐ Would like to use ☐ Already using

### Internal Condoms



☐ Would like to use Already using

### Cervical Barriers Diaphragms & Cervical Caps



☐ Would like to use Already using

### The Pill

Oral Contraceptives



☐ Would like to use ☐ Already using

### Vaginal Ring



☐ Would like to use ☐ Already using

### The Implant



- ☐ Would like to use
- ☐ Already using

### The Patch



- ☐ Would like to use
- ☐ Already using

### The Shot Depo-Provera



■ Would like to use ☐ Already using

### Hormonal IUD



- □ Would like to use
- Already using

### Copper IUD



- Would like to use
- Already using

### Fertility Charting

Not Recommended as Sole Contraceptive Method



- Would like to use
- ☐ Already using

### Withdrawal

Not Recommended as Sole Contraceptive Method



- ☐ Would like to use
- ☐ Already using



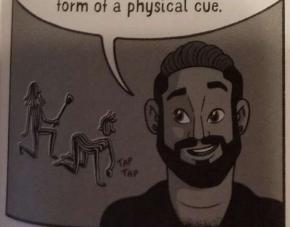
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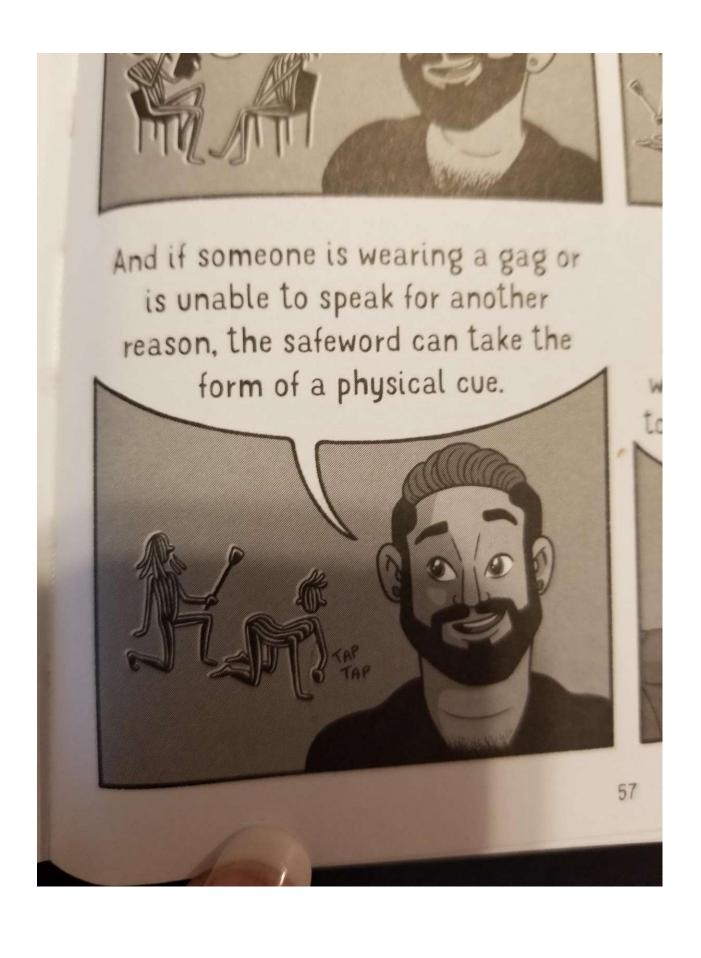
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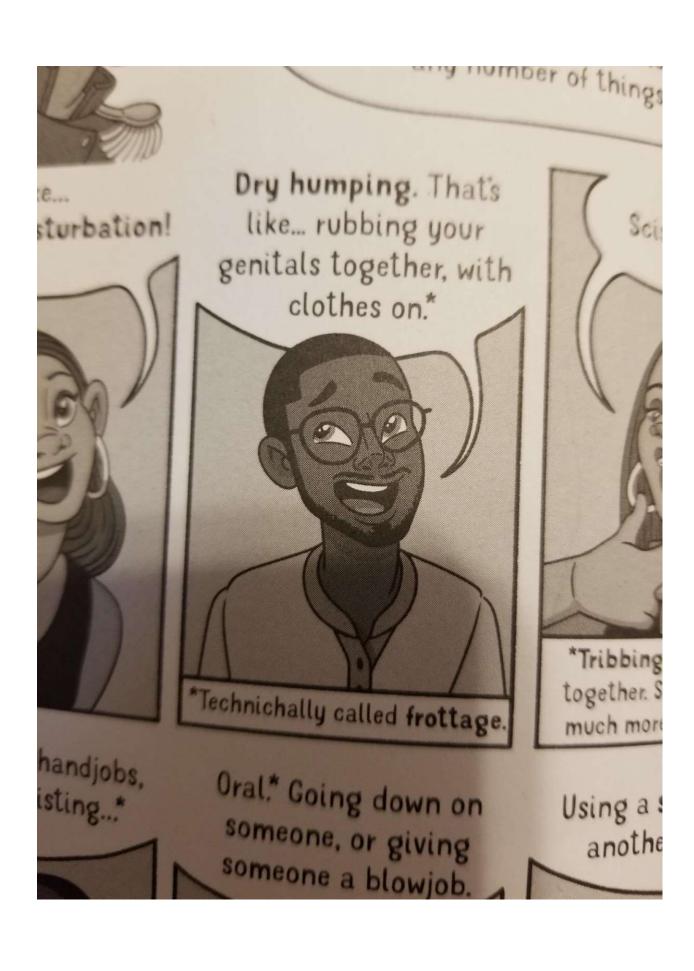


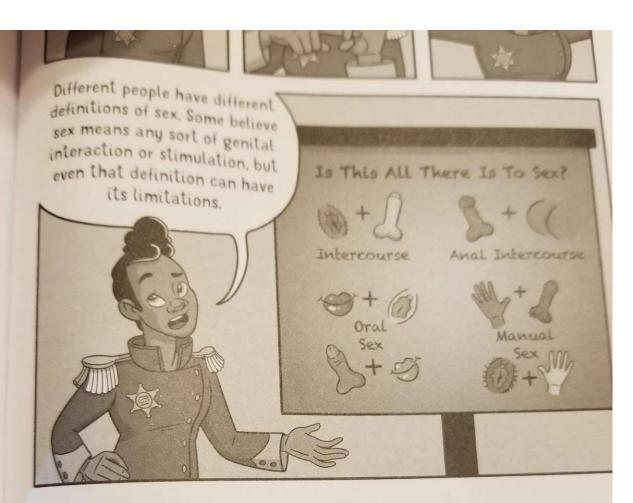
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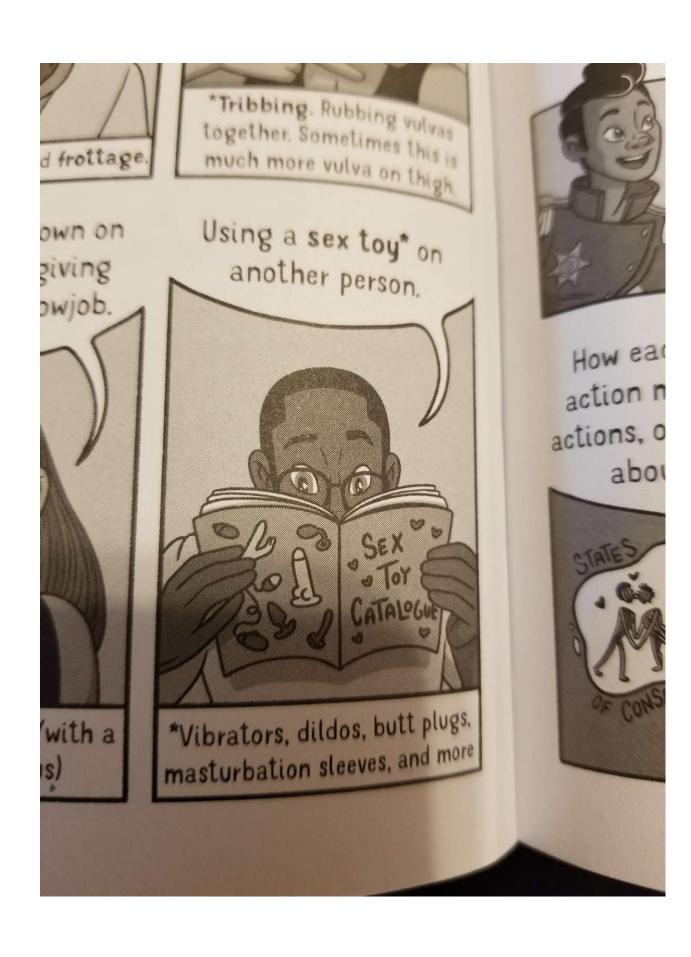
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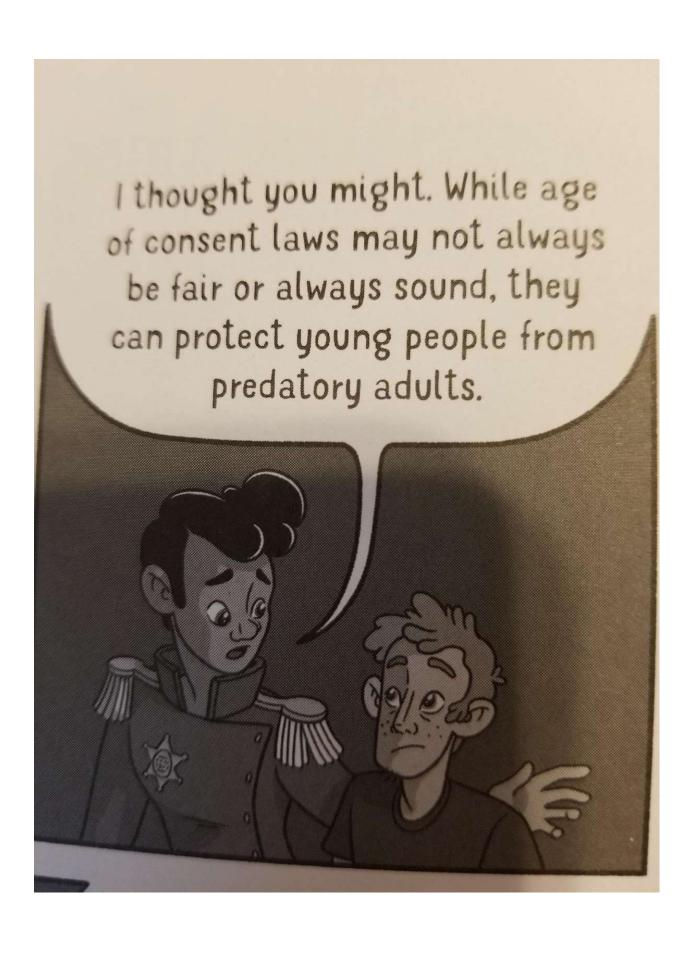


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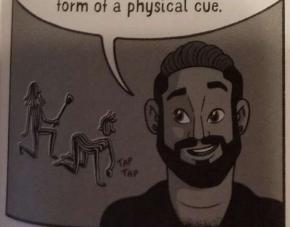
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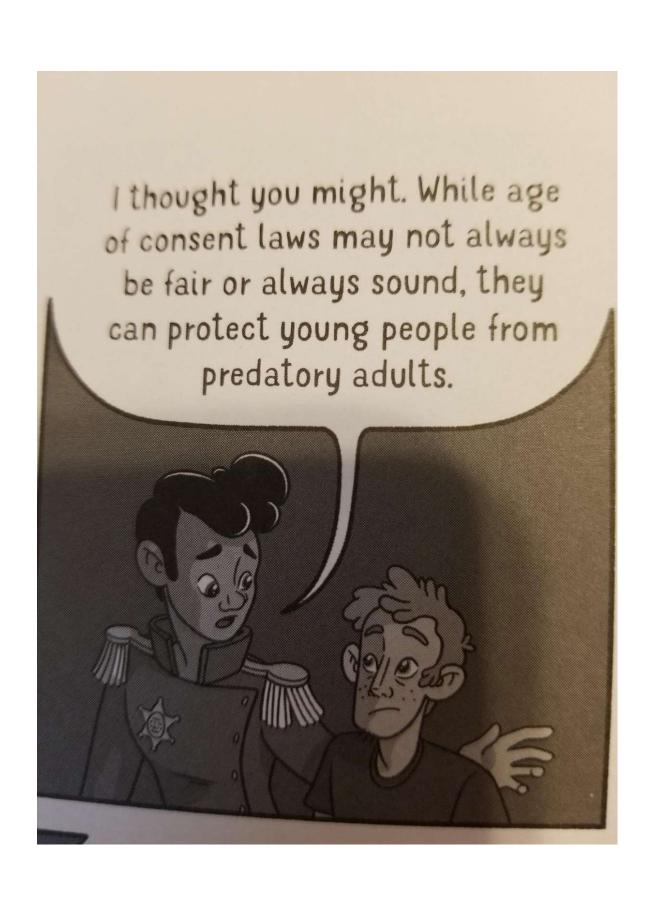
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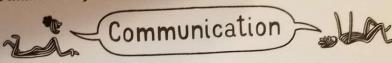






# TYES -NO -MAYBE SO CHECKLIST DI

A "Yes, No, Maybe So" checklist is a list boundaries, activities, and considerations for the kinds of sex YOU want to have! You can use this list as a self-reflection exercise to get a gauge on what you're interested in. You could also share it with your partner(s), assuming you trust them with so much personal information, to see where your interests overlap. Nothing you mark on this list is a commitment, just an idea of how you generally feel. It's worth coming back to this list every once in a while. What you like today might be different tomorrow!



	omfortable with:  Consent using words  Consent that doesn't involve words, such as moaning, and body language.  Guiding hands and bodies in what they are doing, and vice versa.  Initiating or having sex while or after I have been using alcohol or other recreational drugs. If yes, please discuss boundaries here:
My p   war   war   wa	Establishing a safeword. If yes, my safeword is:  words and phrases do you like to use for things?  Int my gender to be referred to as:  Int my sexual orientation to be referred to as:  Int my genitals to be referred to as:  Int my chest to be re



### ACLIVILIES



This is a list of activities that you may or may not be interested in. Read through the list and mark off which things are a definite "Yes, I'm into that!", a definite "No, I am NOT into that," or more of a "Maybe, I'm not sure." If it's something you like thinking about, but probably wouldn't want to do in real life, mark off fantasy. If you don't feel like an activity applies to you, you're are welcome to leave it unmarked.



Please note that many sex acts come with varying degrees of risk, which can be reduced with appropriate research, communication and care. A list of sex education resources is provided in the back of this book to help you get informed!

Physical		
Masturbation (alone)		□ Maybe □ Fantasy
Cuddling/nonsexual touching		□ Maybe □ Fantasy
Kissing on the mouth		□ Maybe □ Fantasy
Mutual masturbation		□ Maybe □ Fantasy
Dry humping Rubbing genitals together or on thigh with clothes on		□ Maybe □ Fantasy
Dry humping, naked Rubbing genitals or on thigh without clothes	□ Yes	□ Maybe □ Fantasy
Scissoring Rubbing vulvas together	□ Yes □ No	□ Maybe □ Fantasy
	GIVING	RECEIVING
Massage on back, shoulders, or legs	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	Yes Maybe
Touching chest or breast(s)	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Kissing on neck, shoulders, or back	Yes Maybe	Yes Maybe

Physical (Continued)	GIVING	RECEIVING
Kissing on the chest or breast(s)	O Yes O Maybe	□ Yes □ Maybe □ No □ Fantasy
Hickies/activities that leave marks If yes, discuss where and how hard.	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Watching or being watched while masturbating	Yes Maybe	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Hands on a penis/testicle(s)	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Hands on vulva	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Fingers inside vagina	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Vaginal fisting	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Fingers on anus	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Fingers inside rectum	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Anal fisting	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Oral Sex: Tongue or mouth on vulva	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Oral Sex: Tongue or mouth on penis and/or testicle(s)	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Oral Sex/Rimming: Tongue or mouth on anus	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Vaginal Intercourse	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Anal Intercourse	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy

Physical (Continued)	GIVING	RECEIVING
Kissing on the chest or breast(s)	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Hickies/activities that leave marks If yes, discuss where and how hard.	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Watching or being watched while masturbating	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Hands on a penis/testicle(s)	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Hands on vulva	□ Yes □ Maybe □ No □ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Manual Sex: Fingers inside vagina	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Vaginal fisting	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Fingers on anus	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Fingers inside rectum	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Anal fisting	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Oral Sex: Tongue or mouth on vulva	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Oral Sex: Tongue or mouth on penis and/or testicle(s)	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Oral Sex/Rimming: Tongue or mouth on anus	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Vaginal Intercourse	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Anal Intercourse	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy

Sex Toys	SOLO	GIVING	RECIEVING
Using a vibrator externally on the clitoris, vulva, nipples, anus and/or perineum	□ Yes	□ Yes □ Maybe □ No □ Fantasy	Yes Maybe No Fantasy
Using a vibrator internally (vaginal)	□ Yes	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Using a butt plug and/or vibrating butt plug	□ Yes	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Using a dildo (vaginal)	□ Yes	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Using a dildo (anal)	□ Yes	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Using a strap-on (vaginal)		□ Yes □ Maybe □ No □ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Using a strap-on (anal)		☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Oral sex on a dildo	□ Yes	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Using a masturbation sleeve	□ Yes	□ Yes □ Maybe □ No □ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Using cockrings and/or vibrating cockrings	□ Yes	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Impact with tool Paddles, floggers, whips, etc. Discuss safety, where, and how hard.	□ Yes	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Restraints Restricting movement with rope, cuffs, or other bondage gear. Discuss safety, where, and how.	□ Yes	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Blindfolds Something that covers eyes and blocks vision	□ Yes	□ Yes □ Maybe □ No □ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy

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Physical (Continued)	GIVING	RECEIVING
Kissing on the chest or breast(s)	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Hickies/activities that leave marks If yes, discuss where and how hard.	□ Yes □ Maybe □ No □ Fantasy	O Yes O Maybe
Watching or being watched while masturbating	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Hands on a penis/testicle(s)	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Hands on vulva	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Manual Sex: Fingers inside vagina	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Vaginal fisting	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Fingers on anus	□ Yes □ Maybe □ No □ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Manual Sex: Fingers inside rectum	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Manual Sex: Anal fisting	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Oral Sex: Tongue or mouth on vulva	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Oral Sex: Tongue or mouth on penis and/or testicle(s)	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Oral Sex/Rimming: Tongue or mouth on anus	□ Yes □ Maybe □ No □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
Vaginal Intercourse	☐ Yes ☐ Maybe ☐ No ☐ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Anal Intercourse	□ Yes □ Maybe □ No □ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy

Physical (Continued)			RECEIVING
Scratching Please discuss where, and how hard.	□ Yes □ No	□ Maybe □ Fantasy	□ Yes □ Maybe □ No □ Fantasy
"Talking dirty" before, during, and/or after sex	□ Yes	□ Maybe □ Fantasy	Yes Maybe No Fantasy
Spanking with hand Please discuss where and how hard.	□ Yes	□ Maybe □ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy
Sex with more than one partner at the same time There is a wide range of options here, please discuss specifics and safety.		□ Yes □ No	□ Maybe □ Fantasy

Not Necessarily Physical		
Disclosing sex or a relationship you are in with other people		□ Maybe □ Fantasy
"Talking dirty" on the phone		□ Maybe □ Fantasy
"Talking dirty" over text		□ Maybe □ Fantasy
Video-chat sex	□ Yes	□ Maybe □ Fantasy
Role playing (please discuss what)	□ Yes	□ Maybe □ Fantasy
Watching porn with a partner	□ Yes	□ Maybe □ Fantasy
Reading erotica with a partner	□ Yes	□ Maybe □ Fantasy
Sendi	GIVING	RECEIVING
Sending/receiving nude or explicit	□ Yes □ Maybe □ No □ Fantasy	☐ Yes ☐ Maybe ☐ No ☐ Fantasy

# RESOURCES

### Sex & Relationship Education

# For Teens and Young Adults:

- · Scarleteen.com
- · S.E.X. The All You Need To Know Sexuality Guide to Get You Through Your Teens and Twenties by Heather Corinna

# For Middle Readers:

· Wait, What?: A Comic Book Guide to Relationships, Bodies, and Growing Up by Heather Corinna and Isabella Rotman

### For Young Readers:

- · Sex is a Funny Word by Cory Silverberg and Fiona Smyth
- · Amaze.org

### Hotlines

### Love Is Respect Abuse Crisis Line:

1-866-331-9474 Or text LOVEIS to 22522\* Chat available at loveisrespect.org

### National Domestic Violence Hotline:

1-800-799-7233 Chat available at thehotline.org

### National Suicide Prevention Hotline:

1-800-273-TALK(8255) Chat available at: suicidepreventionlifeline.org

### RAINN National Sexual Assault Hotline:

1-800-656-HOPE(4673) Chat available at rainn.org

### Trevor Project LGBTQ Depression and Suicide Hotline:

1-866-488-7386 Chat available at thetrevorproject.org

### Checklists

- · A very thorough checklist from Scarleteen: "Yes, No, Maybe So: A Sexual Inventory Stocklist" on Scarleteen.com
- · A queer-focused list with great graphic design from Autostraddle: "You Need Help: Here Is A Worksheet To Help You Talk To Partners About Sex" on Autostraddle.com
- · A sex toy specific list from Autostraddle: "Toys Are for Us: How to Start Using Sex Toys with a Partner" on Autostraddle.com
- · "F\*CK ME: A Guide to Getting Off and Getting It On With\_\_\_\_\_." A free, printable zine available on Scarleteen. com to fill out and identify the basics of what you really want - if and when you want to enjoy sex with a partner.
- A list with many activities (including kink activities) and response options from Bex Talks Sex: www.bextalkssex.com/ yes-no-maybe