

CONSENT MENU

Communicating about sex and
intimacy can - and should - be **easy.**



Better Boundaries
Online

WWW.BETTERBOUNDARIES.CO.UK



The key to a positive experience is consent. This menu is designed to help you both feel truly comfortable by understanding your partner's wants and needs. Open and honest communication about these desires will deepen your connection, making the experience far more powerful and pleasurable for both of you. By using this guide, you'll feel empowered before, during, and after - leaving no grey areas, just an encounter filled with honesty, openness, and respect. Even if this is a one time hook up or a relationship this always needs to be gone through the key is to change the way that you talk about sex because when you're respecting somebody else you're actually respecting yourself. Please enjoy.

What are you looking for? Circle which apply:

Expectations

Friends with benefits

Casual no-strings fun

One night stand

Relationship

Positive sexual experience and see where it goes

Other (please give details):

Please tick how you feel about each of these activities:

	Yes	No	Maybe	Comments
Physical Touch				
Do you enjoy holding hands?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Are you comfortable with hugging?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Would you like to cuddle or be more physically close without sexual intent?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Is kissing (on the lips) something you're interested in?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
What about kissing other areas (neck, ears etc.)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Intimate Activities				
Are you open to sensual touch (e.g. massage, light caressing)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Do you enjoy playful teasing or flirting with touch?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	



	Yes	No	Maybe	Comments
Is mutual masturbation something you'd consider?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Are you interested in giving oral sex?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Are you interested in receiving oral sex?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Would you like to explore vaginal penetrative sex?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Would you like to explore anal penetrative sex?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>

Communication & Dynamics

Do you like talking about what feels good during intimacy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Are you comfortable with me checking in verbally during activities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Do you enjoy a partner taking the lead sometimes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Would you prefer to take the lead yourself?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Is it okay to laugh or be silly during intimate moments?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>

Boundaries & Preferences

Are there any specific areas of your body you'd rather not have touched? What are they?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Do you have any triggers or sensitivities I should know about?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>



	Yes	No	Maybe	Comments
Are you ok with experimenting with toys or props? (Please note, some toys are very strong and can desensitise the clitoris. Physical touch can be just as powerful - if not more so - when the right energy and techniques are used.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Is there a pace (slow, fast etc.) you prefer for intimacy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Are there any words or phrases you love or dislike during intimacy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Is there anything you don't want to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>

Aftercare

Do you enjoy cuddling after intimacy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Would you like to talk about the experience afterwards?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Is there something specific you need after (water, space, reassurance)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Are you comfortable with checking in the next day about how you feel?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>

Other

Is there anything else you would like me to know or any activities you would like to do that we haven't yet talked about? What are they?