



SEXUAL CONTRACT

This agreement is meant to encourage safe and consensual sexual exploration, to open up communication and help both parties get the sex life they want. For help getting started please see [Tips to Negotiating a Sexual Contract](#).

Made this day ____ of 2015 (The Commencement Date)

Between:

“Party A”

And

“Party B”

The Parties agree as follows:

COMMENCEMENT AND TERM:

Parties enter into this contract of commencement date fully aware of its nature and undertake to abide by its conditions.

This contract shall be effective for a period of _____ (days/wks/mths/years)

SUBJECT TO: “Safewords”:

The party(ies) recognize that one of the parties may make demands of the other party that may push their personal, emotional, spiritual and physical boundaries. In such circumstances related to this, one party may make use of one or both of the “safewords”.

“Yellow” will be used to bring to the attention of the other party that the first party is close to her/his limit of endurance.

“Red” will be used to bring to the attention of the other party that the first party cannot tolerate any further demand. When the word is said, the first party actions will cease completely with immediate effect.

“Green” will be used to indicate to the other party that all is well and to continue.





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PERSONAL LIMITS

Please check off your limits.

ACTIVITIES:

I will engage in all of the following acts involving:

Does Party A consent to:

- Breast/Nipple play give ____, receive ____, depends on ____, not okay ____
- Role Play give ____, receive ____, depends on ____, not okay ____
- Hand job/Manual give ____, receive ____, depends on ____, not okay ____
- Masturbation give ____, receive ____, depends on ____, not okay ____
- Masturbation Mutual give ____, receive ____, depends on ____, not okay ____
- Cunnilingus give ____, receive ____, depends on ____, not okay ____
- Fellatio give ____, receive ____, depends on ____, not okay ____
- Swallowing semen give ____, receive ____, depends on ____, not okay ____
- Vaginal intercourse give ____, receive ____, depends on ____, not okay ____
- Vaginal fisting give ____, receive ____, depends on ____, not okay ____
- Vaginal Play (fingers/toys) give ____, receive ____, depends on ____, not okay ____
- Anal Manual give ____, receive ____, depends on ____, not okay ____
- Analingus give ____, receive ____, depends on ____, not okay ____
- Anal Intercourse give ____, receive ____, depends on ____, not okay ____
- Anal Fisting give ____, receive ____, depends on ____, not okay ____
- Threesome (FFM) give ____, receive ____, depends on ____, not okay ____
- Threesome (MMF) give ____, receive ____, depends on ____, not okay ____
- Group Sex give ____, receive ____, depends on ____, not okay ____
- Urination give ____, receive ____, depends on ____, not okay ____
- Needles, knives or blood give ____, receive ____, depends on ____, not okay ____
- Breath control give ____, receive ____, depends on ____, not okay ____
- Electrical current give ____, receive ____, depends on ____, not okay ____

Does Party B consent to:

- Breast/Nipple play give ____, receive ____, depends on ____, not okay ____
- Role Play give ____, receive ____, depends on ____, not okay ____
- Hand job/Manual give ____, receive ____, depends on ____, not okay ____
- Masturbation give ____, receive ____, depends on ____, not okay ____
- Masturbation Mutual give ____, receive ____, depends on ____, not okay ____
- Cunnilingus give ____, receive ____, depends on ____, not okay ____
- Fellatio give ____, receive ____, depends on ____, not okay ____
- Swallowing semen give ____, receive ____, depends on ____, not okay ____
- Vaginal intercourse give ____, receive ____, depends on ____, not okay ____
- Vaginal fisting give ____, receive ____, depends on ____, not okay ____
- Vaginal Play (fingers/toys) give ____, receive ____, depends on ____, not okay ____





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Anal Manual	give _____, receive _____, depends on _____, not okay _____
Analingus	give _____, receive _____, depends on _____, not okay _____
Anal Intercourse	give _____, receive _____, depends on _____, not okay _____
Anal Fisting	give _____, receive _____, depends on _____, not okay _____
Threesome (FFM)	give _____, receive _____, depends on _____, not okay _____
Threesome (MMF)	give _____, receive _____, depends on _____, not okay _____
Group Sex	give _____, receive _____, depends on _____, not okay _____
Urination	give _____, receive _____, depends on _____, not okay _____
Needles, knives or blood	give _____, receive _____, depends on _____, not okay _____
Breath control	give _____, receive _____, depends on _____, not okay _____
Electrical current	give _____, receive _____, depends on _____, not okay _____

TOYS:

Does Party A consent to play with:

Vibrators (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Dildos (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Anal Toys (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Clitoral Pumps (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Stimulating creams (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Blindfolds (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Gags (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Bondage Rope (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Handcuffs/Restraints (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Bondage Tape (find suggestion)	give _____, receive _____, depends on _____, not okay _____

Does Party B consent to play with:

Vibrators (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Dildos (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Anal Toys (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Clitoral Pumps (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Stimulating creams (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Blindfolds (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Gags (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Bondage Rope (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Handcuffs/Restraints (find suggestion)	give _____, receive _____, depends on _____, not okay _____
Bondage Tape (find suggestion)	give _____, receive _____, depends on _____, not okay _____





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BDSM:

I accept the following forms of stimulation/discipline:

Party A

___ spanking (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ whipping (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ biting	give ___ , receive ___ , depends on ___ , not okay ___
___ genital clamps (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ hot wax (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ paddling (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ caning (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ flogger (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ belt	give ___ , receive ___ , depends on ___ , not okay ___
___ crop (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ nipple clamps (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ ice	give ___ , receive ___ , depends on ___ , not okay ___
___ other _____	give ___ , receive ___ , depends on ___ , not okay ___

Party B:

___ spanking (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ whipping (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ biting	give ___ , receive ___ , depends on ___ , not okay ___
___ genital clamps (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ hot wax (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ paddling (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ caning (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ flogger (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ belt	give ___ , receive ___ , depends on ___ , not okay ___
___ crop (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ nipple clamps (find suggestion)	give ___ , receive ___ , depends on ___ , not okay ___
___ ice	give ___ , receive ___ , depends on ___ , not okay ___
___ other _____	give ___ , receive ___ , depends on ___ , not okay ___

How much pain is each party willing, where 1 is likes intensely and 5 is dislikes intensely

Party A 1 - 2 - 3 - 4 - 5
 Party B 1 - 2 - 3 - 4 - 5





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OTHER TERMS:

1. _____
2. _____
3. _____

CONCLUSION:

We the undersigned have read and understood fully the provisions of this contract. We freely accept the terms of this contract and have acknowledged this by our signatures.

Party A signature

Party B signature

