



COMPREHENSIVE YES/NO/MAYBE CHECKLIST FOR SEXUAL HEALTH PROFESSIONALS

INSTRUCTIONS:

Each partner should complete this checklist separately before discussing their responses together. This activity is meant to facilitate open communication and exploration of interests, boundaries, and desires. Mark "Yes" if you are interested, "No" if you are not, and "Maybe" if you are unsure or open to discussion. The list is not exhaustive but serves as a starting point for conversation.

A. GENERAL ACTIVITIES

RATING SCALE:

YES NO MAYBE

Masturbating in front of a partner

Partner masturbating in front of me

Mutual masturbation

Touching a partner without asking

Receiving touch without asking

Public displays of affection (PDA)

Public sexual touch

Direct eye contact during intimacy

Giving hickeys

Receiving ickeys

YES

NO

MAYBE

Tickling (giving)

Tickling (receiving)

Play wrestling

Sensual massage (giving)

Sensual massage (receiving)

Manual stimulation (fingers/hands) - receiving

Manual stimulation (fingers/hands) - giving

Oral sex (cunnilingus) - receiving

Oral sex (cunnilingus) - giving

Oral sex (fellatio) - receiving

Oral sex (fellatio) - giving

Oral sex (analingus/rimming)

- receiving Oral sex

(analingus/rimming) - giving

Vaginal intercourse

Anal intercourse - receiving

Anal intercourse -

giving

Double penetration

Using sex toys lone

Using sex toys with a partner

	YES	NO	MAYBE
Using food items during sex			
Cross-dressing during sex			
Wearing lingerie during sex			
Partner wearing lingerie during sex			
Phone sex			
Sexting			
Reading erotica alone			
Reading erotica with a partner			
Watching porn alone			
Watching porn with a partner			
Blindfolds			
Bondage (light)			
Bondage (heavy)			
Cuffs (leather/metal)			
Having movement restricted			
Restricting partner's movement			
Face slapping			
Spanking			
Hair pulling			
Biting			
Scratching			
Bruises			
Caning			

	YES	NO	MAYBE
Chains			
Impact play (paddles, whips, flogging)			
Following orders			
Using gags (cloth/tape)			
Play kidnapping			
Punishment play			
Riding crops			
Pegging (anal penetration with a strap-on)			
Voyeurism (watching others)			
Exhibitionism (being watched)			
Making a sex video			
Group sex/orgies			
Swinging (multiple couples)			
Cuckolding			
Humiliation play			
Nipple clamps/pinching			
Sensory deprivation			
Electrostimulation			
Age play			
Medical play			
Pet play			
Role-playing scenarios			
Leather or latex fetish			

	YES	NO	MAYBE
Foot play/worship			
Erotic asphyxiation (breath play)			
Orgasm denial/control			
Temperature play (hot wax, ice cubes)			
Blood play			
Golden showers (urine play)			
Dry humping/clothed rubbing			
Outdoor sex			
Public sex			
Quickies			
Strip teasing			
Lap dances			

CUSTOM ADDITIONS (ADD YOUR OWN
PREFERENCES OR BOUNDARIES)

SHA COMMUNICATION GUIDE: A GUIDE TO

HEALTHY CONVERSATIONS

Open and clear communication is essential for intimacy, respect, and mutual understanding. This guide helps individuals express their preferences, boundaries, and comfort levels in a structured and affirming way. Fill it out separately, then discuss it together to ensure mutual respect and clarity.

SECTION 1: IDENTITY & LANGUAGE

How I identify my gender:

How I prefer my gender to be referred to:

Words I prefer for my body/genitals:

Words I DO NOT want used for my gender/body:

SECTION 2: COMMUNICATION BOUNDARIES & CONSENT

SECTION 3: PREFERENCES

How I express when I want to stop:

What makes me feel safe and respected during intimacy:

How I express when I want to continue:

What I am comfortable exploring:

Ways I like to check in with my partner(s):

What I am unsure about but open to discussing:

What I am NOT comfortable with:

FILL YOUR AFTERCARE BOTTLE

Aftercare is an essential part of intimacy. It helps us feel safe, comforted, and emotionally recharged after an intimate experience. Everyone's aftercare needs are different—some may need cuddles and affirmations, while others may prefer alone time or a warm cup of tea. Use this bottle to reflect on your aftercare preferences. Fill it with the things that help you feel nurtured and supported. Then, share it with your partner(s) to create a fulfilling aftercare routine together!



YOUR NEXT STEPS

Now that you've completed the checklist, take some time to reflect on your responses. What surprised you? What excited you? What are you curious to explore further? When you're ready, share your answers with your partner(s) in a judgment free conversation to strengthen communication and deepen your connection.

SHA supports open, healthy, and affirming conversations about intimacy. Use this as a tool to strengthen understanding and connections!

For more resources and expert insights, visit **Sexual Health Alliance**.