

Stoplight Chart for Getting It On Consensually

Beside each activity put a check in the column that matches your interest level. **GREEN means GO.** **RED means NO.** **YELLOW means maybe**, with some potential alterations. Have your partner(s) do the same and see where you line up. If certain questions don't apply to you or your partner (possibly because they describe a body part that neither of you have), feel free to skip it. This activity can be used to open conversation with your partner about the kind of sex each of you is interested in having. Great sex *comes* with great communication!

Filling out this chart!			
Give oral sex			
Receive oral sex			
Give anal sex			
Receive anal sex			
Give vaginal sex			
Receive vaginal sex			
Sex with the lights on			
Partner(s) inserting their finger(s) into you			
Inserting your finger(s) into your partner(s)			
Threesome/ group sex			
Sex when you are menstruating			
Sex when your partner is menstruating			
Sex in the shower			
Grinding or dry humping			
Directing your partner(s) during sex			
Being directed during sex			
Using food during sex			
Being completely naked in front of your partner(s)			
Masturbating in front of your partner(s)			
Partner(s) masturbating in front of you			
Ejaculating in your partner			
Being ejaculated in			
Ejaculating on your partner's face/body			
Your partner(s) ejaculating on your face/body			
Talking dirty			
Reading/watching porn with your partner(s)			
Biting			
Being bitten			
Role play			
Playing submissive			

Having your partner(s) play submissive			
Phone sex			
Sexting			
Giving a hickey			
Getting a hickey			
Hair-pulling			
Tickling			
Play-fighting			
Scissoring (rubbing bare genitals together)			
Being licked			
Licking your partner(s)			
Using sex toys on your partner(s)			
Sex toys being used on you			
Discussing sexual fantasies			
Using ropes/handcuffs			
Having your eyes covered			
Your partner(s) eyes being covered			
Being slapped or spanked for pleasure			
Slapping or spanking for pleasure			
Pinching or using a clamp on partner(s)			
Being pinched or having clamps used on you			
Sex in public			
Sex on camera			
Performing a striptease/ lap dance			
Your partner(s) performing a striptease/ lap dance			
Inserting your hand into your partner(s)			
Having your partner(s) insert their hand into you			
Dripping hot wax on your partner(s)			
Having hot wax dripped on you			
Telling/hearing jokes during sex			