**Yes, No, Maybe So: Just the List**

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http://www.scarleteen.com/article/advice/yes_no_maybe_so_a_sexual_inventory_stocklist

**Code Guide**

Y = Yes  
N = No  
M = Maybe  
IDK = I don't know  
F = Fantasy  
N/A = not applicable

**Body Boundaries**

___ A partner touching me affectionately without asking first  
___ Touching a partner affectionately without asking first  
___ A partner touching me sexually without asking first  
___ Touching a partner sexually without asking first  
___ A partner touching me affectionately in public  
___ Touching a partner affectionately in public  
___ A partner touching me sexually in public  
___ Touching a partner sexually in public  
___ Having my shirt/top off with a partner  
___ Having a partner's shirt/top off  
___ Having my pants/bottoms off with a partner  
___ Having a partner's pants/bottoms off  
___ Being completely naked with a partner with the lights off or low  
___ A partner being completely naked with the lights off or low  
___ Being completely naked with a partner with the lights on  
___ A partner being completely naked with the lights on  
___ Direct eye contact  
___ Being looked at directly, overall, when I am naked  
___ Grooming or toileting in front of a partner  
___ A partner grooming/using the toilet in front of me  
___ A partner looking directly at my genitals  
___ A partner talking about my body  
___ Talking about a partner's body  
___ Some or all of a disability, identity or difference I have being specifically made part of sex, sexualized or objectified
___ Some or all of a disability, identity or difference a partner has being specifically made part of
sex, sexualized or objectified
___ Some or all kinds of sex during a menstrual period
___ Seeing or being exposed to other kinds of body fluids (like semen, sweat or urine)
___ Shaving/trimming/removing my own pubic hair
___ Shaving/trimming/removing a partner's pubic hair
___ Other:
___ Other:

Some parts of my body are just off-limits. Those are:

I am not comfortable looking at, touching or feeling some parts of another person's body. Those are:

I am triggered by (have a post-traumatic response to) something(s) about body boundaries. Those are/that is:

**Words & Terms**
I prefer the following gender/sexual identity or role words (like man, woman, boi, femme, butch, top, etc.) to be used for me:

I prefer my chest or breasts be referred to as:

I prefer my genitals to be referred to as:

I prefer my sexual orientation and/or identity to be referred to as:

Some words I am not okay with to refer to me, my identity, my body or, or which I am uncomfortable using or hearing about, with or during any kind of sex are:
I am triggered by certain words or language. Those are/that is:

**Relationship Models & Choices**
___ A partner talking to close friends about our sex life
___ Talking to close friends about my sex life
___ A partner talking to acquaintances, family or co-workers about our sex life
___ Talking to acquaintances, family or co-workers about my sex life
___ An exclusive romantic relationship
___ An exclusive sexual relationship
___ Some kind of casual or occasional open/non-exclusive romantic relationship
___ Some kind of casual or occasional open/non-exclusive sexual relationship
___ Some kind of serious or ongoing open/non-exclusive romantic relationship
___ Some kind of serious or ongoing open/non-exclusive sexual relationship
___ Sex of some kind(s) with one partner at a time, only
___ Sex of some kind(s) with two partners at a time
___ Sex of some kind(s) with three partners at a time
___ Sex of some kind(s) with more than three partners at a time
___ A partner directing/deciding for me in some way with sex
___ Directing or deciding for a partner in some way with sex
___ Other:
___ Other:

**Safer Sex and Overall Safety Items and Behaviors**
___ Sharing my sexual history with a partner
___ A partner sharing their sexual history with me
___ Doing anything sexual which does or might pose high risks of certain or all sexually transmitted infections (STIs)
___ Doing anything sexual which does or might pose moderate risks of certain or all sexually transmitted infections (STIs)
___ Doing anything sexual which does or might pose low risks of certain or all sexually transmitted infections (STIs)
___ Using a condom with a partner, always
___ Using a condom with a partner, not always
___ Putting on a condom myself
___ Putting on a condom for someone else
___ Someone else putting on a condom for me
___ Using a dental dam, with a partner, always
___ Using a dental dam, with a partner, not always
___ Putting on a dental dam for myself
___ Putting a dental dam on someone else
___ Someone else putting a dental dam on me
___ Using a latex glove with a partner, always
___ Using a latex glove with a partner, not always
___ Putting on a latex glove for myself
___ Putting on a latex glove for someone else
___ Someone else putting a latex glove on me
___ Using lubricant with a partner
___ Applying lubricant to myself
___ Applying lubricant on a partner
___ Someone else putting lubricant on me
___ Getting tested for STIs before sex with a partner
___ Getting regularly tested for STIs by myself
___ Getting tested for STIs with a partner
___ A partner getting regularly tested for STIs
___ Sharing STI test results with a partner
___ Doing things which might cause me momentary or minor discomfort or pain
___ Doing things which might cause a partner momentary or minor discomfort or pain
___ Doing things which might cause me sustained or major discomfort or pain
___ Doing things which might cause a partner sustained or major discomfort or pain
___ Being unable to communicate clearly during sex
___ Having a partner be unable to communicate clearly
___ Initiating or having sex while or after I have been using alcohol or other recreational drugs
___ A partner initiating or having sex while or after using alcohol or other recreational drugs
___ Other:
___ Other:

I am triggered by something(s) around sexual safety, or need additional safety precautions because of triggers. Those are/that is:

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**Sexual Responses**

___ Experiencing or expressing unexpected or challenging emotions before, during or after sex
___ A partner experiencing or expressing or challenging emotions before, during or after sex
___ Not experiencing or expressing expected emotions before, during or after sex
I am triggered by certain sexual responses of my own or those of a partner. Those are:

I like or don't like having or giving certain kinds of sexual aftercare (like snuggling or reaffirming emotional feelings). Those are:

**Physical and/or Sexual Activities**

- Masturbation
- Holding hands
- Hugging
- Kissing, cheek or face
___ Kissing, closed-mouth
___ Kissing, open-mouth
___ Being kissed or touched on the neck
___ Kissing or touching a partner's neck
___ Giving hickeys
___ Getting hickeys
___ Tickling, doing the tickling
___ Tickling, being tickled
___ Wrestling or "play-fighting"
___ General massage, giving
___ General massage, receiving
___ Having my chest, breasts and/or nipples touched or rubbed
___ Touching or rubbing a partner's the breasts, chest and/or nipples
___ Frottage (dry humping/clothed body-to-body rubbing)
___ Tribadism (scissoring, rubbing naked genitals together with a partner)
___ A partner putting their mouth or tongue on my breasts or chest
___ Putting my mouth or tongue on a partner's breasts or chest
___ Masturbating in front of/with a partner
___ A partner masturbating in front of/with me
___ Manual sex (hands or fingers on penis or strap-on), receiving
___ Manual sex (hands or fingers to penis or strap-on), giving
___ Manual sex (hands or fingers on testes), receiving
___ Manual sex (hands or fingers on testes), giving
___ Manual sex (hands or fingers on vulva), receiving
___ Manual sex (hands or fingers on vulva), giving
___ Manual sex (hands or fingers inside vagina), receiving
___ Manual sex (hands or fingers inside vagina), giving
___ Manual sex (hands or fingers on or around anus), receiving
___ Manual sex (hands or fingers on or around anus), giving
___ Manual sex (hands or fingers inside rectum), receiving
___ Manual sex (hands or fingers inside rectum), giving
___ Ejaculating (coming) on or in a partner's body
___ A partner ejaculating (coming) on or in my body
___ Using sex toys (like vibrators, dildos or masturbation sleeves), alone
___ Using sex toys (like vibrators, dildos or masturbation sleeves), with a partner
___ Oral sex (to vulva), receptive partner
___ Oral sex (to vulva), doing to someone else
___ Oral sex (to penis or strap-on), receptive partner
___ Oral sex (to penis or strap-on), doing to someone else
___ Oral sex (to testes), receptive partner
___ Oral sex (to testes), doing to someone else
___ Oral sex (to anus), receptive partner
___ Oral sex (to anus), doing to someone else
___ Vaginal intercourse, receptive partner
___ Vaginal intercourse, insertive partner
___ Anal intercourse, receptive partner
___ Anal intercourse, insertive partner
___ Using food items as a part of sex
___ Cross-dressing during sex
___ Having a partner cross-dress during sex
___ Biting a partner
___ Being bitten by a partner
___ Scratching a partner
___ Being scratched by a partner
___ Wearing something that covers my eyes
___ A partner wearing something that covers their eyes
___ Having my movement restricted
___ Restricting the movement of a partner
___ Being slapped or spanked by a partner in the context of sexual pleasure
___ Slapping or spanking a partner in the context of sexual pleasure
___ Pinching or having any kind of clamp used on my body during sex
___ Pinching a partner or using any kind of clamp on them during sex
___ Other:
___ Other:

I am triggered by certain sexual activities. Those are:

**Non-Physical (or not necessarily physical) Sexual Activities**
___ Communicating my sexual fantasies to/with a partner
___ Receiving information about a partner's sexual fantasies
___ Role-play
___ Phone sex
___ Cybersex, in IM
___ Cybersex, in chat room
Cybersex, on cell phone
Getting sexual images of a partner in my email or on my phone
Giving sexual images to a partner in their email or on their phone
Reading pornography or erotica, alone
Reading pornography or erotica, with a partner
Viewing pornography, alone
Viewing pornography, with a partner
A partner reading or viewing pornography
Giving pornography/erotica to a partner
Getting pornography/erotica from a partner
Other:
Other:

I am triggered by certain non-physical sexual activities. Those are:

**Birth Control/Reproductive Choices**

Doing anything sexual which does or might pose a risk of pregnancy without using a reliable method of birth control
Doing anything sexual which does or might pose a risk of pregnancy with a reliable form of birth control
Using emergency contraception
Having a partner use emergency contraception
Becoming pregnant
Creating a pregnancy with a partner
Helping a partner throughout a pregnancy and delivery
Experiencing a loss with a pregnancy, like miscarriage or abortion
Supporting a partner through a loss with a pregnancy, like miscarriage or abortion
Parenting with a partner
Parenting by myself
Paying child support for a pregnancy I co-created
Terminating a pregnancy (abortion)
A partner terminating a pregnancy (abortion)
Choosing adoption if there was a pregnancy
Other:
Other: