

F*CK

ME!

A GUIDE TO
GETTING OFF
AND
GETTING IT ON
WITH:

(your name here)

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AS A PART OF OUR MISSION TO EMPOWER YOUNG PEOPLE TO TRUST THEMSELVES, MAKE DECISIONS THAT THEY FEEL GOOD ABOUT, AND TAKE OWNERSHIP OF THEIR SEXUALITY.

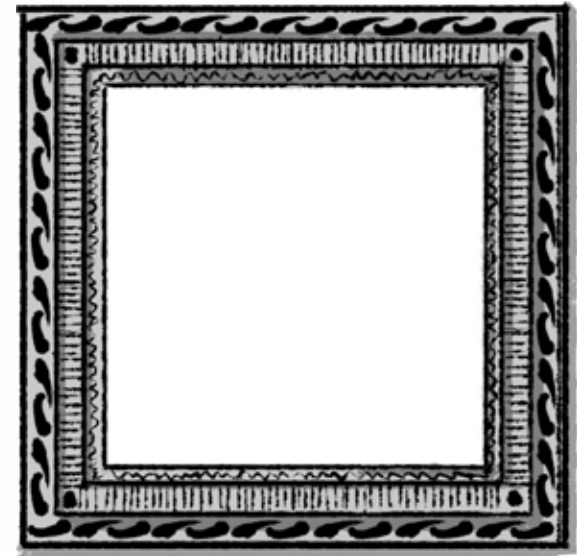
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IF YOU PAUSED JUST BEFORE GETTING SEXUAL WITH A BRAND NEW PARTNER, AND HANDED THEM A GUIDE TO GETTING SEXUAL WITH YOU, WHAT WOULD IT SAY? WHAT WOULD YOU WANT THEM TO KNOW?



↖
DRAW UR
SEXY SELF
HERE

HELLO!

MY NAME IS _____

YOU CAN CALL ME _____

MY PRONOUNS ARE _____

MORE ABOUT ME

I HAVE A FONDNESS FOR FUCKING:
(CHECK ALL THAT APPLY)

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> MEN | <input type="checkbox"/> EVERYONE |
| <input type="checkbox"/> WOMEN | <input type="checkbox"/> NO ONE |
| <input type="checkbox"/> NONBINARY FOLKS | <input type="checkbox"/> MYSELF |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

I IDENTIFY AS:
(CHECK ALL THAT APPLY)

- | | |
|--------------------------------------|------------------------------------|
| <input type="checkbox"/> GAY | <input type="checkbox"/> BISEXUAL |
| <input type="checkbox"/> LESBIAN | <input type="checkbox"/> PANSEXUAL |
| <input type="checkbox"/> QUEER | <input type="checkbox"/> ASEXUAL |
| <input type="checkbox"/> QUESTIONING | <input type="checkbox"/> STRAIGHT |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

I AM:
(CHECK ALL THAT APPLY)

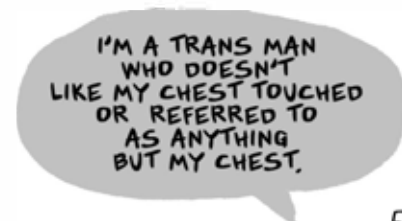
- | | |
|--|---|
| <input type="checkbox"/> SINGLE | <input type="checkbox"/> DIVORCED/SEPARATED |
| <input type="checkbox"/> PARTNERED | <input type="checkbox"/> POLYAMOROUS |
| <input type="checkbox"/> MARRIED | <input type="checkbox"/> AROMANTIC |
| <input type="checkbox"/> IN A RELATIONSHIP | <input type="checkbox"/> AWESOME |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

DOWN TO THE NITTY-GRITTY

WHAT SORTS OF THINGS WOULD YOU WANT YOUR PARTNER(S) TO KNOW IN GENERAL ABOUT YOUR BODY?



DO YOU HAVE PREFERRED NAMES FOR YOUR PARTS?
LABEL THEM HERE!



DOWN TO THE NITTY-GRITTY

WHAT SORTS OF THINGS WOULD YOU WANT YOUR PARTNER(S) TO KNOW ABOUT YOUR BRAIN/MIND?

I like it when my partner talks openly about sex and tells me exactly what they want.

I sometimes get brain fog, which means we'll need to pause occasionally so that my brain can process things and catch up.



DOWN TO THE NITTY-GRITTY

WHAT SORTS OF THINGS WOULD YOU WANT YOUR PARTNER(S) TO KNOW ABOUT YOUR HEART/FEELINGS?

I like being emotionally vulnerable, and I'm interested in pursuing this connection beyond just our body parts.

I'm in this for physical pleasure and a feeling of release!



YES, NO,

MAYBE SO!

EVERYONE'S GOT UNIQUE PREFERENCES AND BOUNDARIES WHEN IT COMES TO SEX, AND THEY CAN CHANGE IN DIFFERENT SITUATIONS OR OVER TIME. IT'S A GOOD IDEA TO FREQUENTLY CHECK IN WITH YOURSELF AND OTHERS ABOUT HOW YOU'D FEEL ABOUT DIFFERENT ACTIVITIES.

CIRCLE EACH ACTIVITY WITH A DIFFERENT COLOR TO INDICATE IT AS A:

YES I'D LOVE THAT

MAYBE, DEPENDING ON THE CIRCUMSTANCES

NO I'M NOT AT ALL INTERESTED

THEN ADD YOUR OWN!

USING MY HANDS
ON SOMEONE'S
PENIS



ORAL SEX WITH MY
MOUTH ON
SOMEONE'S VULVA

RIGHT
THERE ↓

MUTUAL
MASTURBATION
WITH A PARTNER

PENIS-IN-VAGINA
INTERCOURSE

SOMEONE
SPANKING MY
BUTT WITH AN
OPEN HAND

USING A SEX TOY
BY MYSELF

FOR THE FULL VERSION OF THIS ACTIVITY, GO TO
SCARLETEEN.COM AND SEARCH "YES, NO, MAYBE SO!"





HERE'S HOW I COMMUNICATE BEST IN GENERAL:

- PHONE CALLS
- FACE TO FACE VERBAL CONVERSATIONS
- VIDEO CHATS
- FACE TO FACE CONVERSATIONS IN SIGN LANGUAGE
- TEXTS
- LETTERS OR NOTES
- EMAILS
- BODY LANGUAGE AND/OR TOUCH

TRAUMA AND SEXUAL HISTORY

MY TRAUMA RESPONSE CAN BE CUED BY:

OUR BODIES AND BRAINS REMEMBER OUR TRAUMA, SO WHEN THINGS REMIND US OF IT, WE CAN FEEL TRAUMATIZED AGAIN.

HERE'S HOW I COMMUNICATE BEST DURING SEX:

- VERBAL AFFIRMATIONS AND FEEDBACK
- NON-SPEECH VERBALIZATIONS (MOANS 'N GROANS)
- GUIDING OTHERS' HANDS/BODIES IN WHAT THEY'RE DOING
- USING NON-SEXUAL LANGUAGE LIKE SAFEWORDS
- STOPPING TO TALK ABOUT HOW THINGS ARE GOING

WHEN THAT HAPPENS, THESE THINGS CAN HELP ME:

- DEEP BREATHS
- HUGS
- A MASSAGE
- SILLY JOKES
- TIME BY MYSELF
- FOOD/WATER
- QUIET TIME
- WATCHING TV
- TAKING A SHOWER
- DISTRACTIONS
- SOFT MUSIC
- KIND WORDS

HELL YEAH!

HERE ARE SOME WAYS YOU'LL KNOW I REALLY, REALLY LIKE SOMETHING!

HERE ARE SOME WAYS YOU'LL KNOW I'M NOT ENJOYING MYSELF, OR SOMETHING'S NOT RIGHT

I'M NO LONGER TALKING OR MOVING

CALLING THIS PERSON OR SUPPORT LINE:

IF YOU'VE EXPERIENCED SEXUAL VIOLENCE OF ANY KIND, YOU HAVE NO OBLIGATION TO DISCLOSE TO A SEXUAL PARTNER. BUT IT MAY BE HELPFUL TO TALK ABOUT YOUR TRAUMA RESPONSES BEFORE THEY COME UP IN THE HEAT IN THE MOMENT.

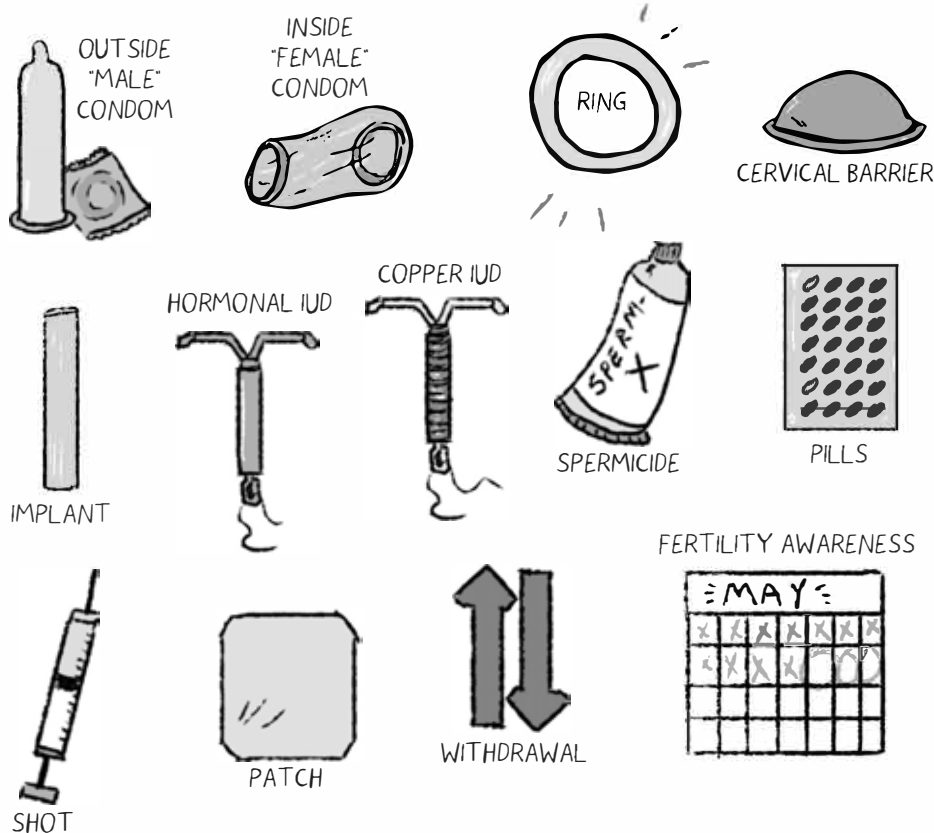
♥ You are brave ♥ You are strong ♥ You are loved ♥

BARRIERS AND BIRTH CONTROL

MY BODY IS IS NOT CAPABLE OF GETTING PREGNANT.

I DO DO NOT WANT TO BECOME PREGNANT OR BE PART OF A PREGNANCY AT THIS TIME.

FOR SEXUAL ACTIVITIES WHERE PREGNANCY IS POSSIBLE FOR ME OR MY PARTNER(S), I WANT TO USE THESE METHODS OF CONTRACEPTION:



FOR MORE DETAILED INFO ON BIRTH CONTROL, GO TO [SCARLEEN.COM](http://scarleteen.com) AND SEARCH FOR "BIRTH CONTROL BINGO"!

FOR ANY SEXUAL ACTIVITIES WHERE SEXUALLY TRANSMITTED INFECTIONS (STIS OR STDs) ARE TRANSMISSABLE TO ME OR MY PARTNER(S), I WANT TO USE THESE METHODS OF PROTECTING EACH OTHER:



FOR MORE DETAILED INFO ON SEXUALLY TRANSMITTED INFECTIONS, GO TO [SCARLEEN.COM](http://scarleteen.com) AND SEARCH FOR "THE STI FILES"!

WAIT A MINUTE! YOU SAY.

I NEED MORE SPACE!

a little to the left

oh YEAH!

I SHOULD THINK SO!! HIGHLY DOUBT ANYONE'S COMPLETE SEXUAL HISTORY, IDENTITY, AND UNIQUE EVER-CHANGING SET OF WANTS AND DON'T-WANTS WOULD ALL FIT INTO SOME CHECKBOXES AND FILL-IN-THE-BLANKS.

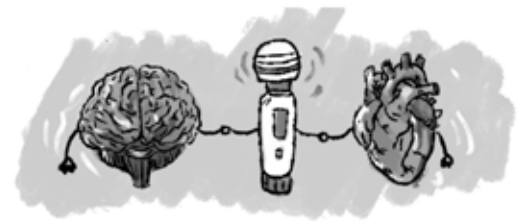
MINE CERTAINLY DON'T!

HERE'S A LITTLE MORE SPACE FOR YOU TO FREE-WRITE, MAKE LISTS, OR EVEN DOODLE ABOUT ANYTHING THAT MIGHT BE INCLUDED IN A CONVERSATION WITH A NEW SEXUAL PARTNER.

KEEP IN MIND: JUST LIKE ANY OTHER FACETS OF OUR IDENTITIES, OUR BODIES AND SEXUALITIES CHANGE OVER TIME. AS LONG AS WE KEEP LIVING AND EMBRACING OUR AUTHENTIC SELVES, WE CAN KEEP CREATING LOVE, JOY, AND PLEASURE IN OUR LIVES AND THOSE AROUND US.

HAVE FUN! BE SAFE! LOVE YOU! -AL.

Handwritten scribble



HAVE FUN!

FOR LOTS MORE COMPREHENSIVE, INCLUSIVE,
AND MEDICALLY ACCURATE INFO ABOUT SEX
AND SEXUALITY, CHECK OUT:

WWW.SCARLETEEN.COM

↑
ARTICLES!

↑
ADVICE
COLUMNS!

↑
RESOURCES
+ REFERRALS!

↑
MESSAGE
BOARDS!

↑
CHAT/
SMS!