

My Pancakes

Warm-up: what do you want? Self care plan? (slide 1)

How do I show my partners I care in an intimate setting? What type of care comes most naturally to me? (slide 11)

Asking for touch verbally/nonverbally, showing interest in their preferences and wants, research on things that might feel good to them, acting on things you know they like.

What are some good questions for the type of play I want? (slide 21)

“What implements do you like for impact play?” “Should I go hard to start, or should I start gentle and work my way up?”

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When might I find it hard to say yes? When might I find it hard to say no? How can I beat that feeling and be brave in the moment? (slide 27)

I might find it hard to say yes when I am interested, but it's something I've never done before. I might find it hard to say no if I think the person asking me is really cool and I want them to like me. I might ask my new sexy friend for help expressing my wants. Maybe I'll ask them to say "good job" to me after I express a want.

What will I do if I'm in a scene and I discover a limit I didn't know was there? (slide 30)

If I start playing with someone and I discover a limit I didn't know was there, I will use my safeword and pause the scene. Depending on how I feel, we might stop the whole scene, or we might talk about it and then resume.

Which acronyms do I like best, and why? (slide 38)

I like FRIES most, because I think I'm at a point in my sexuality journey where I don't feel very curious or experimental, and I think I need to be enthusiastic for my consent to be legitimate. I also like PRICK — personal responsibility lets me feel empowered to make my own choices in a way that RACK doesn't.

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What are my aftercare needs? (slide 40)

I need cuddling after!

What kind of energy do I want out of a scene? (slide 41)

I really want something sexually charged.... but I think I'd be okay with friendly play too.

Are there any parts of my body not to touch? Are there any state-of-body things my partners should know? (slide 42)

I really, really do not want my belly button touched. I have diabetes, my partners should probably know that. I'm fine with my toes touched, but I really don't want them licked or sucked.

Do I need my partner to be sober, or do I need to be? Does it change based on the type of activity? (slide 43)

I am okay with weed when I have sex, but if we do any kink activities, I need everyone to be totally sober. I need no alcohol no matter what.

What types of play am I interested in? Am I domming/subbing, topping/bottoming, switching.... and what safety tools or other supplies do we need? (slide 44)

I am a stone top and I like impact play and petplay. I probably should have a first aid kit just in case.

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What risks do I need to know and communicate to my partners about this kind of play? (slide 45)

I need to communicate the risk of bruising and bleeding. I also need to communicate the emotional risk.

How will I best communicate with my partner? (slide 46)

I like verbal communication, but I can also be told what to do nonverbally, like if someone moves my hand toward or away from a spot.

Is there anything I want to decide to keep secret from my play partners? Should I prepare anything because of that? (slide 46)

I was assaulted a few years ago. I don't want to tell my play partners this, but because my assault happened in a bathroom, I will decide to not play in bathrooms intentionally.

What else is important to me? (slide 47)

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My repair style (slide 58)

[illegible]

Other notes

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