

Relationship Contract

Event: _____ Dates: _____

Partner A: _____ Commitment Level (1-10) _____

Partner B: _____ Commitment Level (1-10) _____

Commitment Level (1–10): Rate your willingness to consistently uphold this agreement and prioritize the health of your relationship throughout the event.

1. Relationship Goal for This Trip:

____ Connection ____ Education
____ Community ____ Exploration
____ Play ____ Fantasy Fulfillment
____ Other: _____

2. Success would look like:

Partner A: _____

Partner B: _____

3. Before We Arrive:

What excites me most about this trip?

Partner A: _____

Partner B: _____

What scares me most about this trip?

Partner A: _____

Partner B: _____

4. What support do I need from my partner?

Partner A: _____

Partner B: _____

Relationship Contract

5. Social Boundaries Checklist

- | | |
|--|---|
| <input type="checkbox"/> Flirting with Others | <input type="checkbox"/> Complimenting Others |
| <input type="checkbox"/> Dancing with Others | <input type="checkbox"/> Exchanging Phone Numbers |
| <input type="checkbox"/> Exchanging Social Media | <input type="checkbox"/> Private Messaging During Event |
| <input type="checkbox"/> Meeting People Without Partner Present | <input type="checkbox"/> Attending Classes Separately |
| <input type="checkbox"/> Going to Bourbon Street Separately | <input type="checkbox"/> Accepting Drinks from Others |
| <input type="checkbox"/> Spending Time with New Friends Separately | <input type="checkbox"/> Buying Drinks for Others |

Conditions: _____

6. Photo & Social Media Agreements

- Are photos allowed? Yes No Only Together Only Certain Areas
- May photos be posted online? Yes No Ask First
- Can our faces appear online? Yes No
- Can we tag other attendees? Yes No

Before posting photos we agree to: _____

7. Alcohol & Substance Agreements

- Maximum drinks before discussing play: Partner A _____ Partner B _____
- No major decisions while intoxicated No new play partners while intoxicated
- Check in before accepting invitations Stop if either partner becomes impaired

8. Jealousy Plan:

If I become jealous, I need:

- | | | |
|--------------------------------------|--|---|
| <input type="checkbox"/> Reassurance | <input type="checkbox"/> Physical affection | <input type="checkbox"/> Private conversation |
| <input type="checkbox"/> Time alone | <input type="checkbox"/> Leave the situation | <input type="checkbox"/> Return to hotel room |

My signs of distress:

Partner A: _____

Partner B: _____

Relationship Contract

9. Check-In Agreement

We will check in:

Every hour Every two hours Before any new activity
 Before leaving an area At bedtime

Check-in phrase: "On a scale of 1–10, how connected do you feel to me right now?"

10. If We Disagree

Pause all activities Leave together Take 30 minutes apart
 Return to hotel room Discuss before involving others
 No relationship-ending decisions during the event

11. Who Checklist (Who are YOU comfortable playing with while at the event?)

Gender Preferences: Women Men Transwomen/MTF Transmen/FTM

Coupled Status: Single Married Unicorn Bull

Sexual Orientation: LGBTQIA+ bisexual heterosexual pansexual

Age: Older Younger Around Same Age NA

D/s Orientation: Dominant submissive NA

Degree of Familiarity: Stranger Friends NA

Conditions: _____

12. What Checklist

Sexual Activity	Yes, to Give	Yes, to Receive	No	Yes w/ Conditions (list boundaries below)
Flirting				
Sensual Touch				
Chest/Nipple Play				

Relationship Contract

Sexual Activity	Yes, to Give	Yes, to Receive	No	Yes w/ Conditions (list boundaries below)
Hand job/ Digital Penetration				
Cunnilingus				
Fellatio				
Analingus				
Vaginal Penetration with Fingers				
Vaginal Penetration with Toys				
Penis in Vagina (PIV)				
Anal Penetration with Fingers				
Anal Penetration with Toys				
Erotic Role Play				
BDSM/KINK Scene:				
Other:				

Relationship Contract

13. KINK & BDSM Preference Checklist

Activity	Yes, to give	Yes, to receive	Observe Only	NO	Conditions
Impact Play (Spanking)					
Paddles					
Flogging					
Canes					
Whips					
Rope Bondage					
Handcuffs/ Restraints					
Blindfolds					
Sensory Deprivation					
Sensation Play					
Wax Play					
Electro Play					
Daddy/Mommy Dynamics					
Praise					
Degradation/ Humiliation					
Service-Oriented					
Dom/sub Dynamics					
Public Scenes					
Group Scenes					
Attending BDSM Classes					

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Visiting Dungeon Spaces					
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14. BDSM-Specific Agreements

Safe Words

Our Safe Word: _____

Our Slow Down Word: _____

Our Non-Verbal Signal: _____

15. Scene Participation

We agree that:

- We may participate in scenes together only.
- We may participate separately with prior discussion.
- We may participate separately with notification.
- We will observe only.
- We will not participate in BDSM activities during this event.

16. Hard Limits

The following activities are hard limits and are not open for negotiation:

Partner A: _____

Partner B: _____

17. Soft Limits

The following activities may be considered under specific circumstances:

Partner A: _____

Partner B: _____

Relationship Contract

18. BDSM Emotional Check-In

After observing or participating in a scene, we agree to discuss:

- How did that experience feel?
- What emotions came up?
- Did anything surprise me?
- Do I need reassurance or aftercare?
- Do I want more, less, or none of that experience in the future?

19. Which do you prefer?

Permission <input type="checkbox"/>	Notification <input type="checkbox"/>	Veto Agreements <input type="checkbox"/>
Primary partners are the gatekeepers for all secondary relationships, and permission from the primary partner must be attained before an activity.	Well-defined boundaries, negotiated agreements, and complex rules within the relationship allow the primary partners to notify their partners before or after an activity.	The power to say NO to potential secondary partners without question. The secondary partner does not have a say in the matter.

20. Boundaries, Agreements & Rules

- A **boundary** concerns the self (me) and is established for the individual and their specific needs for obtaining emotional and physical safety within limits.
 - Individuals create conditions based on their needs, wants, and refusals.
- An **agreement** is a negotiation for all involved parties that discovers a common ground with other individuals to support their needs and desires; arrangements are equivalent to consent.
 - Mutual Accords support ALL individuals' needs, wants, and refusals.
- A **rule**, take it or leave it mentality is an irrevocable condition to solve problems and/or meet a need. Decisions the couple agrees to are based on their needs, wants, and refusals that may impact others.

Example:

Boundary: I want all of my partners to assure me that they are wearing condoms with everyone they play with outside of their primary relationship.

Agreement: All of my partners that I play with agree to wear condoms when they play outside their primary relationship.

Rule: If a play partner doesn't wear a condom with a play partner, I will require a clean STI test before I will play with them again.

Relationship Contract

Partner A: List Boundaries

Partner B: List Boundaries

We agree to the following **Agreements:** (use additional paper if necessary)

We agree to the following **Rules:**

Relationship Contract

If We Experience Disagreement, Jealousy, Insecurity, Hurt Feelings, or Conflict During the Event, We Agree To:

1. Pause and prioritize our relationship over the event, activity, person, or opportunity.
2. Take a minimum of 30 minutes apart from the situation (not necessarily each other) to regulate emotions before continuing the conversation.
3. Communicate our feelings using "I" statements rather than blame, criticism, or assumptions.

Example:

"I felt disconnected when..." rather than "You made me feel..."

4. Revisit the conversation with curiosity and a goal of understanding rather than winning.
5. If either partner requests a check-in, pause the activity and reconnect before proceeding.
6. If we cannot reach a resolution, we agree to table the discussion until we are in a private, emotionally safe environment.
7. If additional support is needed after the event, we will seek professional guidance to process the experience together.

AFTERCARE PLAN

1. After the event we agree to discuss:
2. What surprised me?
3. What did I enjoy?
4. What felt difficult?
5. What would I do differently?
6. What did I learn about us?
7. We will schedule our post-event debrief on: _____

THINGS TO REMEMBER

1. We came here together.
2. No experience is more important than our relationship.
3. Consent can be withdrawn at any time.
4. Nobody owes us attention, attraction, or play.
5. We do not have to do everything.
6. Success is measured by connection, not activity.
7. The goal is to return home closer than we arrived.

Partner A _____ Date _____

Partner B _____ Date _____