

“Medium” BDSM CONTRACT

I, [Dominant’s Name], and [submissive’s name], agree to the following, effective from [DATE] to [DATE], at which time this contract will end or be renegotiated. Any participant may also choose to end this contract before that time, for any reason.

1. Rules and Protocol

Terms of address (during play)

Dominant:

- [E.g. “Mistress,” “Domina,” etc.]

submissive:

- [E.g. “boy,” “pet,” etc.]

Rituals and routines

List rituals or routines you will use (together or apart) to do the following:

Initiate a scene:

Prepare for scene:

End a scene:

- [E.g. Aftercare]
- [Other]

Reconnect after time apart:

- [A Bonding activity you both enjoy.]

Remind each other of your commitment:

- [A phrase or ritual designed to quickly check in with each other, and reaffirm devotion.]

Other Tasks and Rituals

2. Responsibilities

Dominant’s responsibilities

The Dominant agrees to respect the submissive and act in a way that promotes their health, safety, and well-being. The Dominant will be responsible for guiding and training the submissive in the following areas:

submissive’s behavior and responsibilities

The submissive agrees to respect and serve the Dominant, and to abide by the following rules of conduct:

- Mealtimes:

- Dress:
 - [Specify preferred, negotiated forms of dress.]
- Appearance and Grooming:
 - [Haircut, etc.]
- Self-pleasure and masturbation:
 - [What is/isn't allowed.]
- Public Conduct:
 - [To what degree are protocols or play carried out in public.]
- Proper behavior in private
 -

Tasks/Duties:

-

3. Punishments and discipline.

The submissive will be punished for the following: (3 strike system)

Failing to use proper Honorific:

Showing disrespect to Dominant (after having to ask to stop or change behavior)

4. Safety

Safe words and signals

The following words or signals will be used to stop/pause play immediately:

- [Safe-word]
- [Slow/pause-word]

Medical considerations - list any medical conditions or medications that could be of concern during play. For example, heart or bleeding conditions, mental health medications, etc.

Dominant:

-

submissive:

-

Other safety considerations

(List of emotional safety considerations and needs, including potential triggers)

Dominant:

-

submissive:

-

Soft limits

List any acts, scenarios, language, or locations that may cause discomfort and require additional conversation/frequent check-ins:

Dominant:

-

submissive:

-

Hard limits

List any acts, scenarios, language, or locations that are off-limits and should be avoided during play.

Dominant:

-

submissive:

-

Aftercare

List any activities needed or desired after play has concluded to help participants transition back to everyday life.

Dominant:

-

submissive:

-

Playing with others

Indicate whether, and under what circumstances, participants may play with others.

[Outline expectations for communication and safe play/safe sex]

5. Breach of contract.

This contract will be considered null and void if:

Any party ignores or disregards safe words or hard limits.

Any party fails to discuss/check in before proceeding with an act listed under “soft limits.”

Any party causes lasting harm (physical, psychological, or emotional).

Confidentiality

All parties agree to hold in confidence the terms of this contract unless discussed and agreed upon in advance:

Additional considerations/rules/requests

- Dominant will tell submissive (and vice versa) of obligations (school/child, family, work or other) as to respect each other's time.

Signed:

[Dominant's Name]

Participant 1 (Dominant)

Date: [mm/dd/year]

[Submissive's Name]

Participant 2 (submissive)

Date: [mm/dd/year]