

“Light” BDSM CONTRACT

I, [Dominant’s Name] and [submissive’s name], agree to the following, rules and guidelines for BDSM play together. Any participant may choose to end this contract by withdrawing consent in written or verbal form.

Safe words and signals

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

- RED
- YELLOW

Terms of address (during play session)

Dominant:

- [E.g. “Mistress,” “Domina,” etc.]

submissive:

- [E.g. “boy,” “pet,” etc.]

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:

-

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:

Signed:

[Dominant's Name]

Participant 1 (Dominant)

Date: 08-09-2023

[submissive's name]

Participant 2 (submissive)

Date: 08-09-2023