

Intermediate BDSM Contract

_____ (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.



Medical considerations. List any medical conditions, disabilities, or medications that might be relevant during play.

Dominant: _____

submissive: _____

Other safety considerations. List emotional safety considerations and needs, including potential triggers.

Dominant: _____

submissive: _____

Safe words and signals. The following words or signals will be used to stop play immediately:

The following words or signals will be used to mean “slow down” or “I’m approaching my limit” (optional):

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

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

Devices and equipment. List devices, toys, equipment, or accessories that may be used during play.

Additional participants. Indicate whether and under what circumstances additional play partners/sexual partners will be permitted:

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

Punishments. The submissive will be punished for the following:

- **Failing to use proper terms of address for Dominant**

- Punishment(s):

- **Showing disrespect to Dominant**

- Punishment(s):

- **Other/additional**

- Punishment(s):

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:

Signed

Participant 1
(Dominant)

Date

Participant 2
(submissive)

Date

Additional Participants

Date