



CURIOUS KINK

Consent & Boundaries Starter Kit

A beginner-friendly guide to consent basics, boundary-setting, and a simple pre-play check-in script — clear, calm, and non-preachy.

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curiouskink.com

Free to share. Designed for curious adults.

Let's Start Here

If you've ever felt awkward bringing up what you want — or what you don't want — in an intimate situation, you're not alone. Most people were never taught how to have these conversations.

They're not second nature. They're a skill.

This guide exists to make that skill feel less daunting. Not through lectures or jargon — just clear, honest tools you can actually use.

This kit is for you if:

- You're new to exploring kink, BDSM, or non-vanilla play
- You want to get better at saying yes to what excites you and no to what doesn't
- You're entering a new relationship or dynamic
- You just want clearer, more honest communication with a partner

There's no pressure here. Read at your own pace.
Use what fits. Leave what doesn't.

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What Consent Really Means

Consent gets oversimplified into a checkbox – did they say yes or no? But in real life, and especially in intimate or kink contexts, it's more nuanced and more dynamic than that.

The FRIES Framework

Healthy consent has five qualities. Think of it as FRIES:

F	<p>Freely Given No pressure, manipulation, or coercion. It comes from genuine enthusiasm – not obligation, fear, or wanting to please.</p>
R	<p>Reversible Anyone can change their mind at any time – even if they said yes before, even mid-scene. Prior consent doesn't lock anything in.</p>
I	<p>Informed Everyone knows what they're agreeing to. Surprises have their place in play – but only when the surprise itself was agreed to beforehand.</p>
E	<p>Enthusiastic Look for 'yes!' not 'I guess.' An uncertain or pressured yes isn't the same as a genuine one. Excitement matters.</p>
S	<p>Specific Saying yes to one thing doesn't mean yes to everything. Consent is contextual – it applies to the specific act, time, and situation.</p>

A note on ongoing consent

In kink and BDSM, consent is often negotiated before a scene – and checked on during and after. This isn't a bureaucratic chore. It's actually what makes it possible to go deeper, take more risks, and trust each other more fully.

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Setting Your Limits

Before you can communicate your limits, it helps to know what they are. This section gives you a framework for thinking through your hard limits, soft limits, and the things you're genuinely curious about.

Hard Limits vs. Soft Limits

Hard Limits	Soft Limits
<p>Non-negotiable. These are things you will not do, period – regardless of partner, context, or how much trust exists. Sharing these clearly protects you and your partner. Examples: specific acts, substances, dynamics, certain body areas.</p>	<p>Things you're hesitant about – maybe due to inexperience, anxiety, or mixed feelings. Soft limits aren't automatic yeses, but they can sometimes be explored carefully with the right partner and conditions. Examples: things you're curious about but nervous to try.</p>

The YES / MAYBE / NO Exercise

One of the most useful things you can do before exploring with a new partner – or deepening an existing dynamic – is work through a simple YES / MAYBE / NO list on your own.

✓ YES	~ MAYBE	x NO
<p>Things you actively want to explore. You'd be excited if a partner brought these up.</p>	<p>Things you're open to with the right partner, mood, or conditions. Needs more conversation.</p>	<p>Off the table right now. Doesn't require explanation or justification.</p>

Tip: There are free kink checklists online (FetLife, Scarleteen, and others) where you can go through hundreds of activities and mark each one. Doing this solo first, then sharing with a partner, opens up really rich conversations.

The Pre-Play Check-In Script

This is the most practical tool in this guide. A pre-play check-in is a short conversation — 5 to 15 minutes — that happens before an intimate encounter. It doesn't have to be formal or awkward. Think of it as setting the table for a great meal.

Below is a flexible script you can adapt. It's written as a conversation between two people, but works for groups or solo exploration too.

Opening the Conversation

How are you feeling right now?

Physically and emotionally. If someone's stressed, exhausted, or distracted, that matters.

What are you in the mood for tonight?

Open-ended and pressure-free. Let them lead.

Is there anything that's felt off lately — anything you want to address before we get into things?

Clears the air. Unresolved tension gets in the way.

Establishing the Space

What are your hard limits for tonight?

Even if you've talked before, it's good to re-confirm. Things shift.

Is there anything you want to try or explore that we haven't done before?

Opens the door for curiosity without pressure.

What would make tonight feel really good for you?

Positive framing. Focus on what they want, not just what to avoid.

Safety & Signals

What's our safeword/signal for tonight?

Name it explicitly. Classic traffic light: Red (stop), Yellow (slow down / check in), Green (keep going). Or pick your own.

How do you want me to check in during?

Some people want verbal check-ins. Others prefer a squeeze or a look. Ask.

Is there anything you need after — like space, cuddles, or a snack?

Aftercare starts in the negotiation. Sets up the landing.

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Remember:

This isn't a contract. It's a conversation.

The goal is for both (or all) people to feel safe, seen, and genuinely excited.

Adjust the language to fit your relationship.



Aftercare — The Part People Skip

Aftercare is what happens after play ends. It's the intentional process of coming back to yourself — and each other — after an intense experience.

This matters even in mild or non-kinky encounters, but it's especially important when you've gone somewhere emotionally or physically intense. Skipping it is like sprinting and never cooling down.

Why It Happens

During intense play, your body releases adrenaline, endorphins, and sometimes oxytocin. When the scene ends, those levels drop. This can cause what's called 'drop' — a crash that shows up as sadness, irritability, or emotional vulnerability. It can hit immediately or days later.

What Aftercare Can Look Like

Physical	Blankets, water, a snack, gentle touch, or space if that's what's needed.
Emotional	Talking through what happened, reassurance, checking on each other's state.
Solo (sub drop / dom drop)	Journaling, a walk, calling a friend, comfort media. Drop can happen even when the encounter was positive.
Async (if long-distance or time-delayed)	A check-in text the next day. Especially important when partners aren't together after the scene.

Quick aftercare question to ask each other:

"What do you need right now?"

That's it. Simple and open. Let the answer guide you.

You've Got This

Consent and communication aren't about dampening spontaneity. They're what make it possible to be fully present — to relax into an experience because you know where the edges are.

The most adventurous, deeply satisfying intimate experiences come from the foundation of trust that this

kind of honesty builds. You're not filing paperwork. You're creating safety that lets both of you let go.

Your next steps:

1. Write down your own YES / MAYBE / NO list — just for yourself first.
2. Practice saying your limits out loud — even to yourself in a mirror. It gets easier.
3. Use the pre-play check-in script the next time you're exploring with a partner.
4. Come back to curiouskink.com for guides on specific dynamics, kinks, and more.

More at curiouskink.com — Education for Curious Adults

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Disclaimer & Context

This guide is educational, not legal or medical advice.

The Consent & Boundaries Starter Kit is designed to support thoughtful, informed communication between adults exploring intimate or kink-related activities. It reflects widely recognized frameworks in the consent-positive and BDSM communities, but it is not a substitute for professional counsel.

What this guide is:

A practical introduction to consent frameworks, boundary-setting, and pre-play communication

A starting point for self-reflection and partner conversations

A tool to help you clarify your own limits and desires

Written from a sex-positive, kink-aware, trauma-informed perspective

What this guide is not:

Legal advice regarding consent laws, age of consent, or criminal liability

Medical or mental health guidance (if you're navigating trauma, please work with a qualified therapist)

A comprehensive safety manual for specific kinks or practices (always research specific activities separately)

A guarantee of safety – consent frameworks reduce risk, but all intimate activities carry some level of physical and emotional risk

Your responsibility:

You are responsible for your own choices, boundaries, and safety. This guide encourages open communication and informed decision-making, but ultimately, you and your partner(s) are responsible for how you apply these concepts. Consent is contextual, ongoing, and legally defined differently across jurisdictions. Educate yourself on the laws and norms in your area.

If you are in crisis:

If you are experiencing abuse, coercion, or assault, please reach out to local support services, a trusted counselor, or a crisis hotline. Consent violations are serious, and you deserve support.

Use this guide in good faith. It's here to help you explore with clarity, care, and confidence – not to replace common sense, ongoing communication, or professional support when needed.

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