This Contract

being entered into voluntarily between the Dominant and the submissive becomes binding once signed by both parties. The parties trust each other and care about one another and have agreed to enter into a power exchange relationship on the terms and conditions set out below:

Term

1) This Contract will be in effect for _____ commencing on the date of signing.

Goals

2) The parties shall conduct themselves in light of their goals at all times. The goals of the parties are detailed in Schedule 1.

Additional Rules

3) Any term, requirement or condition which is not provided for in the standard terms of this Contract may be added as an additional rule to Schedule 2 of this Contract and shall hold the same weight as a standard term.

Respect

- 4) The parties shall treat each other with mutual respect and honesty at all times.
- 5) The parties shall never abuse each other, violate the trust of the other, play mind games or engage in emotional manipulation with one another other than as part of play between the parties.

Responsibilities of the submissive

- 6) The submissive agrees to submit completely to the Dominant in all ways.
- 7) The submissive's body now belongs to the Dominant to do with as the Dominant pleases within the guidelines of this Contract.
- The submissive must diligently and promptly obey the terms of this Contract and the Dominant in every request without question, subject to the submissive's Veto power in clause 18.
 Questions may be asked about commands only for clarification purposes in a respectful manner.
- 9) The submissive must endeavor to serve and please the Dominant to the best of his/her ability.
- 10) The submissive will accept the Dominant's training and guidance in whatsoever form wheresoever provided to help him/her serve the Dominant and to help himself/herself grow as a person.
- 11) The submissive shall promptly inform the Dominant of any wrongdoings which take place while not in the Dominant's presence.

submissive's Behavior

- 12) The submissive must treat the Dominant with respect, loyalty and honesty at all times.
- 13) The submissive must never be rude, condescending or demeaning toward the Dominant.

- 14) In private the submissive must address the Dominant as "______" at all times without fail. In public, where there is not enough privacy to use this title, the submissive shall address the Dominant as "______".
- 15) The submissive acknowledges his/her behavior is a direct reflection on the Dominant and he/ she shall act in good representation of the Dominant at all times.
- 16) Eye contact: ____
- 17) Touching:____

submissive's Veto

18) The submissive may refuse to obey the Dominant's command where such command:

- (a) conflicts with any existing laws or regulations and may lead to prosecution, fines or arrest of the submissive,
- (b) may cause extreme damage to the submissive's life, such as causing family tension or loss of work,
- (c) may cause permanent bodily harm,
- (d) may cause psychological trauma to the submissive, or
- (e) is agreed to be withdrawn by the Dominant.

Rights of the Dominant

19) The Dominant shall have the following rights pursuant to the terms of this Contract:

- (a) to control and dominate the submissive.
- (b) to do anything the Dominant pleases with the submissive whether for the Dominant's amusement, pleasure or as punishment.
- (c) to use the submissive's body at any time in whatsoever manner, sexually or otherwise, subject to the limits stipulated in Schedule 3.
- (d) to discipline the submissive for breach of his/her obligations.
- (e) to express tenderness, love and understanding toward the submissive.
- (f) to remind the submissive of his/her submission.
- (g) in the Dominant's absolute discretion, to grant and later revoke any right or privilege not mentioned in this Contract in favor of the submissive.

Responsibilities of the Dominant

- 20) The Dominant shall make decisions with due thought and care.
- 21) The Dominant accepts responsibility for the submissive's body and agrees to provide a safe environment for him/her while in the Dominant's care.
- 22) The Dominant agrees to train the submissive and provide him/her with all necessary guidance and materials to properly serve the Dominant.
- 23) The Dominant must protect the submissive's body from permanent bodily harm during punishment or during any other activity related to this Contract. Permanent bodily harm includes death, loss of mobility or function, broken bones, diseases including sexually transmitted diseases and any of the following, unless accepted by the submissive:
 - (a) permanent markings to the skin (including burns, scars and tattoos)
 - (b) loss of hair
 - (c) piercing of the flesh leaving a permanent hole.

- 24) The Dominant must protect the submissive's mental health during humiliation, punishment or any other activity. The Dominant shall not be physically or mentally abusive outside the terms of this Contract.
- 25) The Dominant shall not monetarily exploit the submissive or attempt to isolate the submissive from society.
- 26) The Dominant shall maintain personal hygiene and health at all times to an acceptable standard.
- 27) The Dominant shall provide the submissive with reasonable aftercare following any play/scene.

Availability of the submissive

28) The submissive shall be available to the Dominant during the following times:

Communication

29) The submissive may communicate with the Dominant as follows:

(clearly state the subject matter which the submissive is allowed to talk about, whether permission is required first, at what times is this acceptable and what methods must be used for example: verbal, email, a journal).

30) The Dominant shall give thought and consideration to the submissive's feelings and concerns when making decisions, however the submissive acknowledges that the Dominant shall always have the final decision making power.

Areas of Control

31) The Dominant shall have exclusive control over the following aspects of the submissive's life and body (*tick which applies and add additional details, if any*):

	Body
	Mind
	Domestic servitude
	Sexual slavery
	Clothing & dress
	Grooming & hygiene
	Geographic location of the submissive (ability to dictate whereabouts & when)
	Hair length & style
Page	3 of 13 Copyright ©2013. All rights reserved. SexAgreements.com

Bathing & washing		
Tattoos, piercing, body art, branding		
Eating		
Sleeping		
Health & fitness		
□ Tobacco use		
Recreational Drug use		
Medication		
Alcohol intake		
Self-gratification		
Photographs, videos, recordings of the submissive		
Work/job		
Finances:		

- 32) The submissive is prohibited from acting on or making any decisions with respect to the Dominant's areas of control. If the submissive has any suggestions/requests in respect of any matter which comes under the Dominant's areas of control, the submissive may raise this with the Dominant and request permission to engage in or act on the suggestion/request in a respectful manner. The Dominant may refuse the suggestion/request in their absolute discretion.
- 33) Where the submissive has a right to make a choice in respect of a matter, the submissive shall consider whether his/her choice will please the Dominant and shall always be within the orders, boundaries, instructions and guidelines the Dominant has set for him/her.

Terms of Exclusivity

34) The following terms of exclusivity will apply (tick appropriate):

□ The Dominant must not transfer the Contract or loan the submissive to another Dominant.

□ The Dominant may give or loan the submissive to another Dominant provided the terms of

this Contract are upheld. The Dominant is responsible for ensuring that the new Dominant upholds the provisions of this Contract.

□ The submissive will not engage in any sexual activities with any other person other than the Dominant.

□ The submissive must not seek any other Dominant or lover without the Dominant's express permission.

□ The Dominant may accept other submissives or lovers having regard to the submissive's emotional response to such decision. The Dominant must not allow such action to cause the submissive emotional instability or to result in ignoring the submissive. The submissive shall be courteous toward and assist the Dominant's other submissives wherever he/she can. The submissive shall never compete with, or think of himself/herself as being better than, another submissive. If box is left unchecked, the Dominant may not accept other subs or lovers.

Limits

- 35) The Dominant will never request or require the submissive to perform any of the hard limits as designated in Schedule 3.
- 36) The Dominant and submissive are open to trying the play activities designated as soft limits in Schedule 3. Prior to engaging in a soft limit, permission must be asked or

Safe Words

- 37) The submissive may use the following safewords at any time without punishment:
 - (a) "_____" indicates the submissive's physical, emotional or moral boundary has been reached and all activity must stop immediately.
 - (b) "_____" indicates that the submissive is close to reaching his /her physical, emotional or moral level of endurance and wishes to continue the activity at a reduced level of intensity.
- 38) When using gags, instead of the safe word in clause 37(a), the submissive may use the following signal: _____
- 39) Once the safe word or signal referred to in clause 37(a) or 38 respectively is called and all play has ceased, the Dominant shall discuss the breach with the submissive in a tender and understanding manner.

Punishment

- 40) The Dominant may punish the submissive for breaching this Contract or simply for the Dominant's amusement or pleasure using any of the allowable forms of punishment listed in Schedule 4.
- 41) Punishment must not result in permanent bodily harm as defined in clause 23.
- 42) Punishment must not involve the following forms of abuse:
 - (a) Drawing of blood. If blood is drawn, punishment must be stopped immediately

- (b) Burning the body.
- (c) Drastic loss of circulation.
- (d) Causing internal bleeding.
- (e) Loss of consciousness .
- (f) Withholding of any essential elements and materials, such as water, food or sunlight for prolonged periods.

Collars & Names

43) Collar:

44) Name for submissive:

Confidentiality

- 45) The parties agree to keep this Contract confidential at all times unless both the Dominant and submissive agree otherwise.
- 46) The materials and evidence pertaining to this Contract shall be kept in a secure place acceptable to both parties.
- 47) Unless special provision is made to the contrary in clause 31, no party will have the right to disclose, publish or distribute any digital media including photographs, videos, pxt (multimedia messages) taken of either or both parties without both parties' express written permission. The parties agree to store all such media under password protection with each party having only half the password. Upon termination of this agreement, access to the digital media may be refused by either party. This may be done by refusing to reveal their half of the password or refusing access to the digital media.

Severability

48) If any provision of this Contract is void, voidable, unenforceable or illegal in accordance with its terms, but would not be void, voidable, unenforceable or illegal if it were read down and it is capable of being read down such provision shall be read down accordingly.

If, notwithstanding the above paragraph a provision is still void, voidable, unenforceable or illegal:

- if the provision would not be void, voidable, unenforceable or illegal if a word or words were omitted, that word or those words are hereby severed; and

- in any other case, the whole provision is hereby severed, and the remainder of this Contract shall be of full force and effect.

Entire Contract

49) This Contract comprises the entire agreement between the Dominant and submissive. The parties agree that they have not relied on any prior representations, statements, claims or agreements not contained in this Contract.

Page 6 of 13

Alteration of Contract

- 50) The Contract must not be altered without the consent of the Dominant and submissive. To be valid, any such alteration must be in writing, documented in Schedule 6 and signed by both parties.
- 51) If the alteration requires a new Contract to be prepared, the old contract must be destroyed upon signing of the new Contract.

Termination

- 52) Either party may terminate this Contract at any time for whatsoever reason and without notice. If both parties agree, they may hold a discussion about the termination and discuss its reasons and efficacy.
- 53) Following termination, the parties will revert back to their usual friendship or association they had prior to entering into this Contract.
- 54) The parties may renew or re-enter this Contract at any time if both choose to do so. The new end date must be documented and signed by both parties in Schedule 5.
- 55) Upon termination the submissive shall own his/her body once again.
- 56) Upon termination all evidence of the Contract shall be destroyed unless agreed otherwise by both parties.

Necessary Declarations

- 57) The Dominant and submissive acknowledge and declare that they:
 - (a) are at least eighteen (18) years of age or the legal age of sexual consent (whichever is greater);
 - (b) entered into this Contract of their own free will and without any undue influence from any other person;
 - (c) are physically and mentally competent to enter into this Contract; and
 - (d) are not under the influence of drugs, alcohol or medication at the time of signing this Contract.

Signed:	Signed:
Dominant	submissive
Date:	Date:

Schedule 1 Goals

Schedule 2 Additional Rules

Page 8 of 13

Schedule 3 Limits

Select box "H" for hard limit & box "S" for soft limit.

	□H □S Age Play	□ H □ S Clothespins	□ H □ S Forced Dressing
	□H □S Anal Sex	\Box H \Box S Cock Worship	□H □S Forced Homosexuality
	\Box H \Box S Animal Play	□ H □ S Collars (wearing)	□H □S Forced Masturbation
	□H □S Arm/Leg Sleeves	□H □S Corsets (wearing)	\Box H \Box S Forced Nudity
	□H □S Asphyxiation	\Box H \Box S Cross dressing	□H □S Forced Servitude
	□H □S Begging/Pleading	□H □S Cuckold	\Box H \Box S Full Head Hoods
	□H □S Being Blindfolded	□ H □ S Cutting	□ H □ S Gagging
	□H □S Being Gagged	□H □S Daddy Play	□H □S Genital Sex
	\Box H \Box S Bestiality	\Box H \Box S Double Penetration	□H □S Given Away
	\Box H \Box S Biting	□H □S Duct Tape	□H □S Golden Showers (piss
	□H □S Bondage (heavy)	□H □S Electricity	play)
	□H □S Bondage (light)	□ H □ S Enemas	\Box H \Box S Hair Pulling
	\Box H \Box S Boot Worship	\Box H \Box S Examinations (physical)	□H □S Hairbrushes
	□H □S Branding	□H □S Exhibitionism	\Box H \Box S Hand Jobs
	□H □S Breast bondage	\Box H \Box S Face Slapping	\Box H \Box S Handcuffs (metal)
	□H □S Breast Whipping	□H □S Fantasy Gang Rape	□ H □ S Harnessing
	□H □S Brown Showers/Scat	□H □S Fantasy Rape	□H □S Head (getting)
	(feces play)	□ H □ S Feminization	\Box H \Box S Head (giving)
	\Box H \Box S Caning	\Box H \Box S Fire Play	□H □S High Heel Worship
	\Box H \Box S Catheterization	☐ H □ S Fisting	□ H □ S Homage With Tongue
	\Box H \Box S Chastity	\Box H \Box S Flogging (back)	\Box H \Box S Hot Waxing
	□H □S Chauffeuring	\Box H \Box S Flogging (butt)	□H □S Housework
	\Box H \Box S Choking	□ H □ S Following Orders	□H □S Human Furniture
Ľ	\Box H \Box S Chosen Clothing for	\square H \square S Foot Worship	\Box H \Box S Human Pony
	\Box H \Box S Chosen Food For		□H □S Human Puppy
	Page 9 of 13		Copyright ©2013. All rights reserved. SexAgreements.com

\Box H \Box S Humiliation In Private	\Box H \Box S Phone Sex	□H □S Speculums (vaginal)
\Box H \Box S Humiliation In Public	\Box H \Box S Piercing (perm)	\Box H \Box S Spreader Bars
\Box H \Box S Ice Cubes	\Box H \Box S Piercing (temp)	□ H □ S Stocks
□ H □ S Including Others	□ H □ S Pony Play	□H □S Straight Jacket
□H □S Infantilism	□ H □ S Punching (controlled)	□H □S Strap-on Dildos
□ H □ S Interrogations	□H □S Punching (beat down)	□ H □ S Supplying Victims
□H □S Intricate Rope Bondage	□ H □ S Pussy Whipping	\Box H \Box S Suspension
\Box H \Box S Kicking	□ H □ S Pussy Worship	\Box H \Box S Swapping
□H □S Kidnapping	□ H □ S Religious Scenes	\Box H \Box S Swinging
□H □S Kneeling	□ H □ S Riding Crops	□H □S Sounding
□H □S Latex	□H □S Rope	\Box H \Box S Suspension
□ H □ S Leather Restraints	\Box H \Box S Scratching	□H □S Strappado
\Box H \Box S Lecturing	\Box H \Box S Sensory Deprivation	□H □S Tattooing
□H □S Licking	□ H □ S Serving as Ashtray	□H □S Teasing
\Box H \Box S Massage(getting)	□ H □ S Serving as Furniture	\Box H \Box S Thumb cuffs
□H □S Massage(giving)	□ H □ S Serving as Maid	□H □S Tickling
\Box H \Box S Medical Scenes	□ H □ S Serving Orally	□H □S Trampling
□H □S Mommy Play	\Box H \Box S Serving Other	\Box H \Box S Triple Penetration
\Box H \Box S Mouth Bits	(elaborate)	□H □S Uniforms
\Box H \Box S Mummification	\Box H \Box S Sex in Scene	\Box H \Box S Verbal Humiliation
\Box H \Box S Needle Play	\Box H \Box S Sexual Deprivation	□ H □ S Videoed Scenes
□H □S Nipple torment	\Box H \Box S Shaving	□H □S Voyeurism
□H □S Oral/Anal Play	□H □S Single Tail (light/sensual)	□H □S Whipping (cat o' nine
□H □S Orgasm Control	□ H □ S Single Tail	tails etc.)
□H □S Orgasm Denial	(moderate/heavy)	\Box H \Box S Wrestling
□H □S Over-the-Knee	□H □S Sissymaid	
Spanking	\Box H \Box S Spanking	
Page 10 of 13		Copyright ©2013. All rights reserved. SexAgreements.com

Schedule 4 Punishment

Tick/select the allowable methods of punishment below:

\Box Weights	□ Restraint
\Box Panty or ball gags	□ Biting
□ Leg chains	Pinching
Handcuffs	Genital Clamps
□ Whipping	\Box Hot wax
□ Flogging	Nipple Clamps
Paddling	□ Ice
	 Panty or ball gags Leg chains Handcuffs Whipping Flogging

Other allowable punishments (corporal/non-corporal):

Schedule 5 Renewal

In accordance with clause 54, the Dominant and submissive agree to renew the Contract for the following terms:

New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:
New end date:	_ Signed:	Signed:

Schedule 6 Alteration of Contract

In accordance with clause 50, the Dominant and submissive agree on the following alterations to this Contract: