IM-SAFE

- ☐ Illness and injury -
    - How is your body feeling today? Any new injuries or sore areas? Headache, upset belly from too many wings last night? This is not just a bottom question. Tops need to check in with their bodies too
- ☐ Medications -
    - If it says “Do not operate heavy machinery” you probably shouldn't do things like rope bondage.
- ☐ Stress -
    - How is your brain? Are you in an ok space to be doing something like torture or would something a little softer be better today?
- ☐ Alcohol and/or any recreational drugs -
    - Just don’t do it and kink. If you are going to do it, always be honest about it so everyone can be aware and accept the risk
- ☐ Fatigue -
    - Being awake for 18 hours is the same as being legally drunk.
- ☐ Eaten -
    - Not too much, not too little. Blood sugar crashes or over full Stomachs are pretty easy to avoid

(IM-SAFE is a checklist that is commonly taught to aircraft pilots and was adapted by Freya to be used for kink and play)

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