

## Light BDSM Contract

This contract covers the basics of BDSM play and can help to define roles and expectations for power exchange (where one partner plays a dominant role and the other is submissive). Many people who are just beginning to explore BDSM may not want or need a written contract. For others, though, it can be a fun way to get into the spirit of a Dominant/submissive dynamic, as well as to communicate wants, needs, and boundaries when playing with others.

Light BDSM may include role play, impact play like spanking, and light bondage, but can also include other elements — or none of those things. It's important to keep in mind that what's considered "light" or "intro level" BDSM is completely subjective and depends on who's playing. Creating a contract can help define what light BDSM means to you and your partner(s).

\_\_\_\_ (Dominant's name) and \_\_\_\_ (submissive's name) agree to the following, effective from \_\_\_\_ MM/DD/YYYY to \_\_\_\_ M/DD/YYYY, 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.

**1. Safety considerations.** List physical and emotional safety considerations and needs, including potential triggers.

Dominant:

Submissive:

**2. 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):

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

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

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

**6. 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 or check in before proceeding with an act listed under “soft limits”
- Any party causes lasting harm (physical, psychological, or emotional)

**7. Spice meter (optional).** Using [O.school's Spice Meter](#), a tool designed to help you define your desires and comfort level, can be a great way to ease into sexploration and may be helpful when creating a contract centered around light BDSM play. Give examples of what you consider one, two, and three pepper activities:

Dominant:

Submissive:

**8. Additional considerations/rules/requests.**

**Signed**

Dominant

Date

Submissive

Date

Additional participants (optional)

Date