

# Sex Menu Starter Kit

Communicating  
about sex and  
intimacy  
isn't easy!



[hormonally.org](https://hormonally.org)



# Sex Menu Starter Kit

## Communicating about sex & intimacy isn't easy!

That's why we've created the Sex Menu Starter Kit to get you going. Using the list provided, think about which of these activities are a definite do for you, a notable no, or a mindful maybe. You can also use the notes section to write down anything relevant. For example, under massage, you can think about which type of massage you most enjoy!

Try and think about how ticking off each of these activities makes you feel (e.g. excited, nervous, or committed to communicate about it). We've given you a variety of ideas to start with but have also included space for you to add in your own ideas.

When you've completed the list, share it with a partner and take note of the impact it has on your intimacy. **Remember consent and communication is key so if you're not sure, ask!**

Activity	Yes	No	Maybe	Notes
Intimate kissing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hand holding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Massage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spooning or cuddling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Caressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eye contact	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Full body kissing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Plan a date	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sexting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Create a sexy playlist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dressing up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Role play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sending snaps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Shared shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Shared bath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Undressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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Activity	Yes	No	Maybe	Notes
Sexy voice notes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Phone or video sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Read erotica to one another	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Visit a sex shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pick out a sex toy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pick out underwear for a partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Select positions from the kama sutra	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Explore body painting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sexy talk ("I want you to...")	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Watch an erotic film together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eating off one another (e.g. whipped cream)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dry rubbing or 'outercourse'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Self-pleasure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Watch your partner touch themselves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Touch yourselves simultaneously	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Touch your partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Be touched by your partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Oral sex - giving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Oral sex - receiving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Oral sex -simultaneous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Use a sex toy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Use a lubricant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Restraints (such as handcuffs or rope)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blindfolds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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# Sex Menu Starter Kit



Activity	Yes	No	Maybe	Notes
Vaginal sex - on bottom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Vaginal sex - on top	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Vaginal sex - on top in reverse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Vaginal sex - from behind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Vaginal sex - standing up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Vaginal sex - side lying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Anal play (specify type in notes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Have sex in a different part of the house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Have sex in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Act out a fantasy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spanking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nipple play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sensation play (using hot and cold things)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Submission (being less in control)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Domination (being more in control)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

## Now add your own activities!

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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