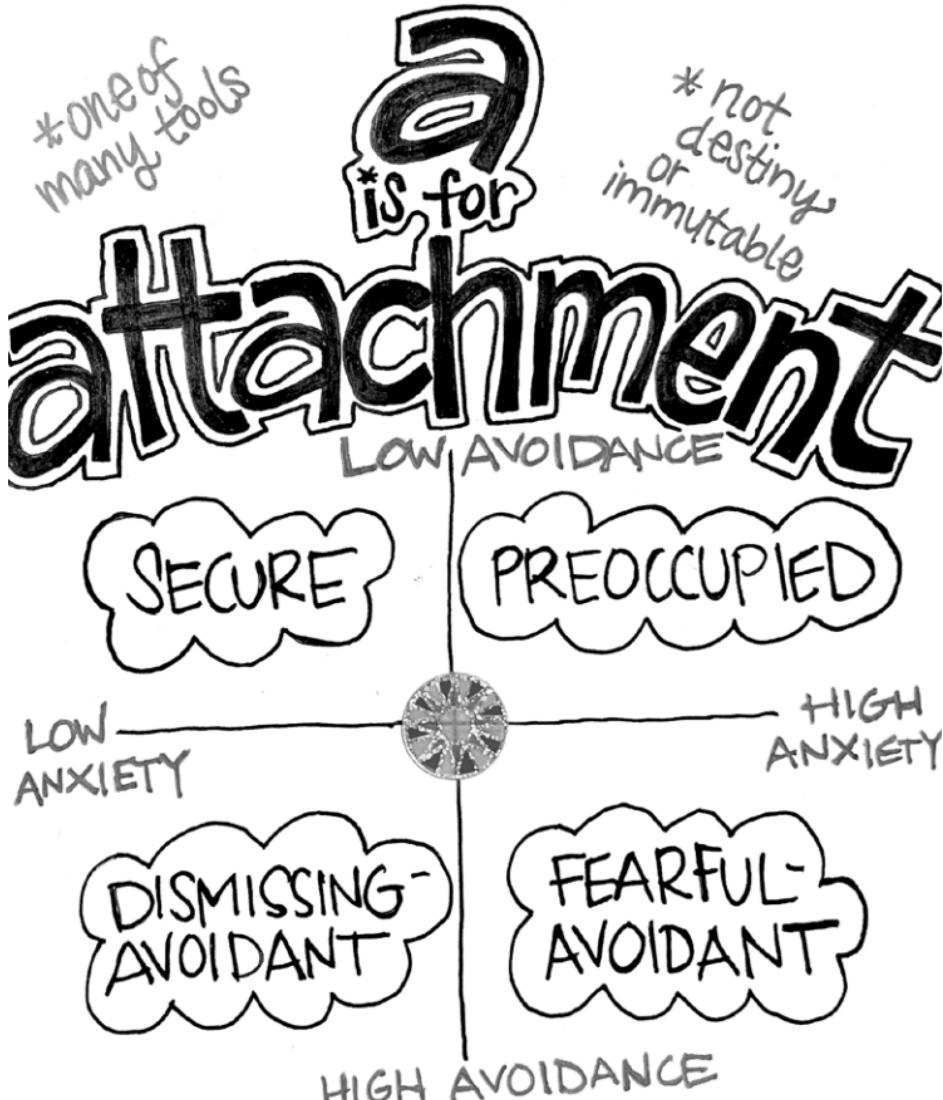


Queer

Love



\*how  
humans bond

be gentle with  
yourself

journal

rest

take a break  
from their  
socials



Surround  
yourself with  
loving  
community

talk to a  
therapist  
or coach

# b is for break-ups



drink lots of  
water - crying  
dehydrates you

practice  
daily  
affirmation

FREELY GIVEN  
REVERSIBLE  
INFORMED  
ENTHUSIASTIC  
SPECIFIC



(coined by  
Planned Parenthood)



C  
is for  
**CONSENT**

Consent is an ongoing conversation.

- \* SAFE WORDS
- \* HOW YOU LIKE TO CHECK IN
- \* PERSONAL HISTORY

### COMMUNICATE ABOUT:

- \* TRIGGERS
- \* HARD and SOFT LIMITS
- \* YOUR TRAUMA RESPONSE (fight, flight, freeze and/or fawn)
- \* NON-VERBAL CUES
- \* AFTERCARE



**Compersion:** feeling of joy at seeing your partner experience joy

**core partner:** someone with whom you have a committed or otherwise emotionally invested relationship

**metamour:** your partner's partner

**polycule:** an interconnected group of folx relationships

**Polyamory:** multiple relationships



**relationship escalator:** the progression from dating to marriage and kids that many non-monog. folx eschew

**comet:** a partner who periodically appears

make them  
a playlist

be  
silly

pay attention  
to small details

send a picture  
of something that  
makes you think  
of them

up your  
(consensual)  
sexting  
game

notice  
how  
you  
feel  
around  
them

be  
authentic

trust  
your  
instincts

don't compare  
yourself to cis-  
het guys

What words (pronouns, pet names, etc) feel good?

What combats dysphoria?

What sexual positions/activities help you feel comfortable in your body?

How do you like to be touched?



What affirms your identity?

# GENDER

What conditions are best for exploration?

How can your partner(s) support you?

adjustable straps  
or

bikini/boxer/brief styles

for all  
genders  
≤  
sizes

don't forget  
lube for  
penetration

can hold packers,  
bullet vibes,  
and/or dildos

H  
H  
IS FOR  
HARNESSSES  
& DILDOS

anything  
that goes in  
your ass  
needs a  
flared base

O-rings  
to attach

silicone,  
glass, ceramic &  
stainless steel are  
body-safe,

→ interrogate your preferences

→ honor your differences



→ affects how we each show up in relationships differently

→ remember, it's about systems of power

→ coined by Kimberlé Crenshaw



pay attention to  
your breath and what  
sensations  
feel best

Slow  
down

\*  
create  
an inviting  
atmosphere



# JERKING OFF

pamper  
body and show  
it gratitude

help lower  
stress, sleep  
easy, and  
relieve  
cramps

**BDSM**: bondage and discipline, domination and submission, sadism and masochism

**AFTERCARE**: the behaviors or items (cuddling, snacks, processing, etc) that help you come down from a scene.

**SCENE**: any experience

**SAFE**

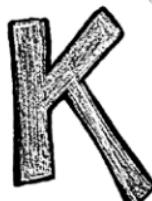
a  
mine  
comm-

that you would like the scene to end.

**MUNCH**: a non-sexual meetup for

kinky folx **RACK**: risk-aware consensual kink

**SCENE NEGOTIATION**: a discussion of roles, interests, safety and limits prior to play



Kink / BDSM  
(aka play)

is for

**KINK**

**WORD**:

predeter.  
way to  
unicate

## WORDS OF AFFIRMATION

- "I'm so proud of you"
- morning texts
- compliments

## GIFTS

- sweet treats
- cards
- thoughtful objects



is FOR

## PHYSICAL TOUCH

- cuddles
- sex
- holding hands

# LOVE LANGUAGES

Your giving language might  
be different than your  
receiving.

## QUALITY TIME

- date nights
- phone-free hangs
- adventures

## ACTS OF SERVICE

- making dinner
- running errands
- cleaning

therapy

m is for

sensate  
exercises

mismatched  
sex  
drives

schedule  
intimacy

spontaneous  
vs.  
responsive

consider non-monogamy

advocate  
for yourself

take  
some sex  
acts off the  
table

go at  
the pace  
of the  
lower desire  
partner

find other  
ways to  
connect

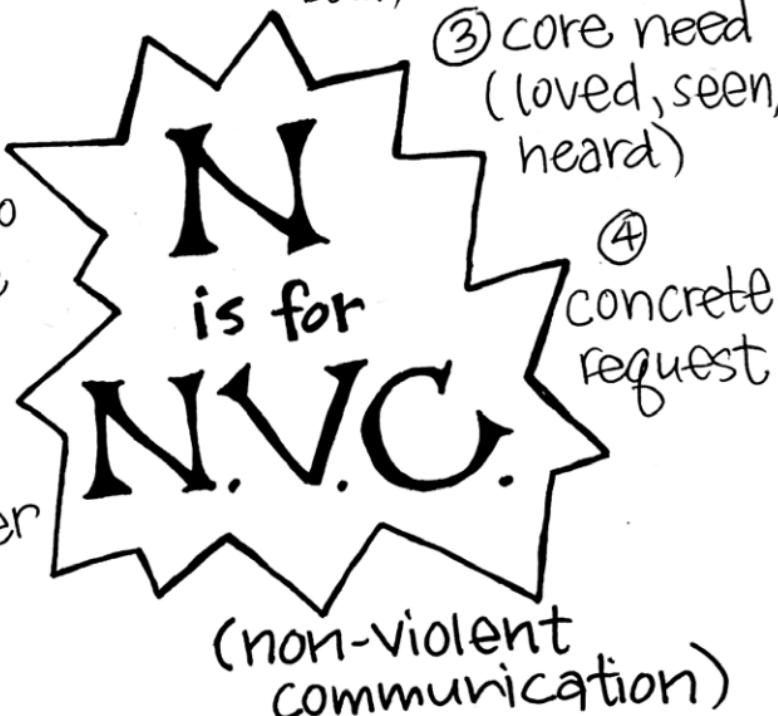
template for healthy conflict:

① factual observation,  
not interpretation

② feeling, not assumption or  
judgment (sad, mad, glad,  
bad)

③ core need  
(loved, seen,  
heard)

use to  
share  
or to  
ask  
your  
partner



embodied / curious / tender

sex doesn't have to "end" in orgasm or include orgasms at all

focus on what feels good

context matters

meds, drugs,  
hydration can  
play a part



breathing and mindfulness

switch up routines

is for

# ORGASM

clitoral, vaginal, prostate, multiple, tantric, full-body, hands-free...

toys are for everyone

relaxing can be tough

learn your sexual response cycle

rules vs. agreements  
in relationships

"I feel..."  
statements

assume  
positive  
intent

take  
breaks

monthly  
check-ins

journaling

support  
networks

is for

Processing,

"Do you want advice,  
or just need to vent?"

mediation

Friends can ...

~ cuddle

~ cohabitiate

~ raise kids/pets

~ share  
finances  
and  
resources

~ celebrate  
milestones



**Queerplatonic  
Intimacy**

~ get married

~ have ambiguous  
feelings

## **RED FLAGS CAN INCLUDE...**

LYING, POSSESSIVENESS, GASLIGHTING,  
ISOLATING, DISRESPECTING BOUNDARIES,  
CONFLICT AVOIDANCE, SILENT  
TREATMENT, NAME CALLING, BEING  
RUDE TO YOUR WAITER, BAD-  
MOUTHING, EXES, YELLING,  
MIND GAMES

**R**

is for

## **RED AND GREEN FLAGS**

### **GREEN**

**FLAGS CAN INCLUDE...** ACTIVE  
LISTENING, HEALTHY BOUNDARIES,  
SELF-WORK, PATIENCE, THOUGHTFULNESS,  
TAKING RESPONSIBILITY, KINDNESS  
TO OTHERS, CLEAR COMMUNICATION,  
CONSISTENCY, LIGHT HEARTEDNESS

"clean" is  
for dishes, not  
humans? stick  
to "positive" or "negative"  
when talking about STI  
results

condoms

there is  
no shame  
in having  
an STI

dental  
dams



is for

PrEP

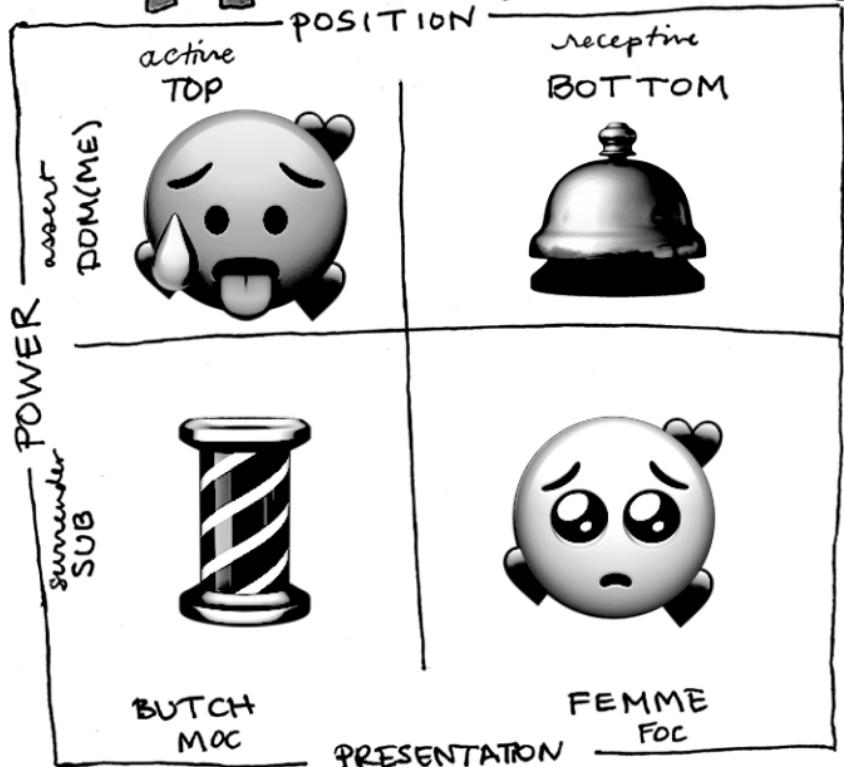
# Safer Sex

be clear when  
communicating~  
"safe" means  
different things  
to different folks

regular  
testing protects  
you and your  
partner(s)

Valtrex

# t is for topping and bottoming



\*spectrums NOT binaries

\*situational context + consent are key

pee after sex

Hydrate



Wear  
cotton  
undies

Avoid  
scented  
products  
near  
your  
bits

is FOR

UTIs

(URINARY TRACT  
INFECTIONS)



Cranberry  
juice

rabbit



wand

clitoral



buzzy



prostate

anal



egg



suction



is for

# Vibrators

bullet

rumble



stroker

G-Spot



NOT JUST  
FOR GENITALS

## lubes

\* water-based: condom-safe and easy to clean, but evaporate quickly and can contain glycerin (bad for vaginas)

\* silicone: super slippery, condom-safe and good for butt stuff, but can degrade over time

\* oil-based: natural and long-lasting, but not for use w/ latex condoms



## wetness

### remember:

wetness ≠ arousal, and lube is great for all sex acts!

flavours: überlube

sliquid

coconut oil

Cyber Clown  
Girls

CREATOR  
AGENCY



PAY FOR  
YOUR PORN

Mistress  
Justine



ETHICAL

Giz  
Lee

EXPLORE  
FANTASY

DIVERSE

IS FOR

X-RATED

CrashPad  
Series



TIP THEM

# [USE LISTS OF POSSIBLE SEXUAL ACTIVITIES TO:

- ~ explore your kinks
- ~ determine where you and your partner(s) mesh
- ~ talk about your fantasies
- ~ spark your creativity
- ~ anal
- ~ role play
- ~ spanking?
- ~ freedom
- ~ biting
- ~ hope
- ~ toys

is for

- ## YES, NO, MAYBE LISTS
- ~ identify your curiosities, ambivalences, and hard limits
  - ~ add some playfulness and novelty to your sex life

choose your  
pace



play  
Animal  
Crossing



good for  
long  
distance

read from  
your favorite  
books

safe

Z  
is for

watch  
a  
movie



# Zoom Dates

play  
(We're Not)  
Really  
Strangers  
accessible

cook  
"together"  
get to  
know each  
other

This is just the tip of the iceberg,  
and these concepts come from many  
sources. For references and further  
reading, visit



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