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# YES, NO, MAYBE.

A SEXUAL INVENTORY STOCKLIST



# WHAT IS A *SEXUAL INVENTORY STOCKLIST*?



A sexual inventory stocklist is a useful tool that supports **clear, truthful, and open** communication about sexual **wants, needs, and boundaries**.

Lists like this are *starting points* for evaluating your own **sexuality** and **boundaries**, or for **facilitating** deeper conversations with someone else.

# HOW TO USE THE *SEXUAL INVENTORY STOCKLIST*:

YES _____	→	"I WANT TO" OR "I THINK I WOULD"
NO _____	→	"I DON'T WANT TO" OR "I DON'T THINK I WOULD"
MAYBE _____	→	"I MIGHT." (IN SPECIFIC CIRCUMSTANCES)
IDK _____	→	"I HAVE NO IDEA." (THAT'S OKAY!)
"F" _____	→	"I WOULD DO THIS IN A <i>FANTASY</i> , BUT MAYBE NOT IN REAL LIFE."
N/A _____	→	"THIS DOESN'T APPLY TO ME."

1

**First**, do it alone. If you want to use the stocklist with a partner, **fill it out** separately before **discussing** it together. (*And only share what you feel comfortable sharing.*)

2

**Remember:** None of these answers are a **commitment**, and *your answers to this list can and will change over time.*

# BODY BOUNDARIES



**Body boundaries** describe what is or is not comfortable when it comes to *touching, showing affection, being naked, or talking about bodies.*

## EXAMPLES:

\_ A partner touching me sexually **without asking first**

\_ Being completely naked with a partner **with the lights on**

# WORDS & TERMS



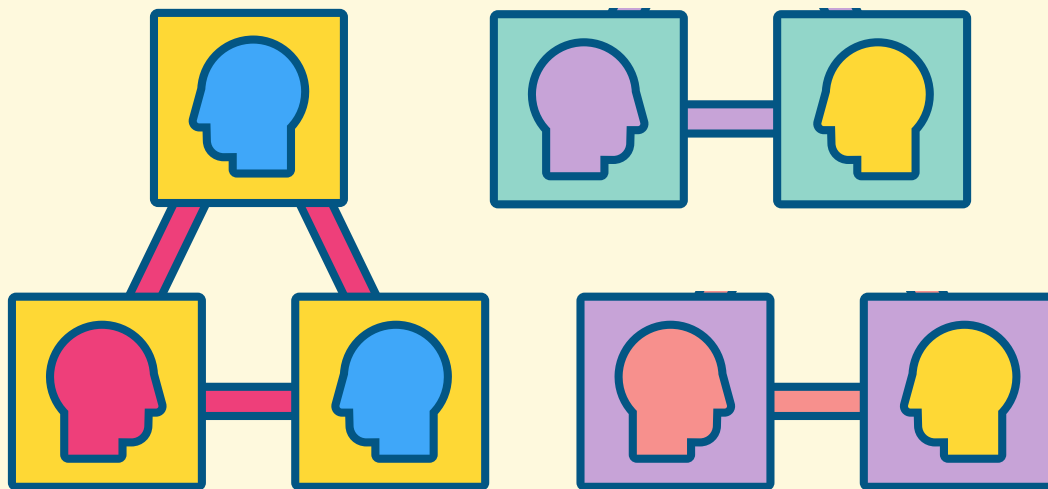
**Words and terms** have to do with what kinds of terms feel *comfortable or preferable* when discussing parts of your body and identity.

## EXAMPLES:

I prefer my **sexual orientation** and/or **identity** to be referred to as:

I prefer my **genitals** to be referred to as:

# RELATIONSHIP MODELS



A **relationship model** refers to the way you chose to *structure your relationships*, including **behaviors, boundaries, and structures**.

## EXAMPLES:

\_ Some kind of serious or ongoing open romantic relationship

\_ Some kind of serious or ongoing open sexual relationship

## Questions to ask yourself:

- What kind of *agreements* do/would I want with the kinds of relationship models I want or am interested in?
- What are my personal *values* with relationships and simultaneous sexual partners?

# "SAFER" SEX

\_ PUTTING ON A  
CONDOM MYSELF



\_ GETTING REGULARLY  
TESTED FOR STI'S

**What does "safer" sex mean to you?**

- What makes me feel some risk is worth it, while another isn't?
- I am **activated** by something(s) around sexual safety, or need additional safety precautions because of this?

# REPRODUCTIVE CHOICES

\_ USING EMERGENCY  
CONTRACEPTION

\_ TERMINATING A  
PREGNANCY (ABORTION)

\_ PARENTING  
WITH A PARTNER

\_ A PARTNER TERMINATING  
A PREGNANCY (ABORTION)

# SEXUAL RESPONSES & ACTIVITIES

## QUESTIONS TO ASK YOURSELF:

- What parts of sexual response make me feel **vulnerable** or **exposed**?
- Am I putting any **pressure** on myself or my partners to **respond a certain way**?
- Am I **activated** by certain sexual responses of my own or those of a partner?

\_ WRESTLING OR  
"PLAY-FIGHTING"

\_ MASTURBATING IN  
FRONT OF/WITH A  
PARTNER

\_ BEING UNABLE TO  
REACH ORGASM,  
WITH A PARTNER

\_ VIEWING  
PORNOGRAPHY,  
WITH A PARTNER

Starting **deep** and **honest** communication about sex  
can be *daunting*, but it is *essential*.

We need to **communicate our needs and  
boundaries**, and to **have them communicated to us**.

TRY IT OUT  
YOURSELF!

#### Yes, No, Maybe So: Just the List

(By Heather Corinna and CJ Turett at Scarleteen)

[http://www.scarleteen.com/article/advice/yes\\_no\\_maybe\\_so\\_a\\_sexual\\_inventory\\_stocklist](http://www.scarleteen.com/article/advice/yes_no_maybe_so_a_sexual_inventory_stocklist)

##### Code Guide

Y = Yes

N = No

M = Maybe

IDK = I don't know

F = Fantasy

N/A = not applicable

##### Body Boundaries

- ☐ A partner touching me affectionately without asking first
- ☐ Touching a partner affectionately without asking first
- ☐ A partner touching me sexually without asking first
- ☐ Touching a partner sexually without asking first
- ☐ A partner touching me affectionately in public
- ☐ Touching a partner affectionately in public
- ☐ A partner touching me sexually in public
- ☐ Touching a partner sexually in public
- ☐ Having my shirt/top off with a partner
- ☐ Having a partner's shirt/top off
- ☐ Having my pants/bottoms off with a partner
- ☐ Having a partner's pants/bottoms off
- ☐ Being completely naked with a partner with the lights off or low
- ☐ A partner being completely naked with the lights off or low
- ☐ Being completely naked with a partner with the lights on
- ☐ A partner being completely naked with the lights on
- ☐ Direct eye contact
- ☐ Being looked at directly, overall, when I am naked
- ☐ Grooming or toileting in front of a partner
- ☐ A partner grooming/using the toilet in front of me
- ☐ A partner looking directly at my genitals
- ☐ A partner talking about my body
- ☐ Talking about a partner's body
- ☐ Some or all of a disability, identity or difference I have being specifically made part of sex, sexualized or objectified

TO ACCESS THE  
COMPLETE LIST  
GO TO:

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