

Non-Penetrative (vaginally) Sexual Activities

Sexual Activity	5 I would love to do this activity!	4 I think I would like this and want to give it a try.	3 I'm not sure how I feel about this but would like to discuss it.	2 I'm pretty sure I would dislike this but may be willing to give it a try at least once.	1 I do not want to do this activity.
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- Holding hands
- Hugging
- Kissing, cheek or face
- Kissing, closed-mouth
- Kissing, open-mouth
- Being kissed or touched on the neck
- Kissing or touching a partner's neck
- Giving hickeys
- Getting hickeys
- Tickling, doing the tickling
- Tickling, being tickled
- Wrestling or "play-fighting"
- General massage, giving
- General massage, receiving
- Having my chest, breasts and/or nipples touched or rubbed
- Touching or rubbing partner's the breasts, chest and/or nipples
- Frottage (dry humping/clothed body-to-body rubbing)
- Tribadism (scissoring, rubbing naked genitals together with a partner)
- A partner putting their mouth or tongue on my breasts or chest
- Putting my mouth or tongue on a partner's breasts or chest
- Masturbating in front of/with a partner
- A partner masturbating in front of/with me
- Manual sex (hands or fingers on penis or strap-on), receiving
- Manual sex (hands or fingers to penis or strap-on), giving
- Manual sex (hands or fingers on testes), receiving
- Manual sex (hands or fingers on testes), giving
- Manual sex (hands or fingers on vulva), receiving
- Manual sex (hands or fingers on vulva), giving
- Manual sex (hands or fingers inside vagina), receiving
- Manual sex (hands or fingers inside vagina), giving
- Manual sex (hands or fingers on or around anus), receiving
- Manual sex (hands or fingers on or around anus), giving
- Manual sex (hands or fingers inside rectum), receiving
- Manual sex (hands or fingers inside rectum), giving
- A partner ejaculating (coming) on my body
- Using sex toys (like vibrators, dildos or masturbation sleeves), alone
- Using sex toys (like vibrators, dildos or masturbation sleeves), with a partner

- Oral sex (to vulva), receptive partner
- Oral sex (to vulva), doing to someone else
- Oral sex (to penis or strap-on), receptive partner
- Oral sex (to penis or strap-on), doing to someone else
- Oral sex (to testes), receptive partner
- Oral sex (to testes), doing to someone else
- Oral sex (to anus), receptive partner
- Oral sex (to anus), doing to someone else
- Anal intercourse, receptive partner
- Anal intercourse, insertive partner
- Using food items as a part of sex
- Cross-dressing during sex
- Having a partner cross-dress during sex
- Biting a partner
- Being bitten by a partner
- Scratching a partner
- Being scratched by a partner
- Wearing something that covers my eyes
- A partner wearing something that covers their eyes
- Having my movement restricted
- Restricting the movement of a partner
- Being slapped or spanked by a partner in the context of sexual pleasure
- Slapping or spanking a partner in the context of sexual pleasure
- Pinching or having any kind of clamp used on my body during sex
- Pinching a partner or using any kind of clamp on them during sex
- Other:
- Other:

Information adapted from:

http://www.scarleteen.com/article/advice/yes_no_maybe_so_a_sexual_inventory_stocklist

For more menu items, go to: www.mojouupgrade.com