

## What Should We Talk About?

It could be hard to know how to get started on a conversation like this, it's not something we talk about every day after all so here are some ideas of what might get you started, things you could focus on and questions you could ask each other if you get a bit stuck during the chat. You don't have to follow these, the whole point of you talking about this together rather than being interviewed by someone is that it should be about you, your shared experiences and what is meaningful and important to you. This is about your story.

...but here are those ideas and questions just in case...

How did you first meet?

The first moment you touched, kissed or connected physically... What cues were you picking up on from each other? How did it feel? What happened next?

When and how did you take your intimacy to the next level? How did you know each other wanted that? How did you let your partner/s know?

What was the progression of physical/emotional/personal intimacy? What led to what and what came after that? Why was that order of things right for you?

Did you ever discuss rules, boundaries or expectations? If you did, how did that happen and how did it go? If you didn't, how do you think you communicated what was ok or not ok?

Was there ever a point when one or both of you felt consent needed to be checked or clarified? How did you do that? Why did that moment call for it?

If you've been together for a bit, have things changed at all? Do you communicate differently when it comes to sex? How do you let your partner/s know what you want or where you're hoping things will go? What things do you notice about your partner and the cues they give you for what they want and how they're feeling?

What do you like best about how your partner expresses themselves sexually?

What do you think is great about how you are able to communicate about or during sex?

REMEMBER as well that there are things you might already have agreed not to talk about. Don't bring anything up that your partner has already said they don't want to discuss or share.

If at any time the conversation is making you feel awkward, uncomfortable or upset it is completely OK to just end it or if you prefer, just change the subject. If you like, you can even come up with a 'safe' word to say to your partner/s to let them know you're not enjoying where the chat is going and you'd like to move on or change the subject.