

Consent & Safety Checklist for Breath Play and Face-Sitting

Pre-Scene Talk Topics

- Discuss breath control duration limits
- Agree on non-verbal safe signals (e.g., three taps)
- Review medical concerns (asthma, anxiety, etc.)
- Establish aftercare needs and expectations

During Scene Reminders

- Monitor posture and pressure
- Keep timing in short intervals (15-30 seconds max)
- Stay sober and focused throughout the session
- Watch body language for signs of distress

Aftercare Prompts

- Hydrate and check in emotionally
- Discuss what was enjoyed most
- Identify any moments of discomfort
- Agree on adjustments for future scenes