

# STARS™

**STARS** is an easy-to-remember acronym that helps to begin a conversation leading to consensual great sex.

**STARS** stands for **STI/Sexual Health, Turn-Ons, Avoids, Relationship Intentions** and **Safer Sex Etiquette**.



By using **STARS**, you create a safe space for talking about subjects we often keep to ourselves, so... **MAKE TIME FOR THE TALK!**

## STI/SEXUAL HEALTH



I like to review our STI status before we have sex in order to keep each other healthy. When I was last tested was ... and my results where ... How about you? Is there anything we need to know about each other's sexual health in order to be fully present?

## TURN-ONS



Some of the ways that make me feel good are...These are my wants, desires and things I may want to try with you.

## AVOIDS



These are my boundaries and things that I don't like. Sure they may change, but you should know about this before we get sexy.

## RELATIONSHIP INTENTIONS/ EXPECTATIONS



This is who I am and what I hope to create with you. Being intimate means.... to me. What can I expect from you?

## SAFER SEX ETIQUETTE



The best sex is when we build trust.

