

# Orgasm Denial Contract

This contract herein defines the terms of Jessica Hanway's ("The Girl") orgasms and outlines any restrictions placed on The Girl's orgasms as defined by The Girl or as defined by The Say-No-To-The-O Blog ("SNTTO") with prior approval by The Girl. This contract is valid for an indefinite period of time from the date it was ratified and signed by both The Girl and SNTTO.

## Terms

The Girl will be obligated to follow a strict edging regime from April 1st - June 30th(as defined below) and will cease having regular orgasms outside of the terms of The Girl's regime. Failure to abide by the regime will lead to a punishment (as defined in the "Punishments" section) being levied against The Girl by SNTTO. Furthermore, excessive orgasming (More than double the allocated amount listed in the regime) will be dealt with in whatever manner SNTTO deems necessary to keep The Girl from breaking the Terms.

## Regime

Starting April 1st to June 30th, The Girl will abide by a daily schedule (herein defined as "the regime") outlining the number of orgasms The Girl will be allocated during a set period of time, the number of edges The Girl will need to complete daily and the frequency of those edges:

April 1st - April 14th : 2 Orgasms per week (4 total), 1 edge each day  
April 15th - April 30th : 1 Orgasm per week (2 total), 2 edges each day  
May 1st - May 30th : 2 TOTAL orgasms, 4 edges each day  
June 1st - June 30th : 1 TOTAL orgasm, 6 edges each day.  
June 30th - Onwards : No orgasms

\* Note: The regime is the bare-minimum that The Girl will be subject to. Depending on her attitude or potential, SNTTO is free to add whatever chores, activities or extra edges to the regime as they see fit. Orgasms can also be taken away in the event that The Girl reaches orgasm outside of the allocated time-frame.

## Punishments

A punishment will be given to The Girl anytime she inadvertently or intentionally orgasms outside of the allocated schedule or anytime she refuses a chore, activity or edge. Punishments should be strict enough to enforce the correct behaviour into The Girl but without leaving lasting damage.

Punishments can include (but are not limited to):

- Spanking or caning on the butt, breasts, thighs, abdomen or calves
- "Cool-downs" where The Girl will be kept kneeling in a confined space ranging anywhere from 30 minutes to a maximum of 8 hours
- Banning a certain item of clothing
- Cold showers

- Being placed in bondage while sleeping, studying or at home (up to a maximum of 12 hours in any single position)
- Wearing a butt-plug, nipple clamps or any other clamps for an extended period of time.

By signing this document, both parties agree to the specified Terms of the contract and any punishments that may result in the Terms of this contract being broken.

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Jessica Hanway (The Girl)

**April 5th, 2018**  
Date

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Say-No-To-The-O (SNTTO)