1. **research**
   Use the telephone listings for "escorts" or "bodyworkers". Try HOOK’s Client Guide for a list of online escort sites. "In" means you come to us, and "Out" means we go to you.

2. **ask questions**
   Ask us for details. We know you want to know about us, but be respectful of our privacy and of our time. If your sexworker isn’t what they promised to be, you should politely refuse. Give honesty, expect it in return.

3. **know and share your rules**
   Before meeting us, you should have told us what you will and will not do during your "session" or "appointment". Communicate your boundaries and feel able to express what you DO want. We are sexworkers, not psychics.

4. **your body, their body**
   Keeping healthy is the responsibility of both of us. Talk to your doctor about any existing health conditions, possible effects of medications, or risks of spreading or exposure to STDs. Find more information at HOOK’s Health Center.

5. **respect**
   We are people. In order for us to enjoy our job, you have to remember that you are paying for our time and not our lives.

6. **be prepared**
   Have the payment ready for us. Frequently, there is a cancellation fee if you do not cancel in advance. Have condoms and lube available or notify us that you need some. We usually keep it around.

7. **reward**
   Feel free to tip us for a job well done. 10-15% is normal.