

Please see below for a list of Content Warnings. You can click into each for more detail, including how they appear in Fall or Fly. If you require any additional details in order to read Fall or Fly safely, please don't hesitate to reach out to me.

Please note that Fall or Fly is an adult novel and is not recommended for younger readers.

Key:

MC - Main character

SC - Side character

Discussed - this is discussed on page, but isn't shown in the story

In past - this happened off page, in the characters past, not during the story

Not between MCs - this action occurred between one or more MC and someone who is not a MC

Fall or Fly - Content Warnings:

[Avalanche](#)

[Being snowed in/stuck](#)

[Car crash](#) (MC, SC, in past, described in detail on page)

[Death of a sibling](#) (MC, SC, in past, described in detail on page)

[Depression](#) (MC, in past)

[Explicit Language](#)

[Explicit Sexual Content](#)

[Fire](#) (SC, in past)

[Grief](#) (MC)

[Heart attack](#) (Discussed, in past)

[Hospitalization/Surgery](#) (MC, SC)

[Injury](#) (MC, SC)

Isolation (MC)

[Nightmares](#) (MC)

[Plane crash](#) (MC, described in detail on page)

[Pregnancy](#) (SC)

[Severe insomnia](#) (MC)

[Suicidal thoughts](#) (MC, in past, discussed briefly)

Avalanche:

There is an avalanche overnight during Este's first night at Nico's cabin. There are no injuries, but the road is blocked.

[Click to return to Content Warning List](#)

Being snowed in/stuck:

Este and Nico are snowed into his cabin and unable to leave the mountain for around four weeks.

[Click to return to Content Warning List](#)

Car crash:

Nico, Shay, and their sister were in a car accident that killed their sister 20+ years ago. This is described in detail on page in Chapter 6, and there is a flashback of the crash in detail in Chapter 15. It is also referenced regularly throughout the book.

[Click to return to Content Warning List](#)

Death of a Sibling:

Nico's sister died in a car accident 20+ years prior to the start of the book. This is referenced throughout the book.

[Click to return to Content Warning List](#)

Depression:

Although never explicitly stated, it's clear that Nico has been struggling with depression since his sister's death, and Este has been struggling since her accident.

[Click to return to Content Warning List](#)

Explicit Language:

There is a considerable amount of explicit language used throughout the book, both in sexual and non-sexual scenes.

[Click to return to Content Warning List](#)

Explicit Sexual Content:

Fall or Fly is a very explicit book, and features the following sexual topics/activities:

- Daddy kink
- Fingering
- Listening to another person masturbate
- Masturbation
- Mild age play
- Oral sex
- Penetrative sex
- Praise
- Spanking
- Submission - this is a main theme of Este and Nico's sex life, as Este likes to "switch off" and completely submit to Nico. Although not explicitly named as such, this is a BDSM dynamic, and Este goes into a sub space during sex.

[Click to return to Content Warning List](#)

Fire:

In Spicy or Sweet, Nico's sister is involved in a fire but is unharmed. This is discussed a few times throughout Fall or Fly.

[Click to return to Content Warning List](#)

Grief:

Grief is a main theme of Fall or Fly in regards to Nico's sister. This is referenced throughout.

[Click to return to Content Warning List](#)

Heart attack:

During the plane crash she was involved in, Este's co-pilot passed away from a heart attack. This is described in Chapters 6 and 10.

[Click to return to Content Warning List](#)

Hospitalization/surgery:

Nico is hospitalized after being injured in Chapter 26, and remains in hospital until Chapter 29. He does have surgery, but this is not shown on page.

[Click to return to Content Warning List](#)

Injury:

Shay and Nico were injured after a car accident 20+ years ago. This is discussed in detail in Chapters 6 and 15. Este was injured in her plane crash, discussed in Chapters 5 and 6. Nico is injured in an accident with an axe in Chapter 25. This is described in explicit detail from Nico's POV.

[Click to return to Content Warning List](#)

Isolation:

Nico chooses to withdraw from society and isolate himself after the death of his sister. He has been living in relative isolation for 20+ years, and this is discussed throughout the book.

[Click to return to Content Warning List](#)

Nightmares:

Both Este and Nico suffer from severe nightmares. This is discussed regularly throughout the book, but is explicitly explained in Chapters 3 and 6.

[Click to return to Content Warning List](#)

Plane crash:

Este was in a plane crash around 6 months before the events of Fall or Fly. This is discussed regularly throughout the book, but mostly in Chapter 6.

[Click to return to Content Warning List](#)

Pregnancy:

There is a pregnant side character, Rora, in Fall or Fly. Este's dad also mentioned seeing someone purchasing a pregnancy test.

[Click to return to Content Warning List](#)

Severe Insomnia:

Both Este and Nico struggle to sleep as a result of their nightmares. This is a main theme and is discussed regularly.

[Click to return to Content Warning List](#)

Suicidal Thoughts:

Nico briefly mentions having not caring about his own safety/being alive in Chapter 4.

[Click to return to Content Warning List](#)