






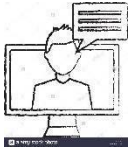


# Secret garden of desires — taboos and pleasure

## ME AND MY SEXUALITY

 <b>TIME</b>	75 minutes
 <b>No.</b>	Any number of participants
 <b>MATERIALS</b>	<ul style="list-style-type: none"> <li>• Markers, crayons or paint;</li> <li>• Newspapers, magazines or pre-made images, collages, reproductions of artworks.</li> </ul>
 <b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• To explore the concepts of sexuality in a subjective and positive way through our idols, desired figures which are supposed to be positive and powerful imagined characters for us;</li> <li>• To help participants to integrate the power of their fantasy figures in their sexuality in a joyful and creative way.</li> </ul>

 <p><b>INSTRUCTION S STEP BY STEP</b></p>	<ol style="list-style-type: none"> <li>1. As preparation — if applicable ask your participants a day before to think about the following:             <ul style="list-style-type: none"> <li>› Your favorite popstar, artist, artwork or literature from age 16;</li> <li>› One sex related artwork from the present you really like;</li> <li>› One sex-related artwork you dislike;</li> </ul> </li> <li>2. Participants make a poster of their sexuality using their homework materials (your favorite popstar, artist, artwork from age; one sex related artwork from now you really like; one sex-related artwork you dislike). Participants are invited to use these three elements and add further content, it can be a collage or a drawing. They are encouraged to use papers to cover their work or any creative ways to hide if there are things they do not want to share with the group;</li> <li>3. Sentence to help participants select which content should be part of their sexuality posters:             <ul style="list-style-type: none"> <li>› What is it that I like;</li> <li>› What is it that I miss;</li> <li>› What is it that I'd like to learn;</li> <li>› What is it that I'd like to avoid;</li> <li>› What is a definitive NO;</li> <li>› What do I desire to come true;</li> <li>› What is my desire that I don't dare to ask for;</li> <li>› My secrets;</li> <li>› Taboos;</li> <li>› What is private, what is ready to share.</li> </ul> </li> </ol>
 <p><b>DISCUSSIONS</b></p>	<ul style="list-style-type: none"> <li>• To debrief, ask participants for their impressions, what connections they see. Make an exhibition of the posters;</li> <li>• Invite participants to walk around and take a look at others' posters. In the big group share experiences of the process.</li> </ul>
 <p><b>HINTS</b></p>	<p>-</p>



THIS  
ACTIVITY  
ONLINE



THEORY






Facilitators may want to think about how comfortable they feel to facilitate workshops with explicit sexual / erotic content. Since the aim is to explore sexuality and discover its positive connections to power, we do not want to avoid these topics. Nevertheless, for this work in a group some experience may be needed. If you hesitate to deliver this work yourself, join up with a psychologist specialised in sexology, a sexologist, sex-educator or relationship coach.



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## SECRET GARDEN OF DESIRES

 <b>TIME</b>	<p>45 minutes</p>
 <b>No.</b>	<p>Any number of participants</p>
 <b>MATERIALS</b>	<ul style="list-style-type: none"> <li>• Markers, crayons or paint;</li> <li>• Newspapers, magazines or pre-made images, collages, reproductions of artworks;</li> <li>• Erotic albums, art books;</li> </ul>
 <b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• To explore our sexual desires;</li> <li>• To learn more about the difference between desire and fantasy;</li> <li>• To learn to accept own desires;</li> <li>• To learn about and be more aware about personal boundaries.</li> </ul>
 <b>INSTRUCTION S STEP BY STEP</b>	<ol style="list-style-type: none"> <li>1. Try to find erotica books, images or digital visual content that you think is applicable with your target group. Think about erotica as a source of artwork; has something to do with sexuality and portrays people and action in a positive and healthy way. Your group would use these books, images to awake their personal erotic imagination;</li> <li>2. Participants are invited to use the materials prepared for them (erotic albums, pictures);</li> <li>3. They are invited to collect on a piece of paper, all kinds of sexuality / erotica related things (pictures, activities, etc.) that somehow attract them; all kinds of desires. Everyone works individually. Encourage</li> </ol>

people to find a space in the room where they feel comfortable and private. At the first step there is no need to write down these desires: they just need to collect them in their mind and make a sign on their paper. It can be a color, a pictogram, a sign, or a word, anything – just a reminder:

4. Invite participants to try to write down in one word or sentence all those desires. Encourage them: let yourself get inspired by the albums. If it is difficult to verbalise and write it down, any symbol will work.  
IMPORTANT – MAKE IT CLEAR TO PARTICIPANTS THAT THIS IS A SAFE EXERCISE; YOU DON'T NEED TO SHARE ANYTHING ABOUT YOUR PERSONAL DESIRES!;
5. Everyone gets 3 coloured envelopes with the following titles:
  - › My desires;
  - › My fantasies;
  - › All desires with ambiguity (fear, shame, taboo, uncertainty, unsafe, danger, etc.).
 Invite participants to select their desires. Say: *'Take a silent moment to imagine – and feel in your body all those desires to make a good selection.'* Facilitators can help this process with instructions. *'Listen to your body sensations! There is no good or bad! Imagine! Feel! And now choose the best envelope for your desire!'*;
6. Invite participants to share their experience of the process in small groups of 3, maximum 4 people;
7. In the big group, we can talk about the exercise.






DISCUSSIONS

To debrief, ask participants for their impressions, what connections they see. What was easy? What was difficult? What did they learn? Share experiences of the process. Get back to the aim of this activity; to explore our sexual desires, to learn more about the difference between desire and fantasy, learn to accept own desires. Learn and be more aware about personal boundaries. Share your opinion, discoveries about taboos, shame. Remember: the goal is not going into traumas or disclosing deep private content but fostering participants' individual learning process and raising awareness of how sexual desires work. If there is pain, shame, memories, traumas – we acknowledge it, embrace them without the need to share or to go into it. Painful and vulnerable memories, wounds can be present in this safe way which can help their healing. We all have secrets, unwanted experiences from the past – here the aim is to give



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	<p>healing through mutual presence, attention within the group and focusing on the positive resources. This can happen without wanting to open everything. Our focus is joy and pleasure, but we accept that life brings all kinds of colours to us.</p>
 <b>HINTS</b>	<p>Facilitators may want to think in advance if this activity is appropriate for their target group – or with what kind of modifications.</p>
 <b>THIS ACTIVITY ONLINE</b>	<p>-</p>
 <b>THEORY</b>	<p>What makes a desire difficult to share? What is the difference between desire and fantasy? What makes them secretive: shame, fear, uncertainty? Does it make a difference if I write down those desires? Or if I try to tell them to someone? Shall I ask for consent before I want to share my desire? Our task was to dig out the forgotten resources, to gain more awareness of our own inner world and by learning from each other to rebuild something new together.</p> <ul style="list-style-type: none"> <li>• Cathy Winks, Anne Semans. (2002) Good Vibrations Guide to Sex: The Most Complete Sex Manual Ever Written</li> <li>• Justin J. Lehmilller (2018) Tell Me What You Want: The Science of Sexual Desire</li> </ul>