






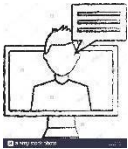



# Creating a Common Definition of Sexuality, Intimacy and Healthy Relationships

 <b>TIME</b>	<p>45 minutes</p>
 <b>No.</b>	<p>6 to 15 participants</p>
 <b>MATERIALS</b>	<ul style="list-style-type: none"> <li>● Flip charts;</li> <li>● Coloured paper, labels or post-its;</li> <li>● Pens;</li> <li>● Glue.</li> </ul>
 <b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>● To facilitate discussion around the topics of sexuality, intimacy and relationships;</li> <li>● To create a common understanding of these terms so that participants can take ownership of them.</li> </ul>
 <b>INSTRUCTION</b> <b>S STEP BY</b> <b>STEP</b>	<ol style="list-style-type: none"> <li>1. Cut out small pieces of paper from the coloured paper or prepare the coloured post-its (about 10 per participant);</li> <li>2. Prepare three large flip charts. Write one topic on each sheet:             <ul style="list-style-type: none"> <li>● Sexuality;</li> <li>● Loving/sexual/erotic intimacy;</li> <li>● Affective relationships.</li> </ul> </li> <li>3. Prepare definitions of intimacy, sexuality and relationships in advance, if you wish;</li> </ol>

	<ol style="list-style-type: none"> <li>4. Place the three flip charts on the floor, spaced out. Next to each flip chart, place about 30 small pieces of paper that were previously cut out (or 30 post-its), as well as pens and glue;</li> <li>5. Divide your group into three and ask each subgroup to choose a topic they would like to work on: sexuality, intimacy, relationships. Once they have made their choices, ask them to stand around the flip chart of their choice with the topic written on it. Tell them that they are now going to try to create a common framework around the theme they have chosen. <ul style="list-style-type: none"> <li><b>Group 1 – Sexuality</b> Each person in the group writes on pieces of paper or post- what sexuality means to them. NB: one idea per piece of paper only. Typical words to be used can be “consent,” “danger,” “pleasure,” etc. These words can be general terms or subjective words;</li> <li><b>Group 2 – Intimacy</b> The second group does the same thing, on the issue of intimacy. In order to frame the activity, specify that it is a loving, sexual or erotic intimacy;</li> <li><b>Group 3 - Affective relationships</b> The third group does the same thing on the issue of affective relationships;</li> </ul> </li> <li>6. Each person takes turns presenting these words to the rest of their subgroup, presenting them subjectively (about one to two minutes per person). People combine and select their words and try to group them into ideas. They should try to create 3 to 4 word-clouds grouped around a main idea. The subgroups then present their flip charts to the rest of the group. Other people can weigh in, commenting or adding ideas;</li> <li>7. You can propose to participants to make a collage, by adding images to work on the same topics;</li> <li>8. You can add a step at the end in which you ask participants to create a common definition of the term they have been discussing.</li> </ol>
 <p>DISCUSSIONS</p>	<p>Explain that there is not one single vision or definition of sexuality, intimacy and affective relationships. Each one of us has our own view, based on our culture, upbringing and life history: it is important to communicate with your partner in order to better understand what these terms mean to each of you.</p> <p>Ask the groups if there were any surprises in the words they wrote or if there were any particular questions that led to a debate. Make sure that the framework created around each term is appropriate for all participants, etc.</p>
	<p>We invite you to conduct an activity at the beginning of the workshop in order to create a common understanding of the terms that you will explore together. This activity also allows the emergence of initial, preliminary conversations on</p>

<p><b>HINTS</b></p>	<p>what are sometimes considered taboo or sensitive subjects. You can adapt our suggested activities to other terms, depending on what you wish to discuss during your workshops.</p>
<p></p> <p><b>THIS ACTIVITY ONLINE</b></p>	<p>-</p>
<p></p> <p><b>THEORY</b></p>	<p>-</p>

