

EXPANSIVE
University of Kansas
Sexual Assault Prevention and
INTIMACIES
Education Center

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Building Healthy
Relationships Beyond Norms

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Sexual Assault Prevention
& Education Center

Goals and Expectations

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Overview

1

Intimacy Norms

2

13 Types of Intima

3

Intimacy Values Reflection

4

Communicating about intimacy values

Goals and Expectations

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Participants will be able to

Overview

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- Describe the 3 types of intimacy
- Identify and sexual norms around intimacy
- Describe and communicate their personal intimacy values

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- Engage thoughtfully
- Respect others' boundaries and create space for others' thoughts
- Leave here with what you learned, not others' stories or vulnerable experiences

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What do you think of when you think of “intimacy?”

How We Think About Intimacy

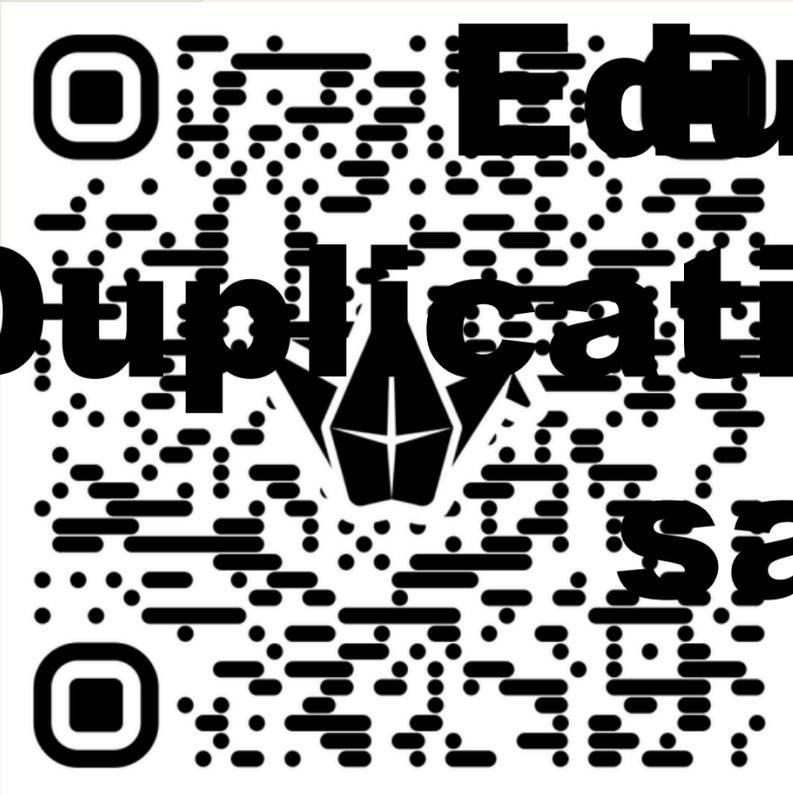
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02 What does it feel like?

03 What does it involve?

04 What influences your definition of intimacy?

Breaking Norms Around Intimacy

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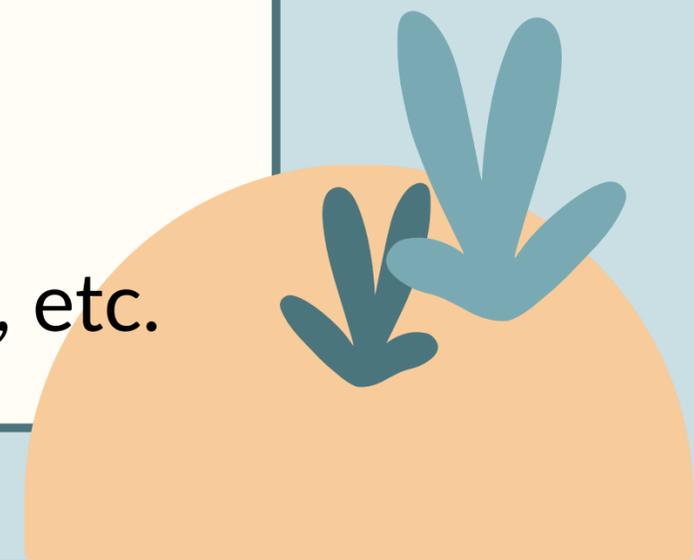
- bell hooks' (2001) conception of love contends, "What we cannot imagine cannot come into being"

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- Imagine ways healthy intimacy can look beyond asexual, cisgender, heterosexual, monogamous, dyadic, romantic relationship conceptions to support healthier intimacy in all relationships

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- friends, queer-platonic relationships, family, partners, etc.



TYPES OF INTIMACY

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Choose 3 types of intimacy

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Write your definition or examples

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Choose 1 you feel confident describing and 2 that are

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Activity

Platonic

Authenticity

Erotic

Emotional

Spiritual

Sexual

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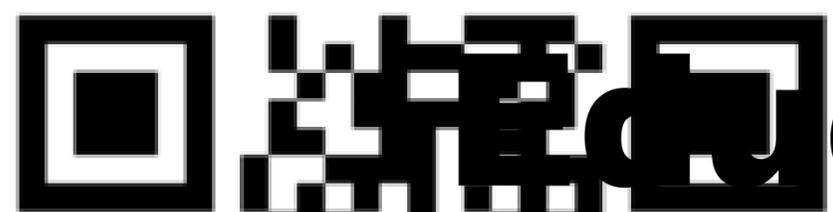
Values Based

Personal Intimacy

Reflections

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Using the tool at the QR code, develop your personal intimacy map.

On the left, think about an ideal relationship. How valuable is each type of intimacy to you?

On the right, think about your current relationship. How present is each type of intimacy in the relationship?

Differing Intimacy Needs

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Are there relationships you get certain intimacy needs met but not in others?

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Intimacy needs may be similar or different for the different types of relationships.

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Identity may also factor into intimacy values and similarities/differences across relationships

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How do the identities of your partner influence what needs are met?

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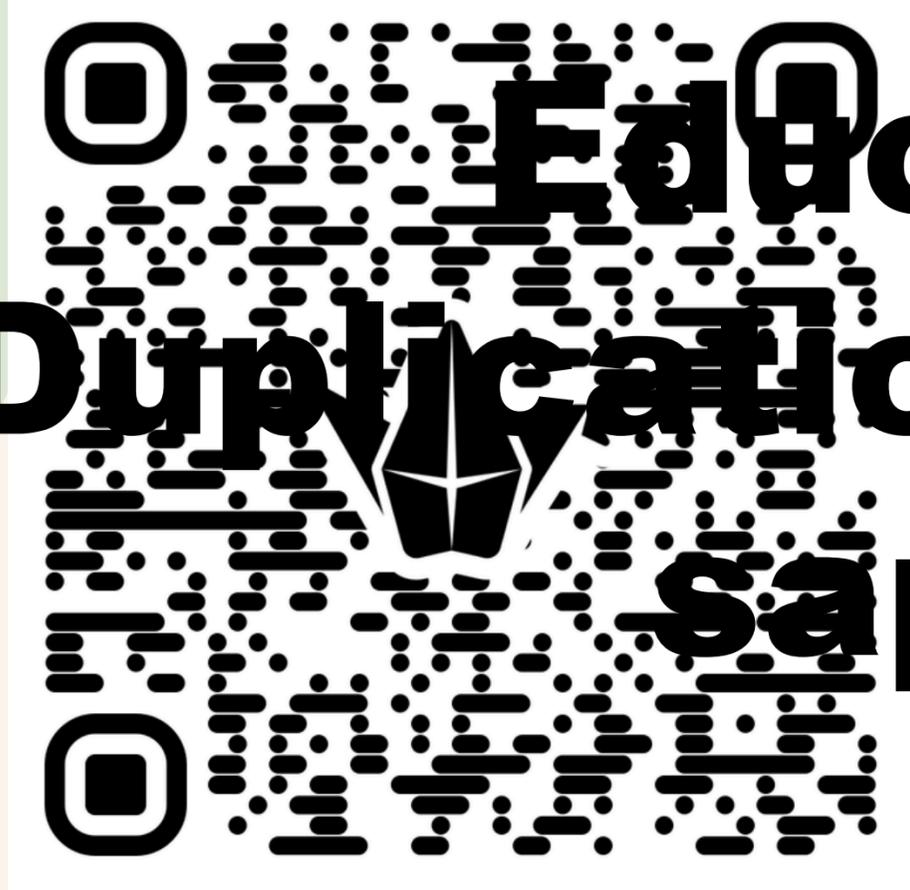
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What factors may shape how intimacy needs are met in different relationships?

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Communicating
about intimacy
values and needs

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Communicating Your Values

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• Tone - there are two values not necessarily needs that are not being met by your relationship - share from a place of excitement

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- Time and Place - Let your relationship partner know ahead of time

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• that you'd like to have a positive, effective conversation about your relationship and intimacy values

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- I feel statements - these help to uphold positive frame

Communicating
across differences

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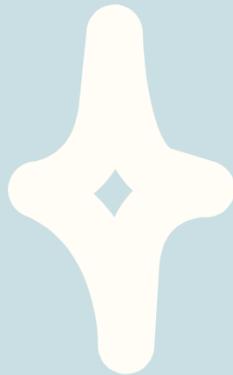
Your relationship values may not always be aligned with your partner's

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Listen to understand, one another, not necessarily agree

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Engaging Ualigned Values

Wanting to engage in a relationship with a partner who has different values than the table

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- Meeting a partner's needs or values may also be important to you, even if those values don't align with your own

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- Communicate what activities, situations or values fall into which categories for the relationship

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- Having a value or need does not mean you are entitled to having it met, don't try to convince your partner to be more willing to engage in ways they don't want to

Wanting Willing Tolerating Enduring Off the table

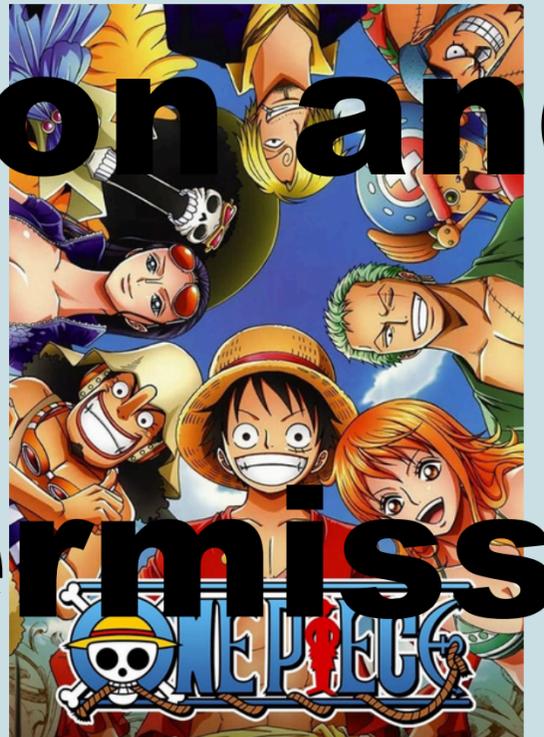
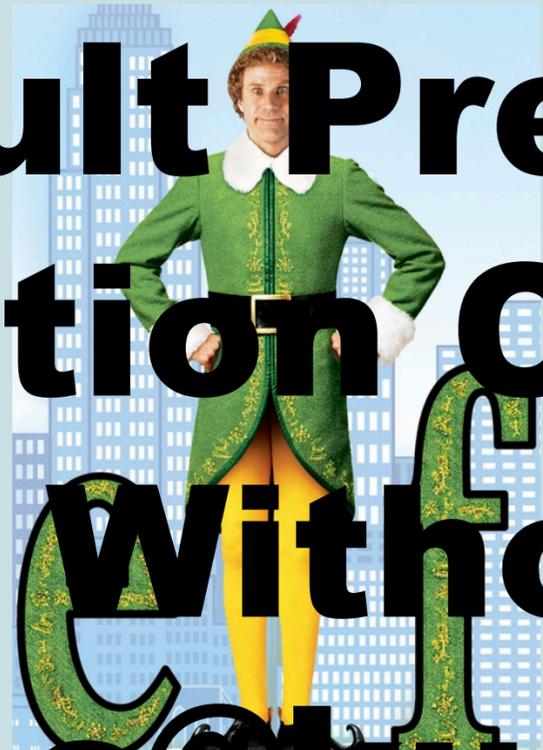
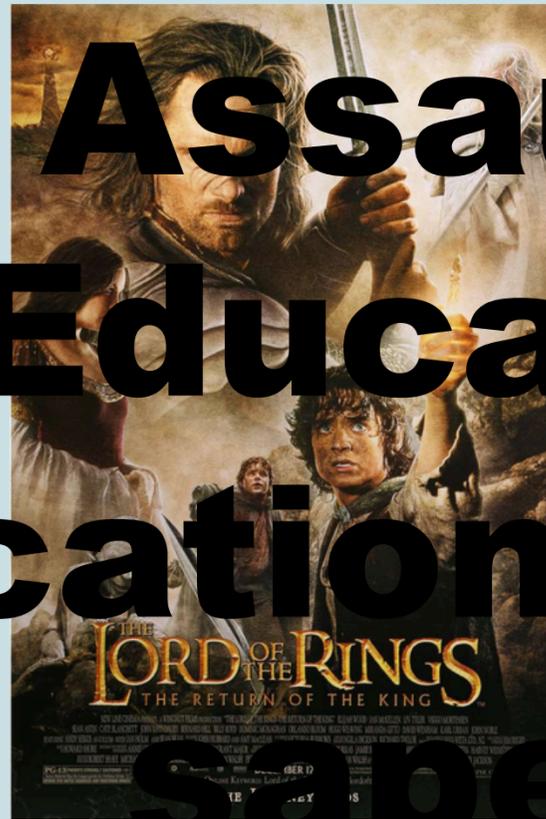
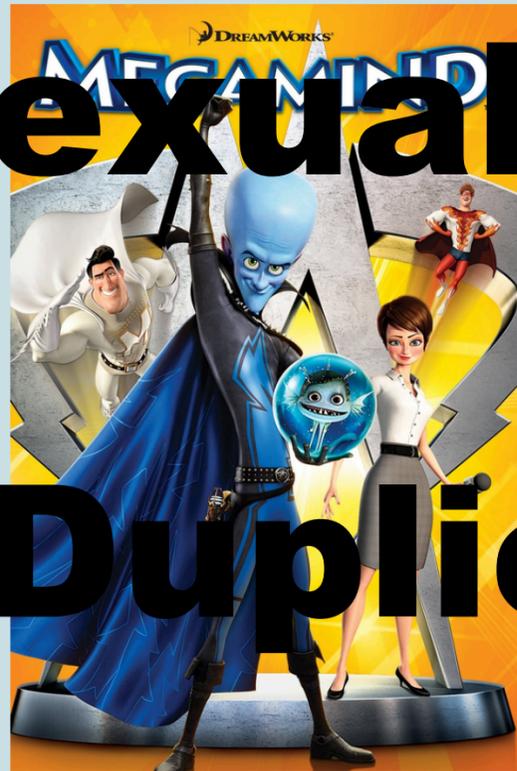
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THANK

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QUESTIONS?
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TYPES OF INTIMACY

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Aesthetic

Familial

Values Based

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Access

Intellectual

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Activity

Emotional

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Authenticity

Fun

Emotional

Sexual

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Erotic

Spiritual

Intimacy Alignments

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Subject

Learning Objective

Partner's
highly valued
intimacies

Aligned

Your
highly valued
intimacies

Unaligned

Your
less valued
intimacies

Aligned

Unaligned

Partner's
less valued
intimacies

Social Studies

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Activities

Subject

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Learning Objectives

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Resources

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