

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

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Goals and Expectations

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Participants will be able to

Overview

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- Describe the 13 types of intimacy
- Identify all sexual norms around intimacy
- Describe and communicate their personal intimacy values

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Intimacy Norms

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Communicating about intimacy values

Expectations

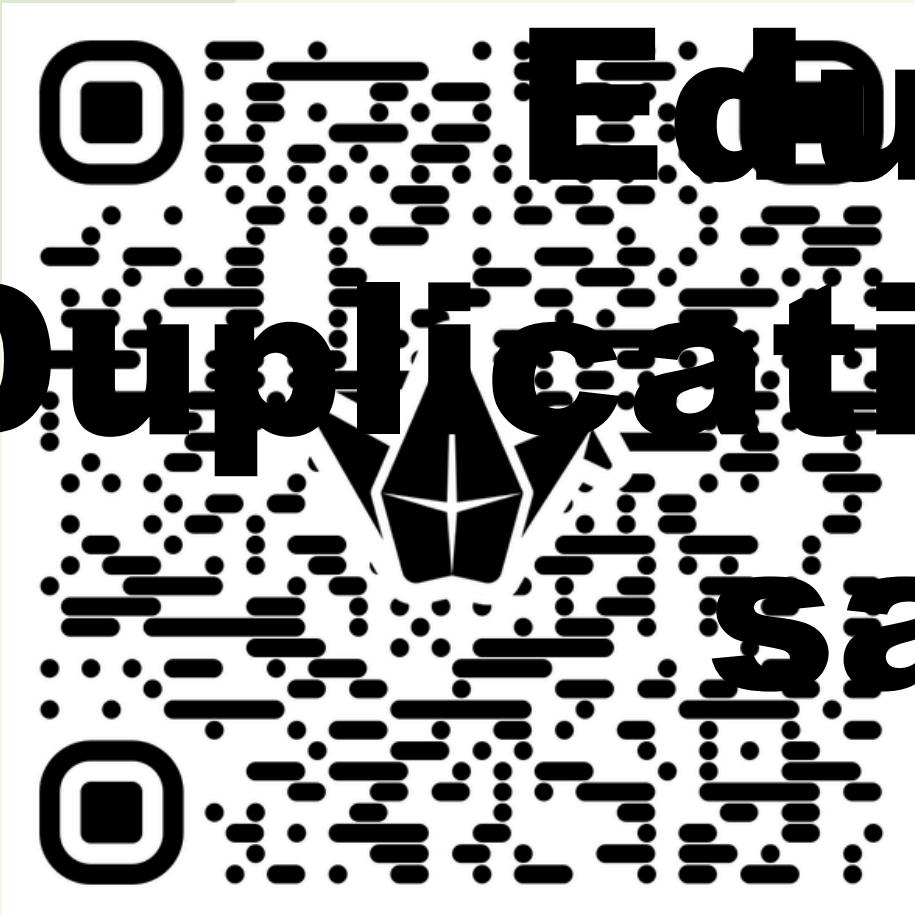
- Engage thoughtfully
- Respect others' boundaries and create space for others' thoughts
- Leave here with what you learned, not others' stories or vulnerable experiences

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

How We Think
About Intimacy

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01 What does it look like?

02 What does it feel like?

03 Who does it involve?

04 What influences your definition of
intimacy?

Breaking Norms Around Intimacy

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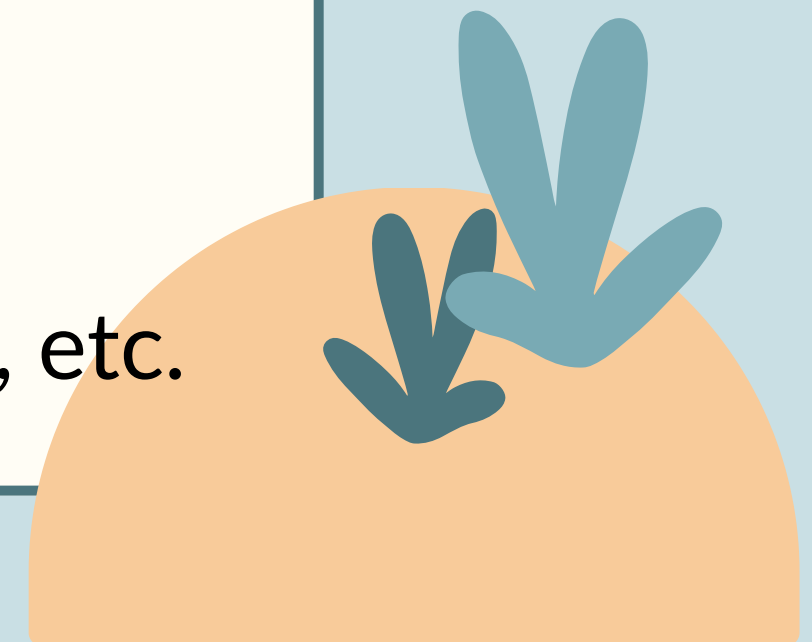
- bell hooks' (2001) conception of love contends, "What we cannot imagine cannot come into being"

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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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Aesthetic

Family

Choose 5 types of intimacy

Adress

Intellectual

Write your definition or examples

Activity

Platonic

Choose 1 you feel confident describing and 2 that are unfamiliar

Authenticity

Erotic

Emotional

Spiritual

Sexual

Sensual

Values Based

Personal Intimacy

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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 a 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?

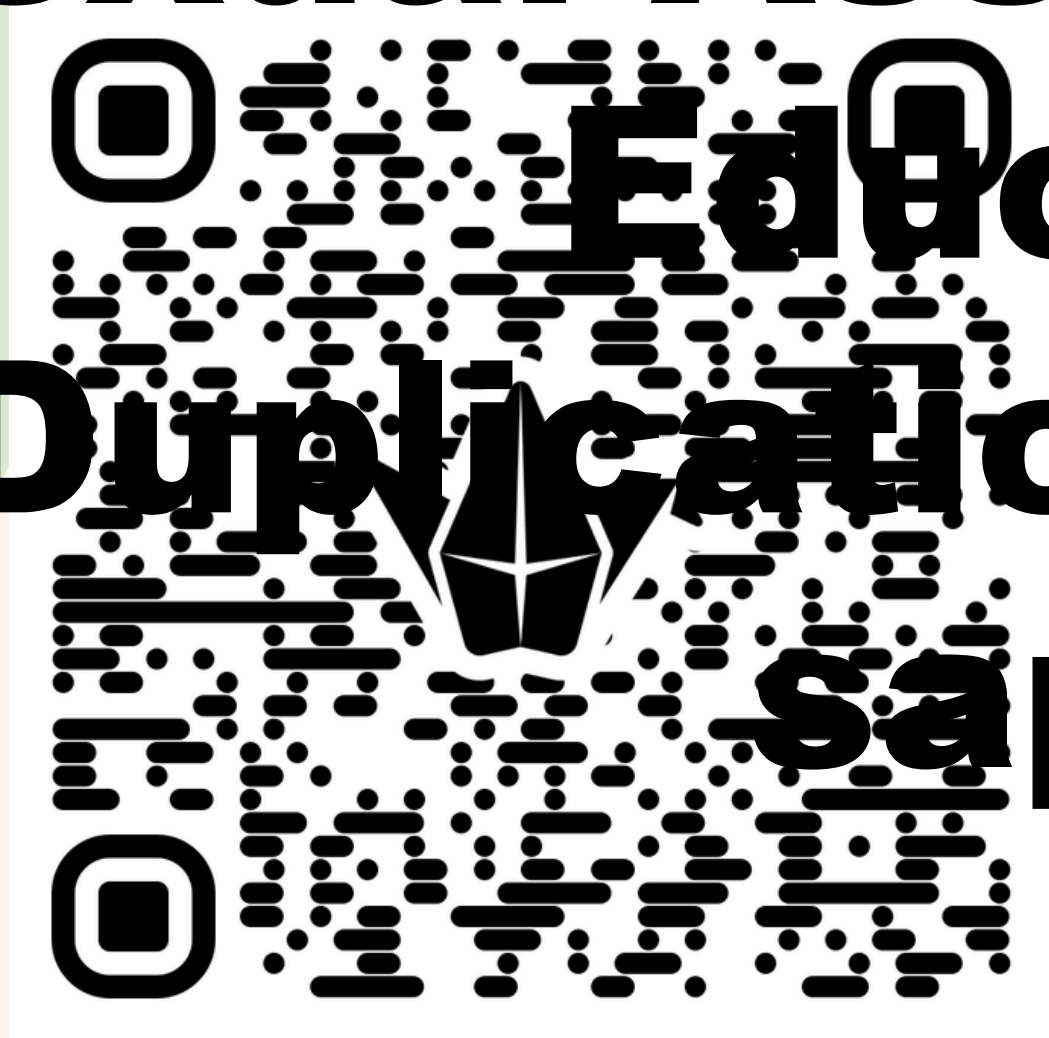
Differing Intimacy
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What factors may shape how intimacy
needs are met within different
relationships?

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Communicating Your Values

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Tone - there are your 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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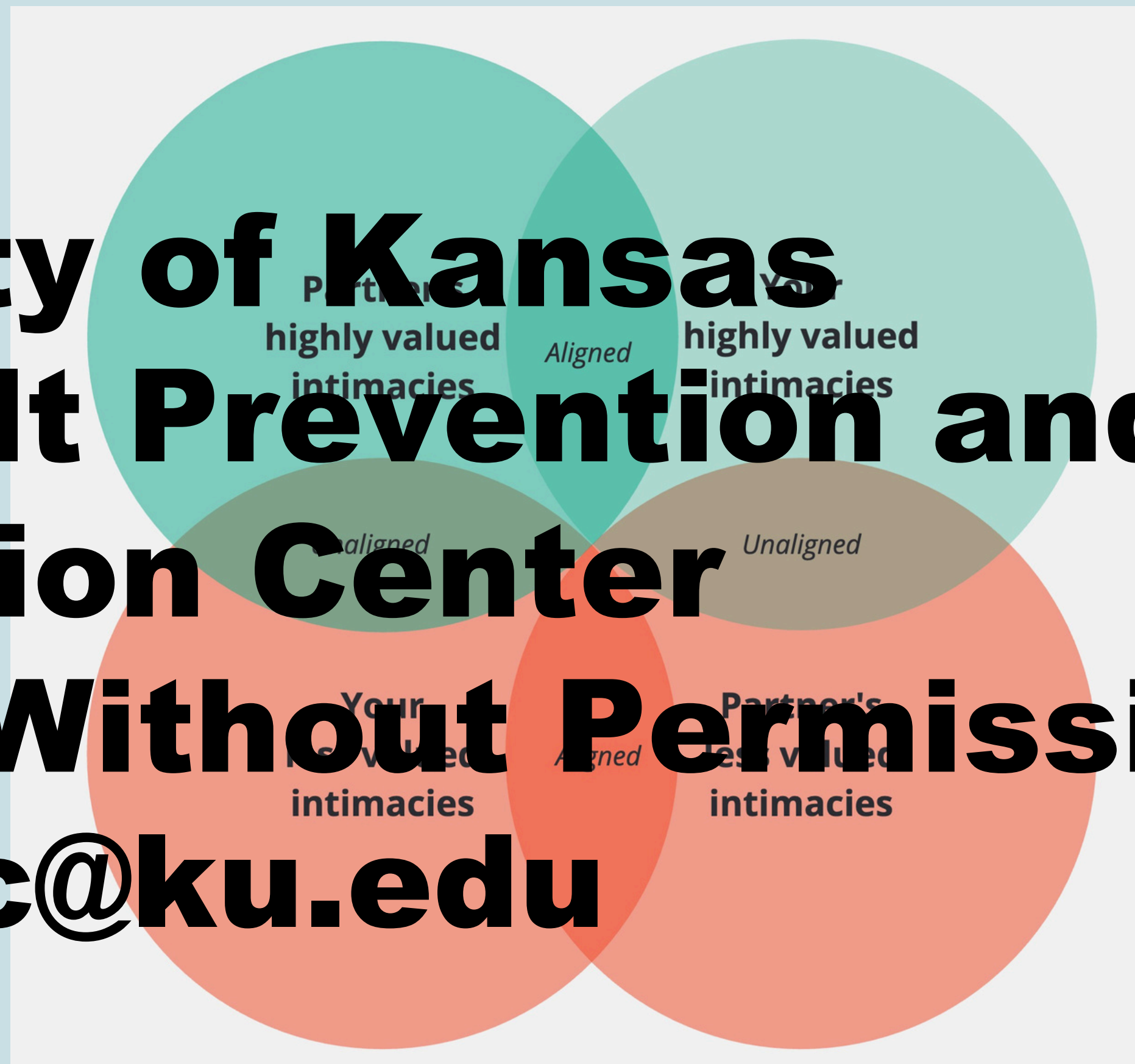
- I feel statements - these help to uphold positive frame

Communicating
across differences

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Engaging Ualigned Values

Wanting to have a relationship with someone who has different values than you is 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

Source: Dr. Betty Martin

Wanting Willing Tolerating Enduring Off the table

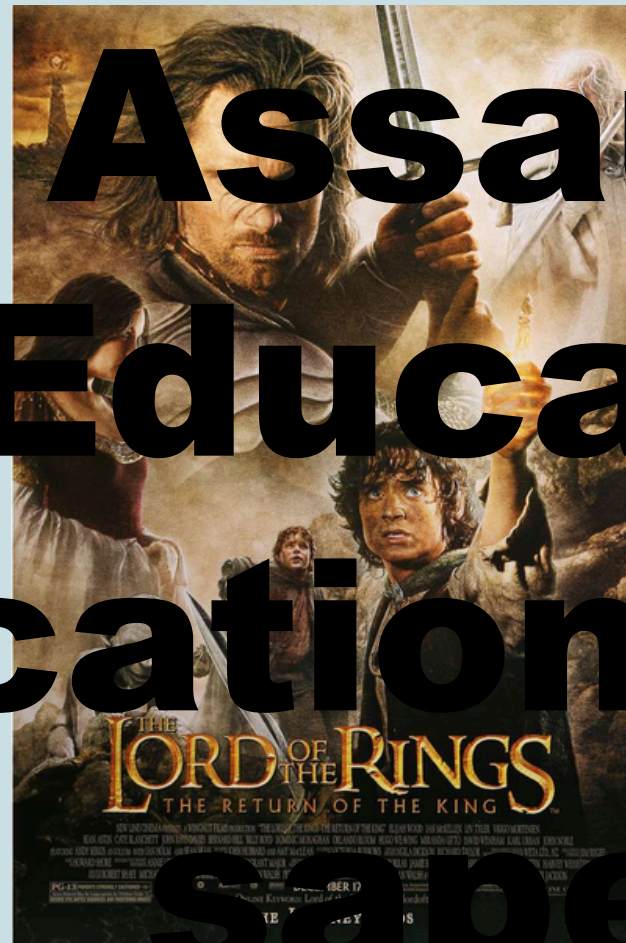
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THANK

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QUESTIONS?
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TYPES OF INTIMACY

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Aesthetic

Familial

Values Based

Access

Intellectual

Activity

Relational

Authenticity

Emotional

Emotional

Sexual

Erotic

Spiritual

Intimacy Alignments

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Subject

Learning Objectives

Social Studies

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Activities

Subject

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Learning Objectives

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Resources

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