

Workshopping Intimacy

presented by Axelle Cazeneuve



The Intimacy Workshop

- A technique to build physical intimacy and trust between partners
- A theoretical tool for sex education and building a culture of consent and sex positivity, designed based on pre-existing larp calibration techniques
- Aimed at sex-ed and mental health practitioners and people of all ages and genders in need for safer, more positive sex experiences
- Not sex! Helps voice and calibrate consent and desire, but participating in the workshop ≠ interest in sexual intercourse
- ...something that could be used in some larps too?

In practice

- A color scale: **blue, green, yellow, red**.
 - **Blue** indicates consent to proceed to the next stage; **green**, comfort in the present stage; **yellow**, the need to get back to the previous stage; **red** stops the workshop entirely. **“No answer” means red. Use yellow at least once.**
- Stages of intimacy
 - Contact may consist in: **touching, caressing, massaging, brushing** with one’s fingers and nails, but doesn’t imply grabbing, clawing, or doing otherwise restrictive gesture, or one that can leave traces. In any case, players should **discuss** beforehand what kind of touching is acceptable. The stages should also be discussed before proceeding to the workshop.
- A debriefing

As a pre-larp workshop

- Group by pairs. **It is okay to opt out.**
- Make sure both of you remember the color scale right.
- Check if the stages are okay for both partners, and if some region should be avoided. Tie your hair if necessary.
- Use **“yellow”** at least once, for example from stage 2 to 1 again. This might indeed be the most difficult to say.
- When ready, ask: “are you ready?” or **“blue?”** to start the workshop.

Stages

- Stage 1: hands.
- Stage 2: arms.
- Stage 3: neck and back.
- Stage 4: face. **Exclude the mouth.**

Blue = consent

Green = comfort

Yellow = take a step back

Red = Stop. “No answer” means **red**.

Debriefing

- First, still by pairs, take two minutes each to answer the questions:
 - Are you okay?
 - Do you need something? (A glass of water, a hug, a more extensive debriefing later, etc.)
- Then, if you feel like it, write up sticky notes with the answers to these:
 - **How** did that make you feel?
 - **How** do you feel towards your partner right now?
 - **Is there** anything more you would like to say?

The notes are a way to evaluate the emotional impact of the workshop. If you don't want them put on the board but still want to share them with me, draw a cross in the upper right corner.

Share your thoughts

- What did you think of the workshop?
- How can we make it better?
- Would you use it in larps? In your ordinary life?



Thank you! =)

Presentation and workshop by Axelle Cazeneuve
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Full material (sex-ed and larp versions):

http://larpinprogress.com/games/intimacy_workshop/

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