



Touches | appropriate & inappropriate



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let's sign about sex

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Freya's materials were supplemented by the project team with easy-to-read entries and information on existing video material.



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Infos for trainers



This icon shows you that the information will be signed by the trainers in the workshop.



This icon indicates that the LSAS lexicon contains **video material in sign language**.



This icon shows you that there is a **worksheet for the participants**.

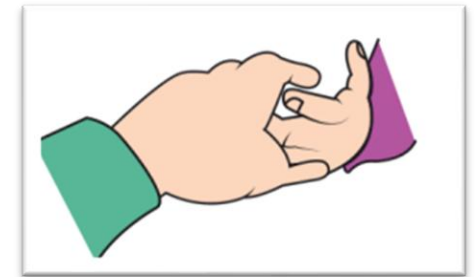
**How do you know when you can touch someone
and when it's not appropriate?**



Different Possibilities

Touch is

- when a person touches themselves.
- Also when one person touches another.
- Or they touch each other.



It is possible to touch different parts of the human body.

We usually use our hands for touch.



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What do we need to look out for?

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The places on the body where someone can touch us depend on, for example:



Who touches us?

You can be touched at different places by a doctor, parents, friends or a stranger.

Why does someone want to touch us?

We use different touches when greeting a friend or when greeting A stranger. It depends on the circumstances.

What do we need to look out for?



How we feel at the moment.

We don't always have to be in the mood to be touched. Sometimes it can be pleasant and sometimes unpleasant.

Where we are right now.

You can touch your partner differently in public and in privacy.

What do we need to look out for?



If we don't know or are unsure whether we can touch someone, it's best to **ask**:

“Can I hug you?” or
“Can I hold your hand?”

It's good to know what kind of touch we and the people around us like.

Boundaries



Everyone has different areas, where you can touch him or her.
That's okay.

We say that everyone has their own boundaries
that need to be respected.

Some people like to be touched.
Some people don't like touch at all.

Boundaries



- It is important that you do not hurt anyone with your touches.
- Touch should be pleasant.
- It is also good to keep some touches private, where you are alone.

Intimate Areas



- Intimate areas are usually under clothing (underwear or swimwear).
- Typically, intimate areas are considered to be the penis or vulva, buttocks, breasts or chest.
- Intimate areas can also be face and mouth.
- But for some people, there may be more intimate places and they may be different – shoulders, legs, and so on.

intimate
personal
close
familiar
private



- It is important to know that our body belong to us and everyone makes their own decisions about it.
- This includes decision about who they allow to touch them.
- We can say NO to being touched even to people we know well, even members of our family.



Appropriate touch – good touch

This is a touch that is welcomed, pleasant.



Inappropriate touch – bad touch

This is any touch that we do not like.

For example: pushing, pulling hair, squeezing hands, slapping.

Most people don't like these touches.



However, there are also people who enjoy these touches.



It's called **BDSM**.

Respect is an important word and it is good to remember it.

The difference between BDSM and bad/inappropriate touching is **consent**.

It means, that the persons **agree** with these touches.

BDSM

engl. abbreviation for
the sexual practice

- Bondage
- Dominance,
- Sadism
- Masochism

Note: Respect means that we understand the other person's wishes and know how important they are to them and that they matter.



Respect is an important word and it is good to remember it.

For example:

- I get turned on by being spanked on the buttocks.
- My partner doesn't.
- I respect that and don't demand it.

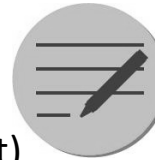
respect

being mindful

Exercise – Self Reflexion - my body



Individual exercise



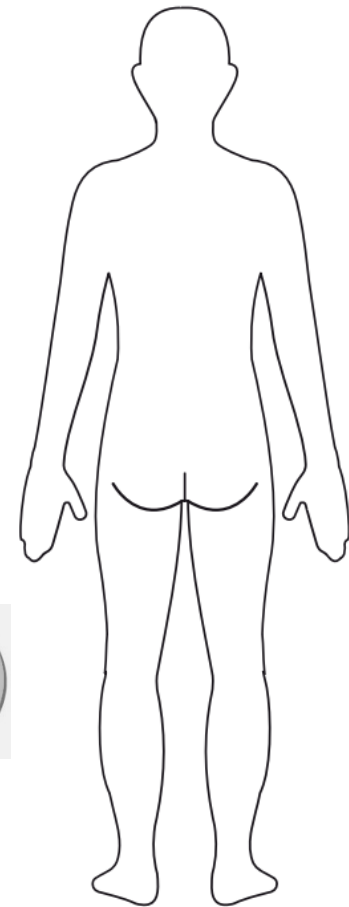
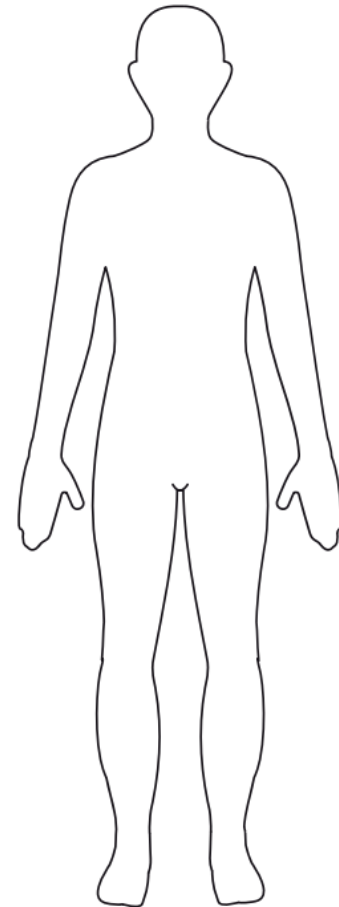
Extension section – Body (Worksheet)



Different Versions:

- touch yourself
- person I love
- foreign person

In which places can you be touched,
in which not?





Discussion