



**It's On Us Workshop:
Setting Boundaries: Navigating Safe
Queer Sex and Dating**

Agenda

- Introductions
- Self care check-in
- Prevention refresher
- Sex, communication, and boundaries
- Everyone was new at one point!
- Self care reminder
- Post-training survey

Learning Outcomes

Implement violence prevention activities for LGBTQ+ students on campus.

Design new and engaging programming for LGBTQ+ students.

Lead discussions about healthy and safe hookups in the queer community.

INTRODUCTIONS



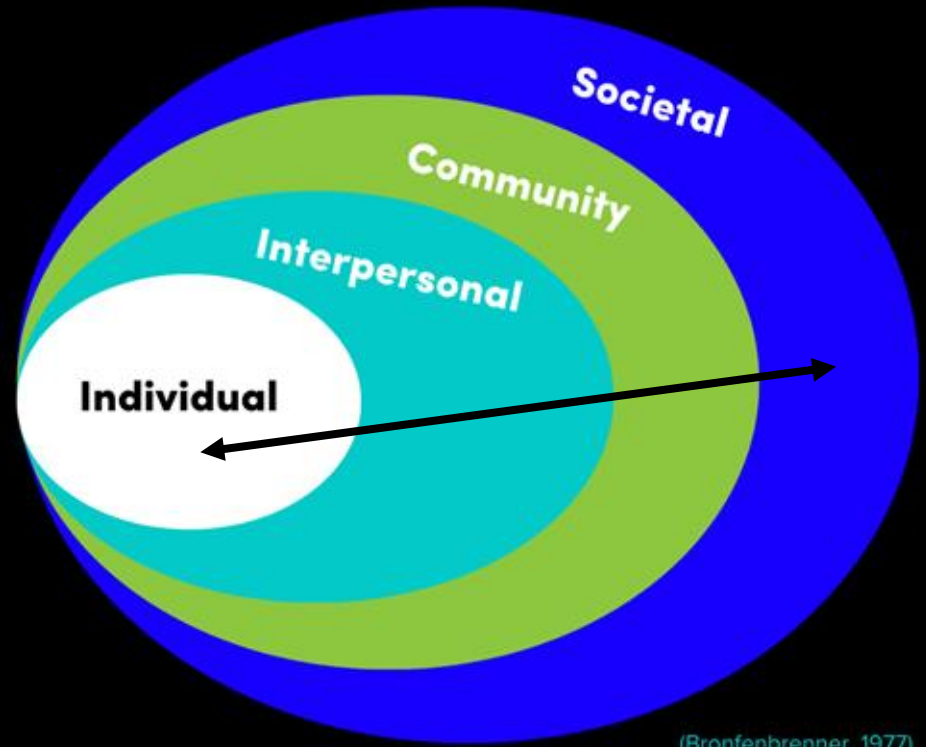
SELF CARE CHECK



PREVENTION REFRESHER



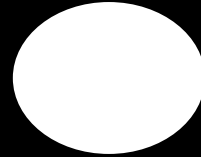
Primary Prevention: Strategy & Theory



(Bronfenbrenner, 1977)

Individual Level Risk Factors:

- Childhood experiences of abuse or trauma (including coming out-related)
- Internalized stigma (homophobia, transphobia, racism, ableism)
- Internalized gender stereotypes
- Substance misuse
- Economic marginalization (e.g., homelessness)
- Mental health issues exacerbated by systemic oppression



Prevention at the Individual Level:



**CULTURALLY RESPONSIVE
TRAUMA RESPONSE SERVICES**



**LGBTQ+ SPECIFIC MENTAL
HEALTH SUPPORT**



**IDENTITY ACCEPTANCE AND
PRIDE**



**HEALTHY COMMUNICATION
AND CONFLICT SKILLS**



ECONOMIC STABILITY



**EMOTION
REGULATION SKILLS**

PREVENTION: BUILDING SAFE SEX SKILLS

UNPACKING MYTHS
AND
HETERONORMATIVE
SCRIPTS

FINDING RELIABLE
RESOURCES FOR
LEARNING

BUILDING
COMMUNITY WITH
OTHER LGBTQ+
PEOPLE

LEARNING ABOUT SEX,
COMMUNICATION,
AND BOUNDARIES

LEARNING DATING AND
SEX NORMS

STRENGTHENING
LITERACY
ABOUT SEX
INFLUENCERS AND
PORNOGRAPHY

SEX, COMMUNICATION, AND BOUNDARIES



ACTIVITY #1:
**GETTING TO KNOW OUR OWN
BELIEFS ABOUT SEX**

HOW IT WORKS

1. Pick a spot in the room to be a continuum with enough space for people to move along. Designate one end as “less intimate” and the other end as “more intimate”
2. Have everyone start in the middle.
3. Read down the list of behaviors one at a time.
4. After you read each behavior, have attendees move to the spot along the spectrum that they feel applies for each one.
5. Have people share out how they came to their decision.
6. Once people are done sharing, move on to the next behavior.

FOR EXAMPLE



HOLDING HANDS

FOR EXAMPLE



MAKING OUT

FOR EXAMPLE



TOUCHING EACH OTHER WITHOUT CLOTHES

EXAMPLE LIST OF BEHAVIORS

- SITTING ON THE COUCH
- HOLDING HANDS
- KISSING
- GRINDING
- USING A TAMPON
- PROSTATE EXAM
- PAP SMEAR
- FACETIME/VIDEO SEX
- ANAL PENETRATION
- VAGINAL PENETRATION
- ORAL SEX
- SEXTING
- SLEEPING IN THE SAME BED
- DRY HUMMING (CLOTHES ON)
- RUBBING GENITALS (CLOTHES OFF)
- WATCHING PORN
- USING A VIBRATOR OR OTHER TOY
- TOUCH OTHER'S GENITALS WITH HANDS
- HAND JOB
- TOUCHING BREASTS
- SELF-PLEASURING
- MASTURBATION
- BEING NAKED WITH ANOTHER PERSON,
NOT TOUCHING

DISCUSSION QUESTION:

**HOW DID THIS ACTIVITY MAKE YOU FEEL?
WHAT DID IT BRING UP FOR YOU?**

DISCUSSION QUESTION:

**HOW CAN THIS HELP YOU WHEN YOU ARE
WITH A PARTNER OR HOOK UP?**

ACTIVITY #2:
KNOWING WHAT YOU WANT

WHAT YOU'LL NEED (CAN BE FOUND ON ITSONUS.ORG):

BEHAVIOR STICKY NOTES

EXAMPLES

- SITTING ON THE COUCH
- HOLDING HANDS
- KISSING
- GRINDING
- FINGERING
- ORAL SEX

RELATIONSHIP LABELS

EXAMPLES

- I'M NOT INTERESTED
- WITH A HOOKUP I MET ON A DATING APP
- WITH A HOOKUP I MET IN PERSON
- IF WE'RE TALKING
- IN A SITUATIONSHIP
- IN A RELATIONSHIP
- ONLY WITH A LIFELONG OR MARRIAGE PARTNER

HOW IT WORKS

1. Place the relationship labels around the room.
2. Hand out a stack of sticky notes to each person.
3. Explain the rules.
 - a. There will be a few minutes for people to write down each of the behaviors that the facilitator reads out.
 - b. Everyone will have 1 minute to go around the room and place their sticky notes on each of the relationship labels.
 - c. After that, we will come back together a talk.
4. Read out the list of behaviors or have a volunteer read them out.
 - a. While reading them out, leave room to define the behaviors if needed.
 - b. NOTE: Attendees can write a behavior on more than one sticky note if they want to put it on more than one relationship label.
5. Countdown and start the timer.
6. Once the timer is up, bring people back for a discussion.

EXAMPLE LIST OF BEHAVIORS

- SITTING ON THE COUCH
- HOLDING HANDS
- KISSING
- GRINDING
- USING A TAMPON
- PROSTATE EXAM
- PAP SMEAR
- SKYPE SEX
- ANAL PENETRATION
- VAGINAL PENETRATION
- ORAL SEX
- SEXTING
- SLEEPING IN THE SAME BED
- DRY HUMMING (CLOTHES ON)
- RUBBING GENITALS (CLOTHES OFF)
- WATCHING PORN
- USING A VIBRATOR OR OTHER TOY
- TOUCH OTHER'S GENITALS WITH HANDS
- HAND JOB
- TOUCHING BREASTS
- SELF-PLEASURING
- MASTURBATION
- BEING NAKED WITH ANOTHER PERSON,
NOT TOUCHING

WHAT YOU'LL NEED (CAN BE FOUND ON [ITSONUS.ORG](https://www.itsonus.org)):

BEHAVIOR STICKY NOTES

EXAMPLES

- SITTING ON THE COUCH
- HOLDING HANDS
- KISSING
- GRINDING
- FINGERING
- ORAL SEX

RELATIONSHIP LABELS

EXAMPLES

- I'M NOT INTERESTED
- WITH A HOOKUP I MET ON A DATING APP
- WITH A HOOKUP I MET IN PERSON
- IF WE'RE TALKING
- IN A SITUATIONSHIP
- IN A RELATIONSHIP
- ONLY WITH A LIFELONG OR MARRIAGE PARTNER

DISCUSSION QUESTION:

**HOW DID THIS ACTIVITY MAKE YOU FEEL?
WHAT DID IT BRING UP FOR YOU?**

DISCUSSION QUESTION:

**HOW CAN THIS HELP YOU WHEN YOU ARE
WITH A PARTNER OR HOOK UP?**

**EVERYONE WAS
NEW AT SOME POINT**



ACTIVITY #3:
NEW TO QUEER SEX DISCUSSION

DISCUSSION QUESTION:
**WHAT CAN MAKE HOOKING UP
INTIMIDATING WHEN YOU'RE NEW TO
QUEER DATING?**

COMMON CONCERNS:

- I don't know what I'm doing.
- I don't want to seem inexperienced.
- I don't want to embarrass myself.
- I'm nervous about disclosing things about my body (what I have, what are my boundaries, or my dysphoria triggers).
- My partner won't enjoy it.
- I feel uncomfortable asking about safety (like condoms or dental dams).
- How do I know if someone has been tested?

DISCUSSION QUESTION:

**WHAT ARE SOME WAYS A HOOKUP CAN
MAKE YOU FEEL MORE COMFORTABLE?**

DISCUSSION QUESTION:
**HOW DO YOU KNOW WHEN SOMEONE IS
INTERESTED IN YOU?**

DISCUSSION QUESTION:
**WHAT ARE SOME WAYS TO COMMUNICATE
BOUNDARIES OR TRIGGERS?**

SETTING BOUNDARIES:

- I'm still pretty new to this, can we take it slow?
- Tell how you like to _____.
- Tell me more about what you like and how I can get you there.
- I really like it when you _____, but I don't want to be touched _____.
- Instead of _____, can we try _____.
- Is there anywhere on your body you don't like to be touched? I don't like it when people touch me here.

TIPS FOR SETTING BOUNDARIES:

- Be honest and clear.
- Be specific and say what you mean. Don't leave room for interpretation.
- Set a firm boundary, avoid “just,” “if that's ok,” and “I think.”
- It's ok not to be sure, you can always ask to try things slowly.

DISCUSSION QUESTION:

**WHAT ARE SOME WAYS YOU CAN HELP
SOMEONE FEEL MORE COMFORTABLE?**

SUGGESTED STRATEGIES:

- Ask them their boundaries up front.
- Ask what they're interested in trying.
- Validate and reassure them.
- Let them set the pace or help to slow it down.
- Be patient.
- Know your own limits and boundaries.

ACTIVITY #4:
QUEER SEX EDUCATION TRIVIA

HOW IT WILL WORK

1. Invite participants to trivia in their own teams or set them up into teams. We recommend picking a place where people already hangout like a cafe, bar, or other popular spot on/near campus.
2. Read a question out loud (or show it on the screen).
3. Teams will have 30 seconds to discuss and write down an answer. You can provide a sheet of paper or notecard.
4. Each correct answer = 1 point.
5. The team with the most points at the end wins a small prize. You can have participants submit an entry fee and all money goes to the winner. You could also pass out swag, or get a partnering restaurant or cafe to donate a gift card.

QUESTION

When was same-sex marriage legalized in the United States?

ANSWER

Same-sex marriage was legalized in 2015.
They get bonus points if they name the date: June 26,
2015.

QUESTION

What was the name of the landmark Supreme Court case that allowed for the legalization of same-sex marriage in the United States?

ANSWER

Obergefell v. Hodges; bonus points if they name the two clauses and/or amendment that are referenced within the case (Due Process Clause & Equal Protection Clause, 14th Amendment).

QUESTION

This is the symbol used to mark queer people during the Holocaust, and was later used by the queer community as a sign of protest, specifically during the AIDS crisis.

ANSWER

Pink triangle

QUESTION

In what year did the American Psychological Association (APA) remove homosexuality from its list of mental disorders?

ANSWER

1973

QUESTION

What was the first U.S. state to outlaw discrimination based on sexual orientation?

ANSWER

Wisconsin; Bonus points if they give the
year: 1982.

QUESTION

What was the term used by gay men to identify each other during the 20th century?

ANSWER

"Friend of Dorothy"; bonus points if they can name some of the (potential) origins of the term (based on Dorothy Gale from The Wizard of Oz, as the actress that played her in the movie, Judy Garland, is/was considered a gay icon).

QUESTION

Which drag queen was Chappell Roan referencing when she said, “I’m your favorite artist’s favorite artist?”

ANSWER

Sasha Colby

QUESTION

In queer ballroom culture, what is the term for the groups or “chosen families” that compete together, often led by a “Mother” or “Father”?

ANSWER

Houses. For bonus points have them name a famous House. Examples include LaBeija, Xtravaganza, Ninja, Mizrahi, and Balenciaga.

QUESTION

Who was the first winner of RuPaul's Drag Race when the show premiered in 2009?

ANSWER

BeBe Zahara Benet. For bonus points, they can name another winner from the most recent season.

**DOWNLOAD THE GAME FROM THE IT'S ON
US ORGANIZING DRIVE!**

ACTIVITY #5:
QUEER SPEED DATING

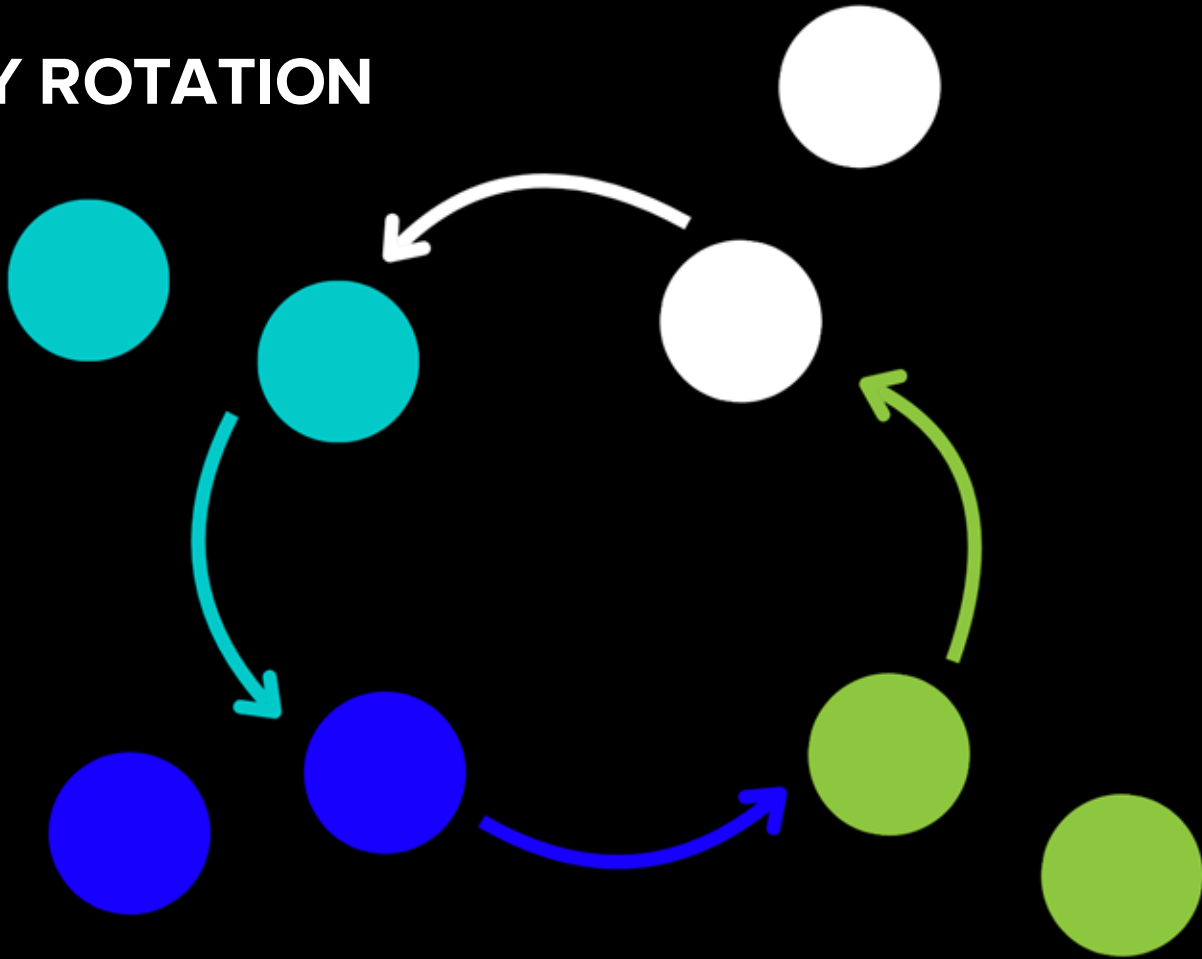
HOW IT WILL WORK:

1. Set up pairs of chairs in two circles (diagram on next slide).
2. Each round, the facilitator will read a prompt to discuss.
3. **2 minutes:** To practice flirting, attendees start each round by:
 - a. Giving their date a compliment.
 - b. Asking their date one question about themselves.
 - c. And then following up on the answer with a comment or a question.
4. **2 minutes:** Discuss the prompt.

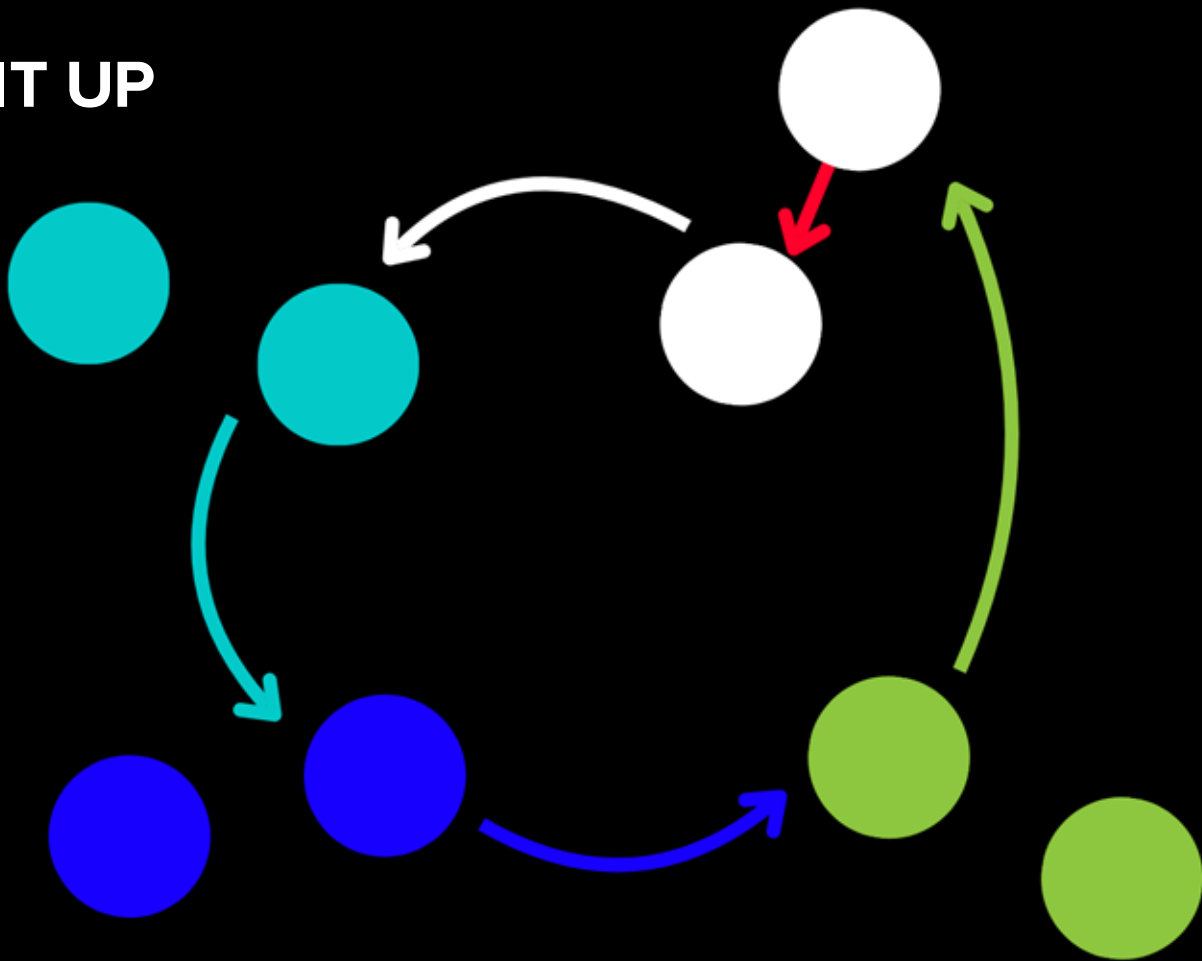
PROMPTS:

- What can make flirting intimidating when you're new to queer dating?
- How do you show you are interested in someone? How can you tell someone is interested in you?
- When you first meet someone you're interested in, what's a small thing they can do to make you feel more comfortable?
- How do you check in with someone if you're not sure they're comfortable?
- What are some ways to ask for consent that feel natural or fun?
- Have you ever had someone respect a boundary in a way that really stood out to you?
- If you could teach one communication skill to every queer person, what would it be?

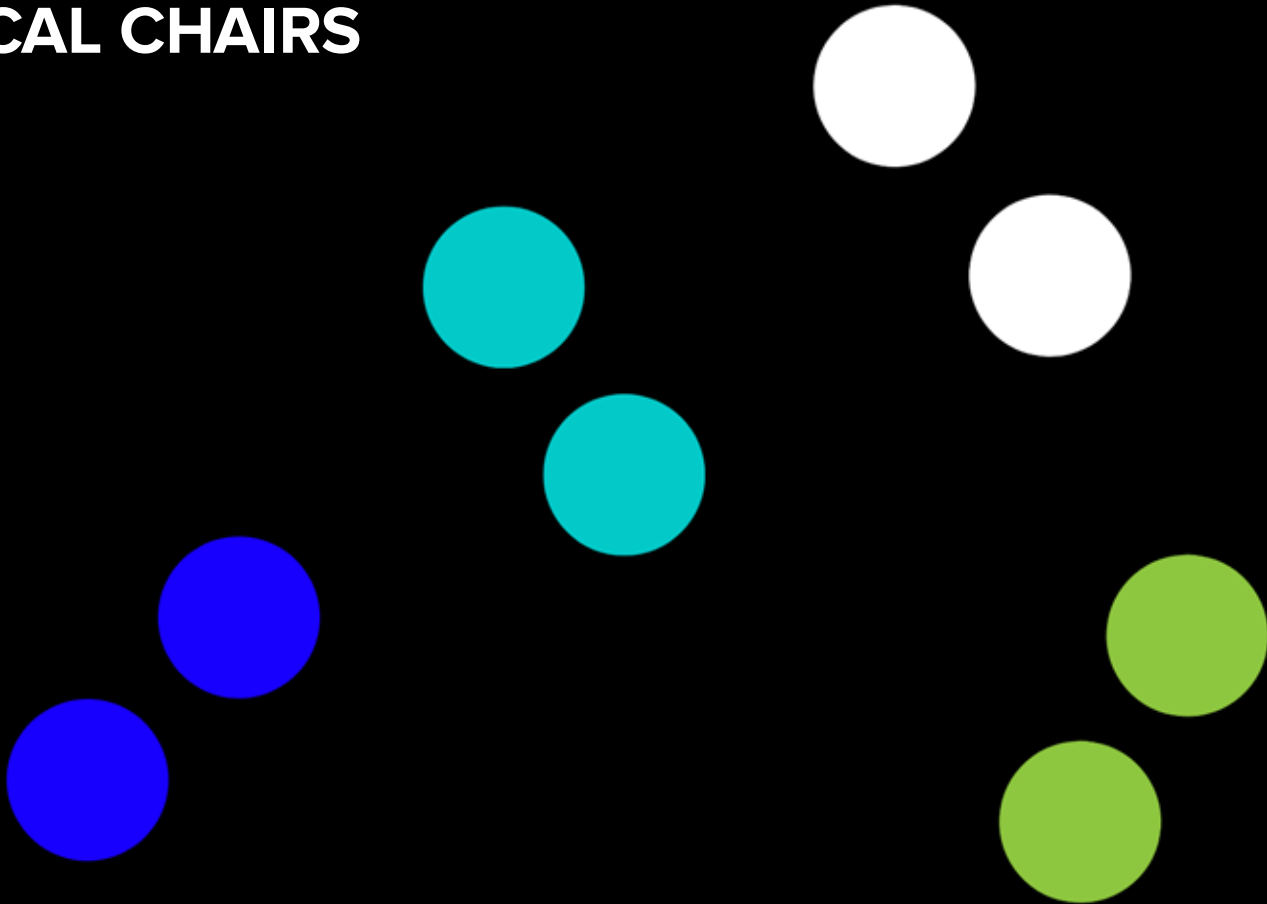
EASY ROTATION



MIX IT UP



MUSICAL CHAIRS



DAILY HABITS



- Drinking enough water
- Eating filling foods
- Getting enough sleep
- Talking to friends or family

Taking care of basic needs is the beginning!

SELF-SOOTHING



- Taking a bubble bath
- Getting a massage
- Zoning out on social media
- Cooking a cozy meal
- Doing something fun with others

Take time to tune out daily stressors.

MANAGE EMOTIONS



- Meditating or spiritual practices
- Exercising
- Snuggling up to a favorite movie
- Listening to calming music
- Venting to a friend

Practice regulating your nervous system with familiar things.

EMOTIONAL WORK



- Journaling
- Counseling & therapy
- Reflecting
- Feeling emotions fully
- Practicing coping skills

Work through your emotions towards healing.

HEALING WITH COMMUNITY



- Participating in cultural practices
- Engaging in spiritual or religious gatherings
- Group dancing or singing
- Advocacy and activism
- Group discussion or reflection
- Sharing a meal

Intentional community with others is the ultimate path to healing!