



02

Intimates

The Activity Book

RISK TO
REASONS

Activity Book 02 | Intimates



Presented by ViiV Healthcare

Intimates

The Activity Book

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*This content is intended for
people aged 18 years or older.*

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**Welcome to
Intimates: The Activity Book –
we're glad you're here.**

This may be your first time exploring this series, or you may be returning to it with a friend, a partner, your healthcare provider, or simply yourself. There is no "right" way to engage – these activity books are designed to be completed as a series, one book at a time, or activity by activity, depending on what works best for you.

This series is all about pleasure, and how pleasure and intimacy are real reasons for self-care and HIV prevention. It's about reframing how we look at health and wellness – putting pleasure at the top as a reason and a way to support your health.

Inside each activity book, you will find interactive exercises, games, and prompts to explore everything from discovering your own desires to navigating conversations with your healthcare provider. As you move through each one, please keep in mind that nothing is an instruction – it is simply an invitation to reflect, learn, and have fun.

Now let's get started!

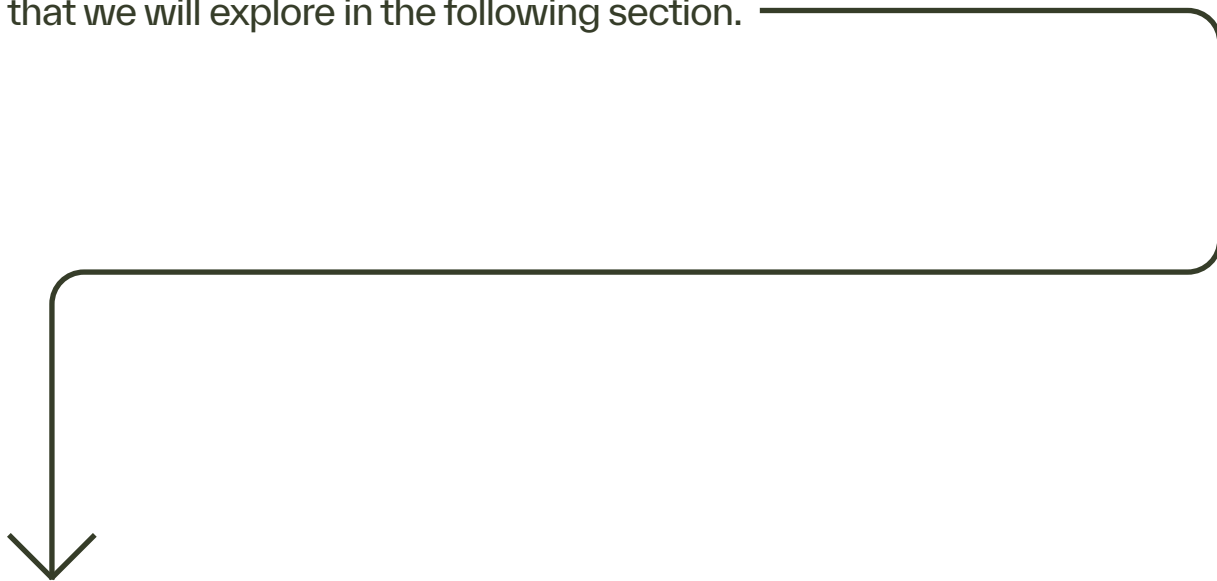


HAVING → THE



CONVERSATION

Like many things, hard conversations – especially with the people we are intimate with – take practice. This is especially true when it comes to talking about sexual health, including HIV prevention. These conversations are sometimes helped by taking into account a few key questions/considerations that we will explore in the following section.



① Environment

Is this the best environment for this conversation and if not, how do I create the optimal one (or as close as I can get)?

② Definitions

Have we done enough work to be starting the conversation with the same reference points? Do we have the same definitions?

③ What Comes Next?

Should I share this with this person? Will it move me towards the outcome that I want and is it safe?

① Environment

We've all been there.

You are so _____
(fill in the blank) about what you are feeling or what just happened that you have to have the conversation with your partner immediately. Even if it's the middle of the night. Even if you're standing in the frozen food aisle at the grocery store.

Freeze frame on that. While it might feel better in the moment, in terms of getting what we want in the long run, it's usually better to design our communication environment with intention.

**Let's practice
creating a great
environment.**

Pick a conversation you want to have with your partner.

What time of day does your partner feel most open to conversation (in the morning, at night, on the weekend, etc)?

What kinds of distractions do you need to eliminate in order to have a productive conversation (i.e. television off, phone away, closed door, mood lighting)

For your partner:

For yourself:

What do you need to be present in the room/space to feel relaxed? (i.e a closed door that locks, low lighting, background noise/no background noise)

What kinds of things do you need to ask for at the beginning of the conversation in order to help your partner be effective (what do they need to ask for)?

For example:

Please don't interrupt me until I'm finished

Please don't look at your phone

Please don't share this conversation with anyone

Please understand I'm very anxious right now

② Definitions

Sometimes we assume that just because we are speaking the same language, we have a shared understanding of what words mean, but that's not always the case. What being "sensitive" means to someone, might be different for someone else. The same goes for showing someone you love them or even what "fighting" looks like/is defined as.

It's important to try to define some of the basics with your partner to make sure that when you are talking about complicated things, you are starting from a place of at least understanding each other's definitions.

So, let's define it:

Both you and your partner should complete the following, then exchange and discuss.

For you.

Define the following words, terms, and ideas:

You show someone you love them by

Being committed to someone means

Being affectionate means

A big fight is when

You show your partner respect when

You know you can trust your partner when they

This happens when you are having a disagreement

Being a loyal partner means that you

What surprised you about what your partner wrote?

What were they surprised by on your sheet?

What did you have alignment on?

What was the most different?

**Definitions
(cont.)**

For your partner.

**Define the following words,
terms, and ideas:**

You show someone you love them by

Being committed to someone means

Being affectionate means

A big fight is when

You show your partner respect when

You know you can trust your partner
when they

This happens when you are having
a disagreement

Being a loyal partner means that you

What surprised you about what your
partner wrote?

What were they surprised by on
your sheet?

What did you have alignment on?

What was the most different?

③ What Comes Next

Now that you know what environment you want to create and are working towards shared definitions, let's get to the next part. There are many things we need to tell our partners — sometimes they are big things like our vision for the relationship, important changes we need to make or information about our sexual health. Other times they might be smaller adjustments like something new you've discovered you need in the mornings or an activity you want to explore. Either way, disclosing happens all the time in partnerships but it can still feel challenging and overwhelming to navigate — especially with the big stuff.

Questions to consider when evaluating what, where and when we share:

1. Do I trust this person to use this information in a way that will be productive for me and our relationship?

Yes _____ No_____

If the answer is no, how am I defining productive?

For example, “productive” could look like the person deciding they don’t want to continue the relationship. But that could reflect that they aren’t the right person for you because they can’t be what you need, in which case even though it hurts, it’s very productive in moving you towards the person who can give you what you both need and deserve.

2.

Do I have a clear objective in sharing this/do I understand what I would like from the other person when I share it?

It is very hard for people to give us what we want, if we don't know what that is. When disclosing something, particularly something big, it's important to understand what our hopes are for that other person when it comes to how they react. For example, do we want acceptance, do we want forgiveness, do we want support, do we want affirmation.

I want _____

Have I shared with the person in the set up to this conversation what I am looking for from them/what I need?

Yes _____ No_____

Did I do the definition work above with them in advance to help ensure that they understand what specifically I want or how I define what I'm asking for?

Yes _____ No_____

3.

Is it safe to share this with this person?

Yes _____ No_____

Unfortunately, we can't share everything with everyone. They might not be ready to hear it. We might not have done the upfront work to help create a successful conversation. Or maybe sharing it is not safe for reasons outside of our control. It's always important to ask and be very honest with ourselves on this point and make our safety a priority.

Reminder: Hard conversations take practice! You can return to this exercise any time you need it. This is just the first step toward developing the language to talk to your partner about anything you need, from your secret pet peeves to your reasons for HIV prevention.

DISCOVERING

WHAT WE WANT,

ASKING FOR

WHAT WE NEED

Pleasure

The first day of summer

A nap on the beach

A bowl of your favorite ice cream after a long day

That tingling sensation that sweeps through your body during orgasm

Goosebumps from a partner's touch, or

A reason for HIV prevention.

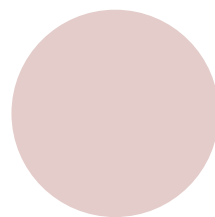
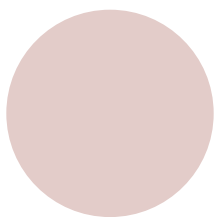
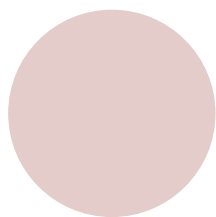
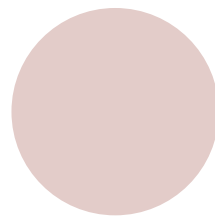
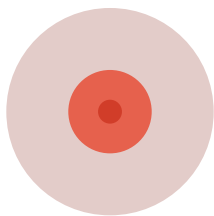
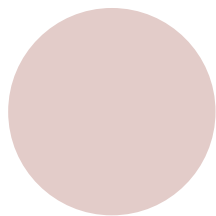
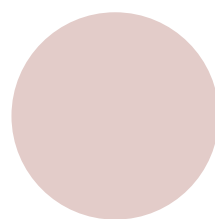
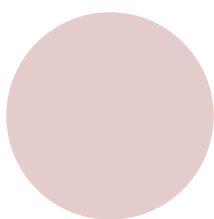
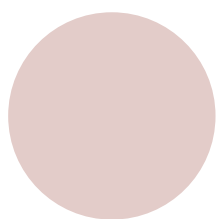
These are all experiences to think about when understanding what brings you bliss and joy, also known as pleasure. Whether it's a solo act or with a partner, what comes to mind when YOU think about pleasure?

This section of the activity book is all about discovering, exploring, and expressing what brings you pleasure. And then finding ways to bring more of it into our lives, and with our partners.

Understanding your needs, and those of your partner, takes time and practice. The activities in this section will help you strengthen your connection to what you want emotionally and physically, as well as mentally.



Activity Pleasure Bingo



For this activity, you are going to reflect on all the things that continually bring you pleasure; they can be sexual or nonsexual because pleasure and intimacy are not only synonymous with sex, remember.

And then, you are going to play bingo with a twist.

Part 1: Create a List of 15 Things That Make You Feel Pleasure

Directions: On the next page, you and your partner will individually write out what brings you pleasure. You can write these down together or separately, your choice. When making your list, think about what brings pleasure day-to-day in your life as well as in the bedroom. It can be something you've experienced solo or enjoy with a partner. This space is meant for exploring and learning what makes you feel connected to your body, mind, and soul, first.

Here are some questions to consider when creating your list:

What smells, tastes or sounds bring you pleasure?

What ideas bring you pleasure?

What sensation (touch) brings you pleasure?

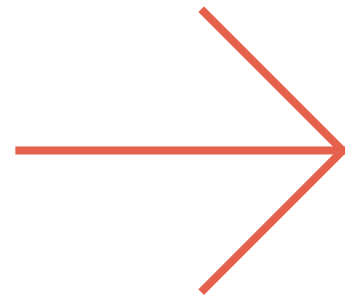
What scenery brings you pleasure?

Partner 01

Partner 02

Part 2: Build Your Bingo Cards

In the two tables, you and your partner(s) are going to build out your bingo cards using your list of 15 things that bring you pleasure.



● PLEASURE BINGO ●

Cardholder Name: _____

		PICK YOUR PLEASURE		

● PLEASURE BINGO ●

Cardholder Name: _____

		PICK YOUR PLEASURE		

● PLEASURE BINGO ●

Carholder Name: _____

		PICK YOUR PLEASURE		

● PLEASURE BINGO ●

Carholder Name: _____

		PICK YOUR PLEASURE		

Part 3: It's Time To Swap Cards

Once each square is filled in, review your bingo card and swap with your partner.

Unlike a regular game of bingo, we won't be drawing any balls with numbers to mark our scorecards.

In Pleasure Bingo, you are responsible for holding on to your partner's pleasure card until each square is crossed out. Ideally, you would aim to cross out at least one square a day, but depending on your partner's pleasure card and well, life, it might take time to complete the whole card.

Ultimately, the goal is to understand what brings you pleasure, what brings your partner pleasure, and how to actively contribute to each other's **pleasure journey**.



Reminder: Practicing HIV prevention by accessing PrEP is a manageable, smart, and put-yourself-first way to be able to enjoy these kinds of pleasure while also supporting your health.

Remember, understanding your needs takes time, so remain patient and have fun on your journey. Also, make sure to keep the bingo card in a safe space like a wallet, on the nightstand, or maybe on your refrigerator for all your guests to see.

Activity

Introduction

to Desire

Now that you are familiar with what brings you and your partner pleasure, it's time to discuss your desires.

Desire is a strong feeling of wanting something or wishing for something to happen.

Think about it like a craving or a sweet tooth. Whether you're longing for your partner's homemade key lime pie or to have sex on top of the oven where the pie is baking, being able to express those feelings should make you feel confident and free.

It's important to feel comfortable and safe to express your desires no matter how taboo they may seem. For example, if you desire to have people watch you during sex because it intensifies your pleasurable experience, then you should feel no shame wanting that.

Being able to vocalize your desires will feel powerful and intensify the connection to yourself and your partner. In this section, you will develop the skills and language that comes with owning, expressing, and acting upon your desires with a partner(s).



Part 1: for the first part of this activity, you are going to identify the role desire currently plays in your relationship.

Directions: Each partner should tear out their own “Desires Check-In Questionnaire” from the activity book. Write your name at the top, grab a pen, and start the countdown. You will have 20 minutes to answer the questions below. When the time is up, regroup with your partner in a space you both find comfortable because it’s time to listen to each other.

Take turns asking each other each question, and feel free to say “pass” if you don’t want to share. Some of these questions might be hard to answer – when your partner is sharing their responses, be mindful of how they feel and comfort them along the way. That could look like touching their hand or leg, making eye contact, or not interrupting them while they speak.

Desires Check-In Questionnaire

What does desire mean to you?

On a scale of 1 (not important) to 5 (very important), how important is it to understand your partner's desires?

① ————— ② ————— ③ ————— ④ ————— ⑤

On a scale of 1 (not important) to 5 (very important), how important is it that your partner understands your desires?

① ————— ② ————— ③ ————— ④ ————— ⑤

What does your partner do that turns you on?

What does your partner do that turns you off?

Is there something your partner used to do that you miss?

What's your favorite sexual memory? Does not have to be with your current partner or even a real story; it could be a fantasy you can't get out of your head.

Is there something new you've been wanting to try with your partner sexually?
If yes, what is it?

Activity

What do I Want?



Once you've both shared your list with each other, it's time to go after what you each want romantically, sexually, emotionally, physically, intellectually, and even spiritually, if that's your thing.

Think about a time you yearned for someone to come along to tell or show you what you've always fantasized in a relationship.

Directions: For this section of the activity, you are invited to express what you want, dream of, and desire in your relationship. You should write the big things, small things, and how you can make time and space for them in the table below.

*Is HIV prevention on your list?
Why or why not?

ROMANTIC WANTS

Big: _____

Small: _____

How? _____

EMOTIONAL WANTS

Big: _____

Small: _____

How? _____

INTELLECTUAL WANTS

Big: _____

Small: _____

How? _____

SEXUAL WANTS

Big: _____

Small: _____

How? _____

PHYSICAL WANTS

Big: _____

Small: _____

How? _____

WELLNESS WANTS

Big: _____

Small: _____

How? _____

Any other wants?

Any other wants?

Any other wants?

**And that's a wrap! Take a deep breath
and thank yourself for being here.**

It's important to remember that we all have different reasons for engaging in HIV prevention. One reason could be to increase pleasure and deepen intimacy while feeling more protected. This is just one tool to help you explore the landscape of intimacy/sex, desire, and pleasure – and to develop the language to talk to your partners and healthcare providers.

**HIV prevention starts here.
This is just the beginning.**

HIV prevention is pleasure.

HIV prevention is intimacy.

HIV prevention is desire.

HIV prevention is protection.

HIV prevention is _____.



This collection of activities and exercises exist as part of a series.

Scan the code to explore the full collection, download digital copies, access HIV prevention information and connect to resources.

Explore the collection here.



#RISKTOREASONS

We want to hear from you!
Share your thoughts on this activity book by scanning the code below and taking 2 minutes to fill out our short reader survey.



Take the survey.



2

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