TOOLKIT: CONVERSATIONS THAT MATTER

CREATING THE FREEDOM FOR EVERYONE TO BE THEIR AUTHENTIC SELVES; WHICH IS SOMETHING WE ALL DESERVE

"I feel like we’re taught to hold onto what we’re feeling and that it’s weak to share your emotions. But it’s very empowering. I feel most empowered when I’m able to say exactly how I’m feeling about something. You know, I can be right or wrong, but the fact that I’m able to articulate that breeds power for me."

—Leanne
YOUR COMPLETE ROADMAP TO STARTING CONVERSATIONS ABOUT SEXUALITY, AFFECTION AND BOUNDARIES WITH THE PEOPLE IN YOUR LIFE

WHEN SHOULD I TALK TO THEM?

- Do you value your relationship with your friend, sibling, mother, father, child, friend, coworker, intimate partner?
  - No
    - Politely back away and concentrate your time on people you value in life.
  - Yes
    - Do you have honest and open conversations with them about sexuality, safety and boundaries?
      - No
        - Now is the time to start. Do you know how to start that conversation?
      - Yes
        - Great! Check out these tips to make those conversations even better.

WHAT DO I ASK THEM?

1. Have you ever had an experience that left you feeling uncomfortable, questioning what happened and how things got to that point?
2. Have you ever felt like you made someone else uncomfortable?
3. What are some things that are important to you in a sexual interaction?
4. Have you ever had bad sex? What made it bad?
5. How do you communicate what makes you comfortable or uncomfortable? Do you use body language or words? Both?
6. What do you do when someone has overstepped your personal boundaries?
7. How can you better communicate what you need, like and want?
8. How can you understand what other people need and want in the future?
9. Have you had a sexual experience you particularly enjoyed?
10. What's something you haven't experienced, but think you might enjoy?

HOW DO I START THE CONVERSATION?

- Bring it up when you have the time and space to have an honest conversation.
- Ask questions - and listen without judgment.
- Be open, honest and kind with your words.
- Everybody is different, so you might disagree - having the conversation is the important part.

FOR MORE QUESTIONS OR TO SUBMIT YOUR OWN SUGGESTIONS VISIT www.ACESDV.ORG/SEX-TURNED-UP OR TWEET USING #SEXLoud