

FIRST SEXUAL EXPERIENCE

PURPOSE OF THE EXERCISE:

With this short exercise attention is drawn to the huge threshold people face when talking about their feelings concerning intimacy. Social workers sometimes underestimate how difficult it is to share one's very intimate experiences.

TIMING:

20'

NEEDED MATERIAL:

Pen and paper. Possibly an envelope to put the piece of paper in.

HOW TO CONDUCT THE EXERCISE:

The instructor gives each participant a piece of paper. They then provide this instruction: "write down, in a few words, how you remember your first sexual experience". Give the participants a few minutes to write this down. Then the instructor gives the next instruction: "fold your paper a couple of times, so that no one can read what's on it. Now you hand this paper to the person sitting left of you. The person who receives the paper lays it down before him, keeping the paper unfolded."

Now you can start a conversation on how it feels to "hand over" such intimate information to a person you do not really know.

(This exercise is provided by Bregje Spaans, bregje.spaaans@hu.nl)

SUGGESTIONS:

The impact of the exercise will vary depending on how well participants know each other.

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