

## **Outline from the video from Midori on consent and conversations about touch (to be done right before touch begins)**

### **Feelings in the moment:**

How are you feeling right now? (Include general mood, emotions, distractions, current experience right now in the moment, things you are bringing in).

Consider our working concept of transitions and what might help you get present (i.e. "I would like to take a shower, clean the room, " etc). Consider your level of interest (i.e. Do you want to give/receive/both? What kind of touch you are interested in affection/sensual/erotic/sexual touch, as examples.)

### **Expectations**

What specifically do you want to receive? What do you want to give? Remember both giver and receiver have veto power (with no explanations required in this moment – "I don't want to" is enough.)

What kind of mood do you want to set (playful, serious, calm, active).

Consider kind of touch, where you want to be touched, what type of touch (light, firm, massage, etc.)

Ask (both partners giving and receiving should share here) "How will I know if you are enjoying it? What will I see and hear?" (Consider ideas such as "I'll move into it; I'll move closer to you; I'll moan this way... (demonstrate); My facial expression will look like this... (demonstrate); I'll tell you I like it; I might keep doing it" and more)

And ask (both partners giving and receiving should share here) "How will I know you are not enjoying it? What will you look like/sound like?" (Consider options such as "I'll get quiet; I'll have a quick/short/tight movement like this... (demonstrate); I will tense up... (demonstrate); I'll ask more frequent questions like 'Are you okay?'; my facial expression will look like this.... (demonstrate)" and more)

### **Finishing**

How will I know you are done with this touch? (Can set time in advance or share how you will signal you are done – by being satiated/satisfied or tired or all the reasons one can be done for now.)

What do you want after we finish our touch (consider "to be held; to get up and do something else; to get some food; watch a movie" etc.)