

## SEXUAL BEHAVIORS CONTINUUM

I would participate in this behavior with

Someone I just met	Someone I am casually dating	Someone with whom I am in a committed relationship	My life partner (spouse)	No one
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## SEXUAL BEHAVIORS DEFINITIONS

Instructions: Write each of the following sexual behaviors on an index card with its definition when supplied and if needed. You may choose to use all the behaviors listed, select specific ones, or add your own to meet your group's needs and time limits.

- *Hold hands*
- *Dry kiss*: mouth to mouth kissing in which both people's mouths remain closed.
- *French kiss*: mouth to mouth kissing in which both people's mouths are open and their tongues touch.
- *Get undressed*: Changing clothes or disrobing so that another person sees you nude or partially nude.
- *Cuddle*
- *Spoon*: Sleeping or lying down with another person like spoons in a drawer [make a diagram on the card].
- *Give a massage*: rubbing and kneading the shoulders, neck, and back of another person.
- *Get a massage*: allowing another person to rub and stroke your shoulders, neck, and back.
- *Skinny-dip*: swimming in the nude.
- *Stimulate someone's nipples*: touching or kissing someone's nipples.
- *Have your nipples stimulated*
- *Take a shower*
- *Lick someone's ears, or have your ears licked*
- *Read erotic books*
- *Watch an erotic movie or video*
- *Fondle someone's genitals*: touching or stimulating another person's genitals.
- *Have someone fondle your genitals*
- *Watch another person masturbate*
- *Masturbate in front of someone*
- *Give fellatio*: sucking, licking, and stimulating a man's penis with your mouth.
- *Give cunnilingus*: sucking, licking, and stimulating a woman's vulva with your mouth.
- *Receive oral sex (fellatio or cunnilingus)*: having another person use his or her mouth and tongue to stimulate your genitals.
- *Have vaginal intercourse*
- *Insertive anal intercourse*: putting your penis into another person's anus.
- *Receptive anal intercourse*: having a man put his penis in your anus.