

Levels of Intimacy Game Cards

(recommended for grades 9-12)

Level of Intimacy Exercise

- Have students place the following cards in order from lowest to highest level of intimacy (have students stand at front of class holding cards or tape to a wall).
- Have class discuss whether they agree or disagree and why.
- Students can move the levels as necessary.

Adapted with permission from Middlesex-London Health Unit (October 2022)



HEALTH
DEPARTMENT

Durham Health Connection Line | 905-668-2020 or 1-800-841-2729
durham.ca/sexualhealth

If you require this information in an accessible format, contact 1-800-841-2729.



**Add the persons
initials to your
Instagram bio**

**You and the person
have anal sex**

**Give the person your
passwords (social
media, etc.)**

**Person asks you to
send them nudes
(text, Snapchat, etc.)**

**You and the person
hook up**

**Post a 'couple' photo
to Instagram**

**Send the person a
nude (Snapchat, etc.)**

Sexting (you and the other person send messages describing what you want to do to each other sexually)

**You and the person
start dating**

**You and the person
have sex **with** a
condom**

**You and the person
have sex **without** a
condom**

**You and the person
have oral sex**

**Add the person on
Snapchat / Instagram**

**Ask the person out
via text/Snapchat/
Instagram**

**You and the person
start “seeing each
other”**

**Match with
the person on a
dating app**

**Make out with
the person**

**You tell the person
that you love them**

**Go out on a “date”
(movies, dinner, ...)**

**You and the person
talk about sexual
limits and safer sex
(abstinence, birth
control...)**

**You and the person
meet each others
families**

**You and the person
go for STI testing**

**You share a secret,
or really personal
information with
the person that
you wouldn't tell
someone else**