

Level of Intimacy Exercise

Purpose

Intimacy means different things to different people. This activity will help students realize that not all people share the values/meanings of intimacy. It will raise awareness of the importance of talking with their partner about activities/behaviours they would like to engage in at various stages of their relationship.

Materials

Level of intimacy cards – print one set for each group. There are 22 cards in the set.

Activity Instructions

1. Divide the class into small groups.
2. Have students in each group place the cards in order from lowest to highest level of intimacy.
3. Have students come together as a class and discuss similarities and differences between the groups. Conversation can include if they agree or disagree and why.

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.

