

12 Steps of Intimacy

1. Eye to Body (public)
2. Eye to Eye - consent begins here (public)
3. Voice to Voice - consent continues (public)
4. Hand to Hand - can walk away without being awkward (public)
5. Arms to Shoulder - “friendly” (public)
6. Arm to Wrist - ask for consent - clear (public)
7. Mouth to Mouth - full frontal embrace (nose to nose/cheek to cheek) (public or private)
8. Hand to Head - vulnerable areas (public/private)
9. Hand to Body - “hand to breast” total body intimacy - high trust/arousal (consent is asking for more)
10. Mouth to Body - “mouth to breast” further trust (private)
11. Hand to Genitals - “touching below the waist,” private (arousal to climax step) - sex simulated (private)
12. Genitals to Genitals - “intercourse,” final check for consent (private)