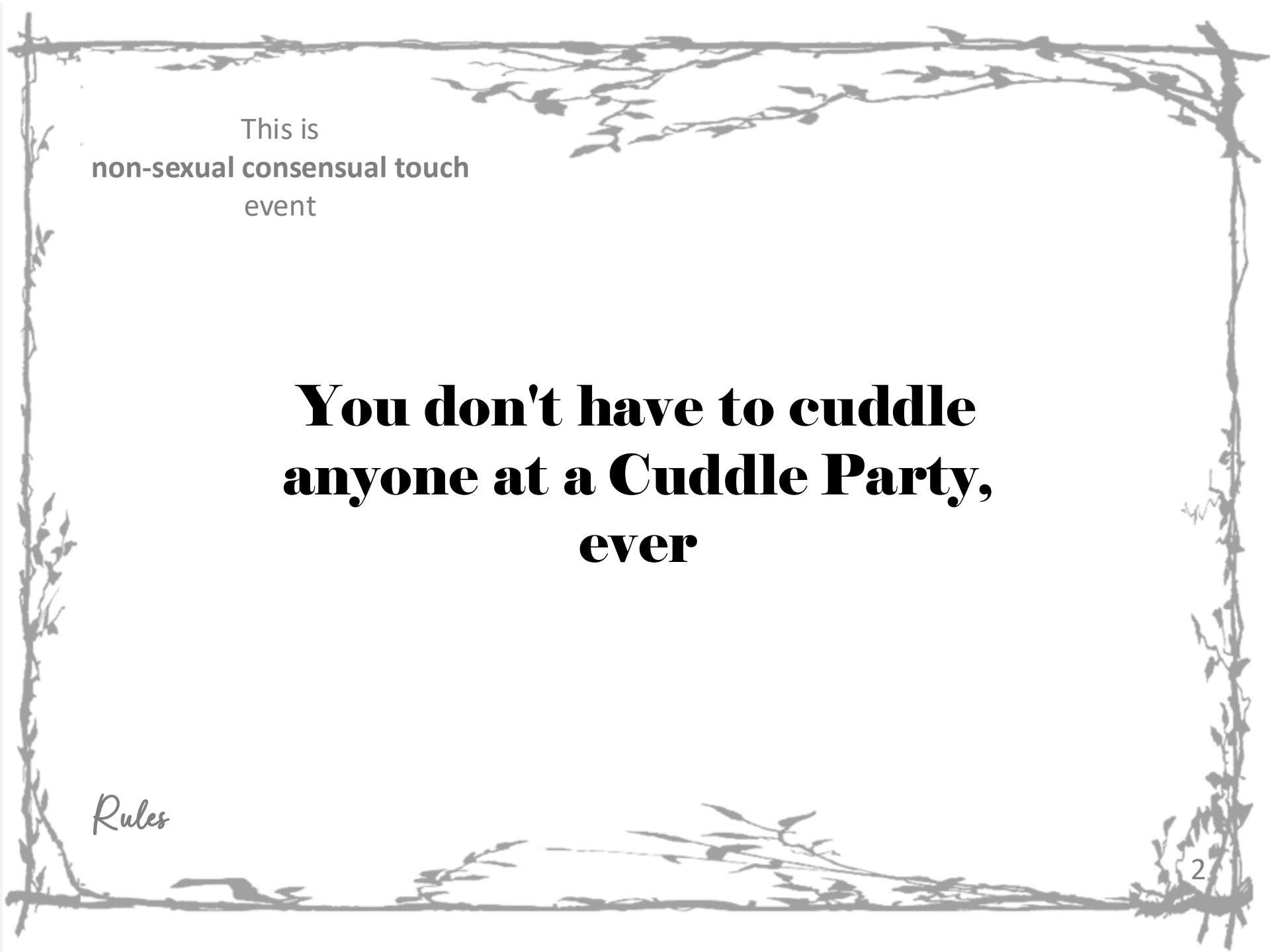


This is  
**non-sexual consensual touch**  
event

**You can leave at any time**

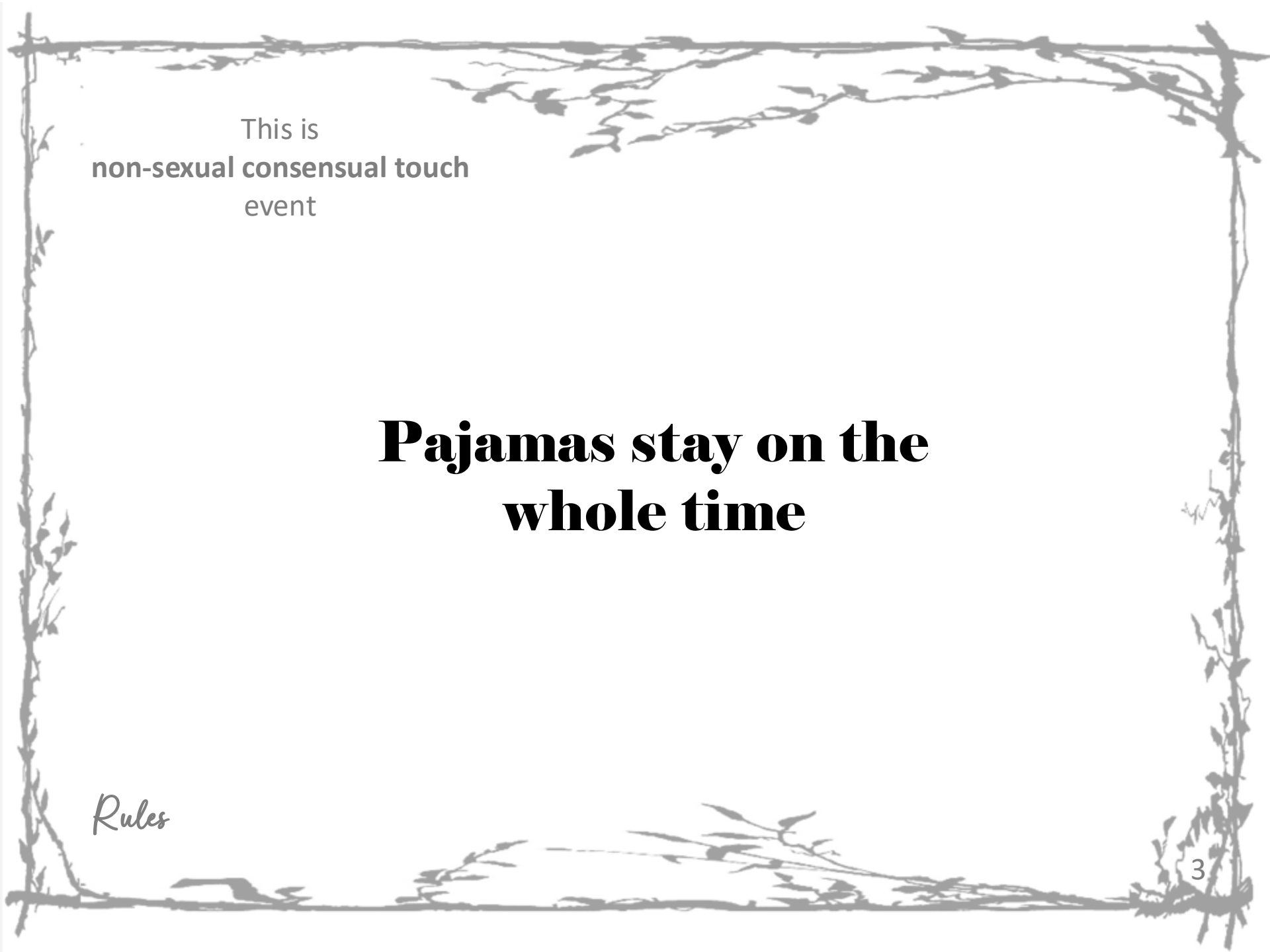
*Rules*



This is  
**non-sexual consensual touch**  
event

**You don't have to cuddle  
anyone at a Cuddle Party,  
ever**

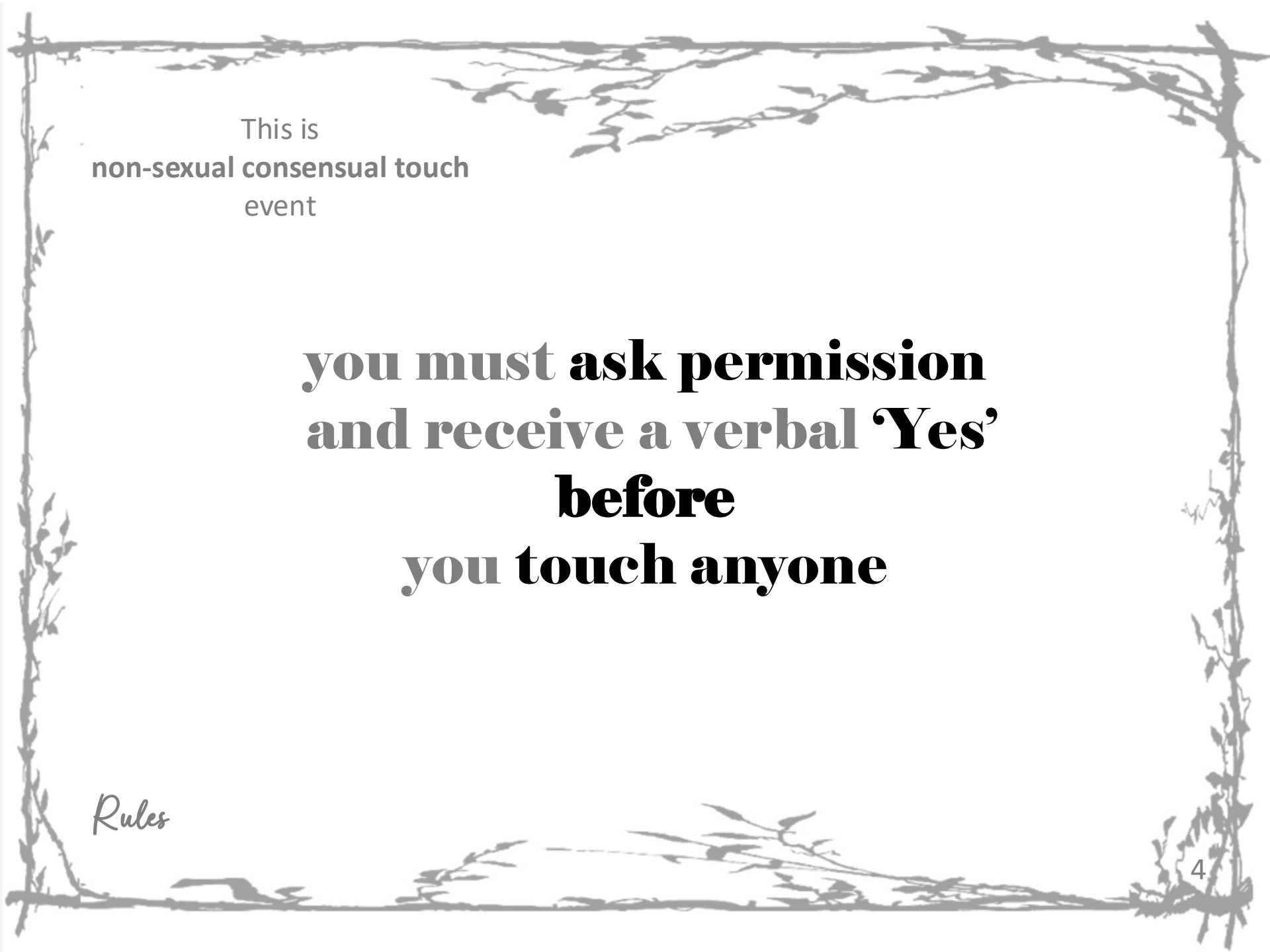
*Rules*



This is  
**non-sexual consensual touch**  
event

**Pajamas stay on the  
whole time**

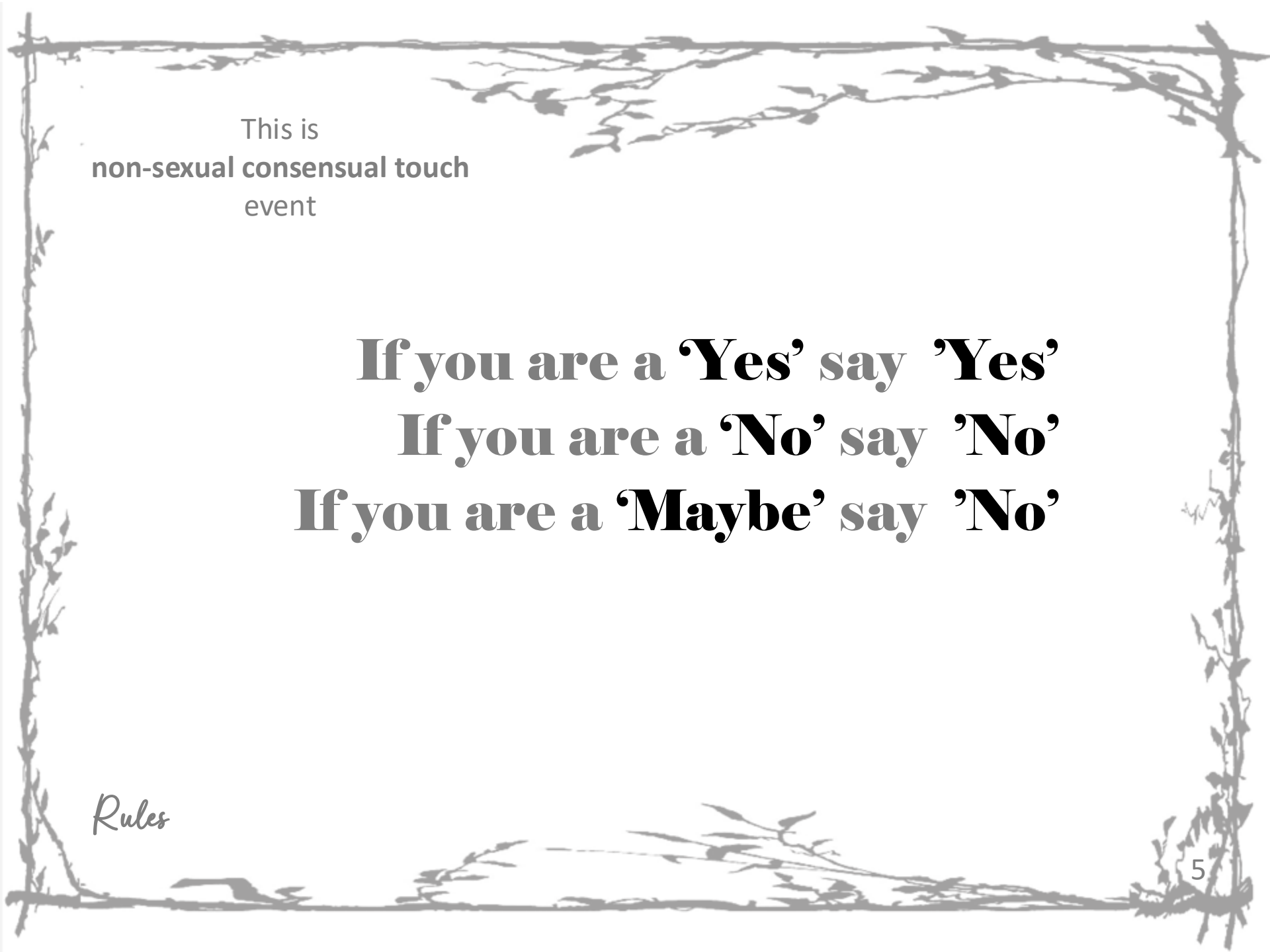
*Rules*



This is  
non-sexual consensual touch  
event

**you must ask permission  
and receive a verbal 'Yes'  
before  
you touch anyone**

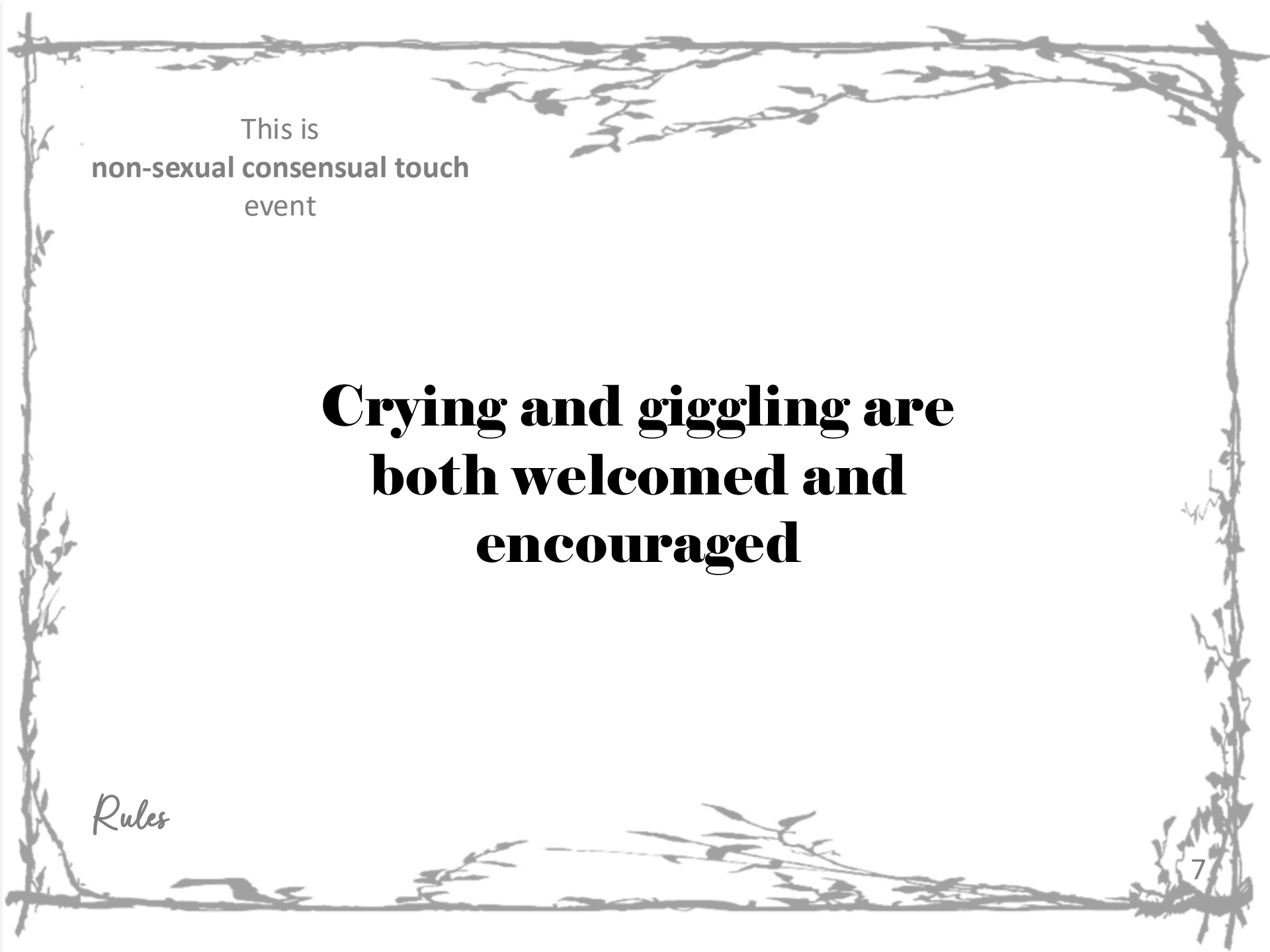
*Rules*



This is  
non-sexual consensual touch  
event

**If you are a 'Yes' say 'Yes'**  
**If you are a 'No' say 'No'**  
**If you are a 'Maybe' say 'No'**

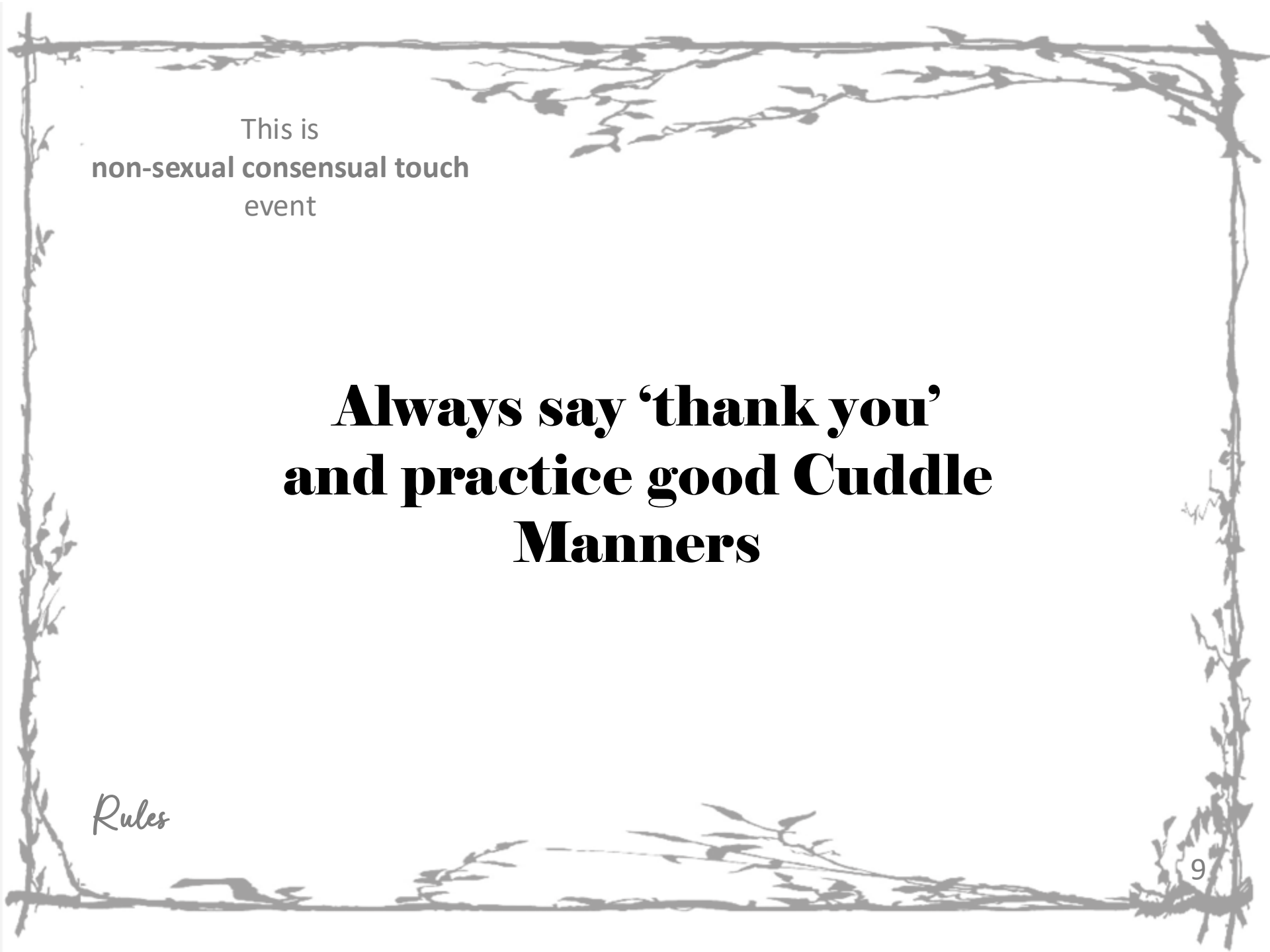
*Rules*



This is  
non-sexual consensual touch  
event

**Crying and giggling are  
both welcomed and  
encouraged**


*Rules*



This is  
non-sexual consensual touch  
event

**Always say ‘thank you’  
and practice good Cuddle  
Manners**

*Rules*



This is  
**non-sexual consensual touch**  
event

**After a “no”  
wait for  
them to ask  
you next.**

*Rules*





Remember to

**Thank each other**  
**for taking care**  
**of themselves**

when you get a **NO**

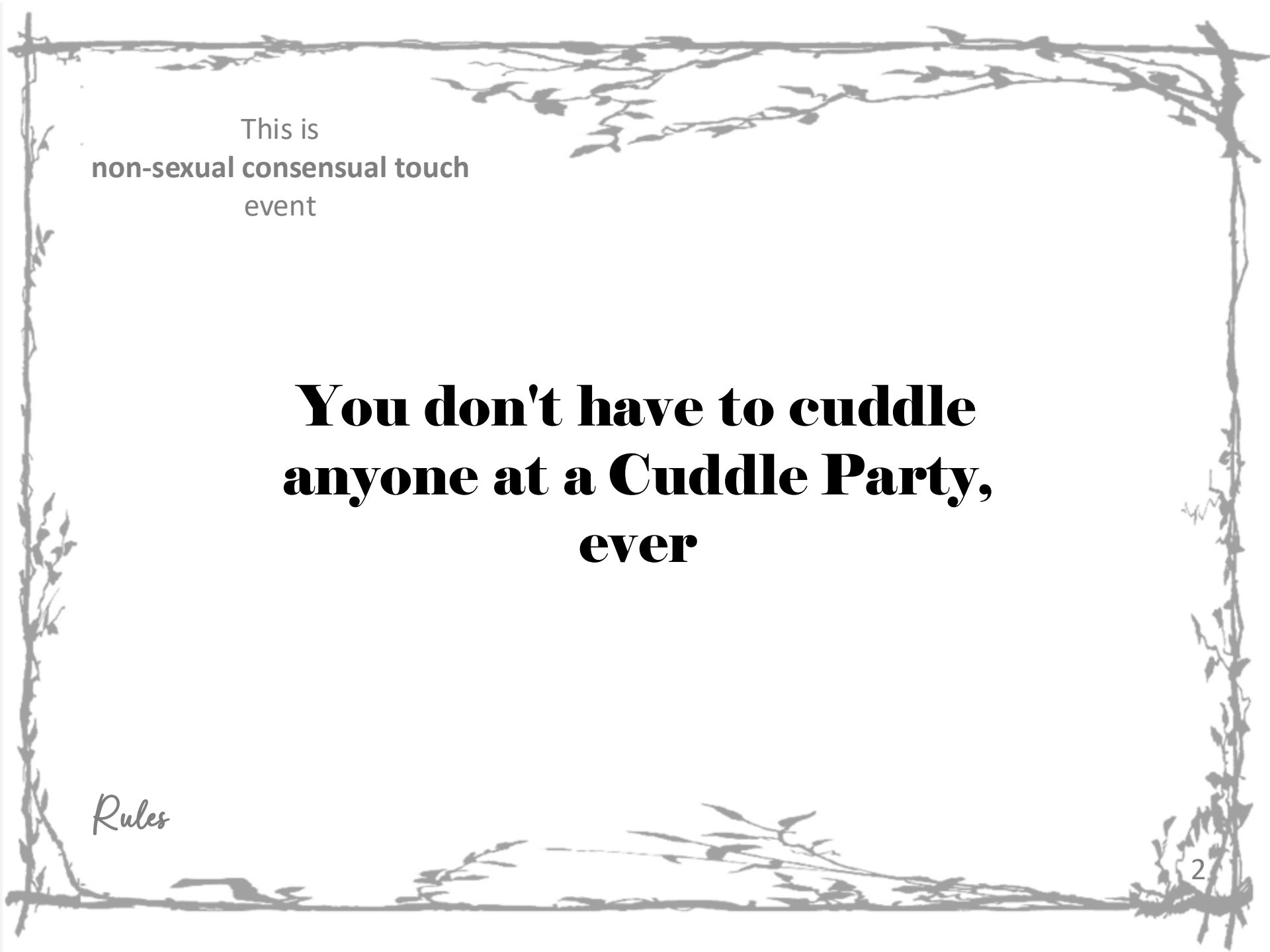
*Rules*



# The **Buddy Bench**



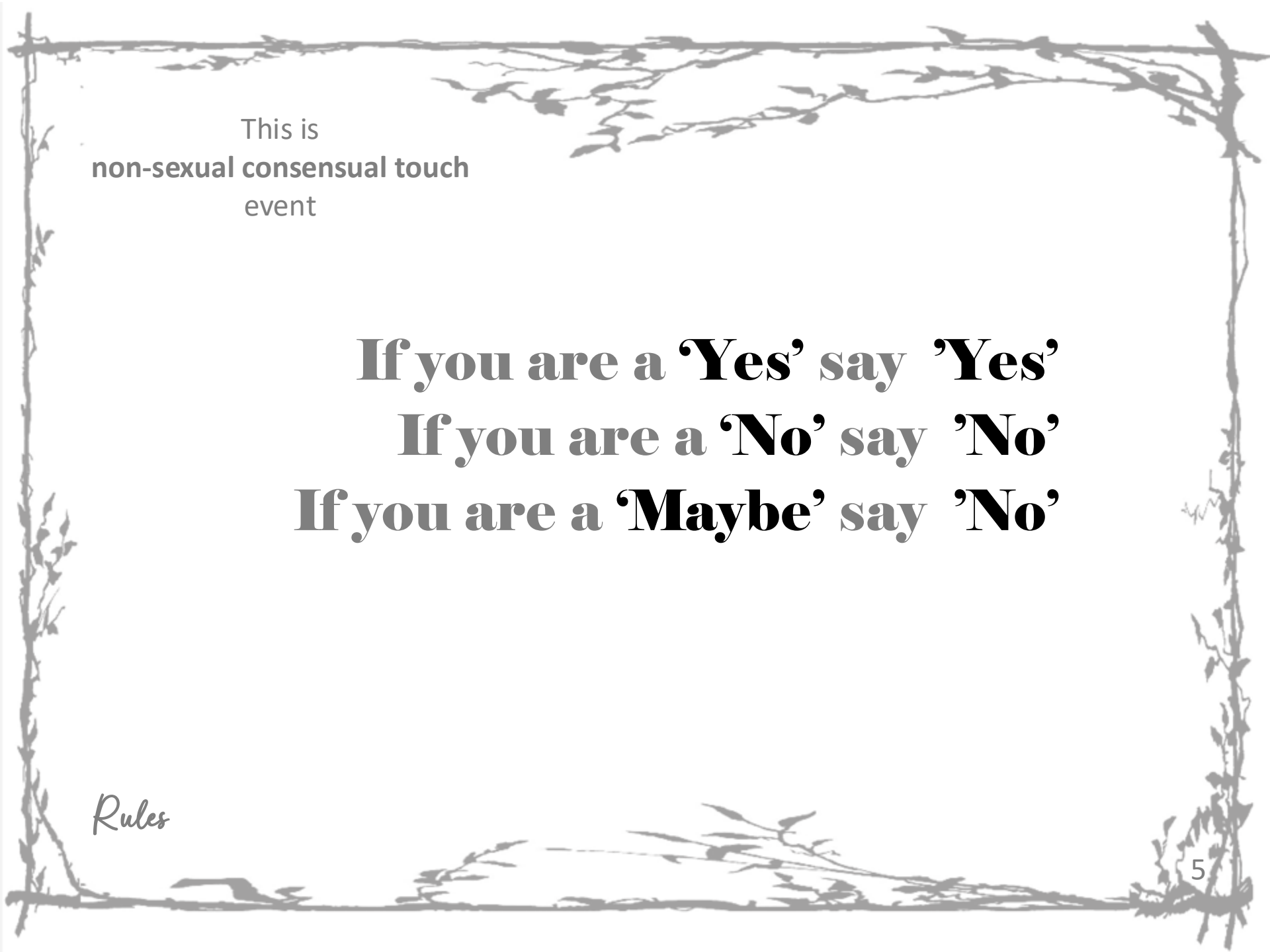
# **The Solo Salon**



This is  
**non-sexual consensual touch**  
event

**You don't have to cuddle  
anyone at a Cuddle Party,  
ever**

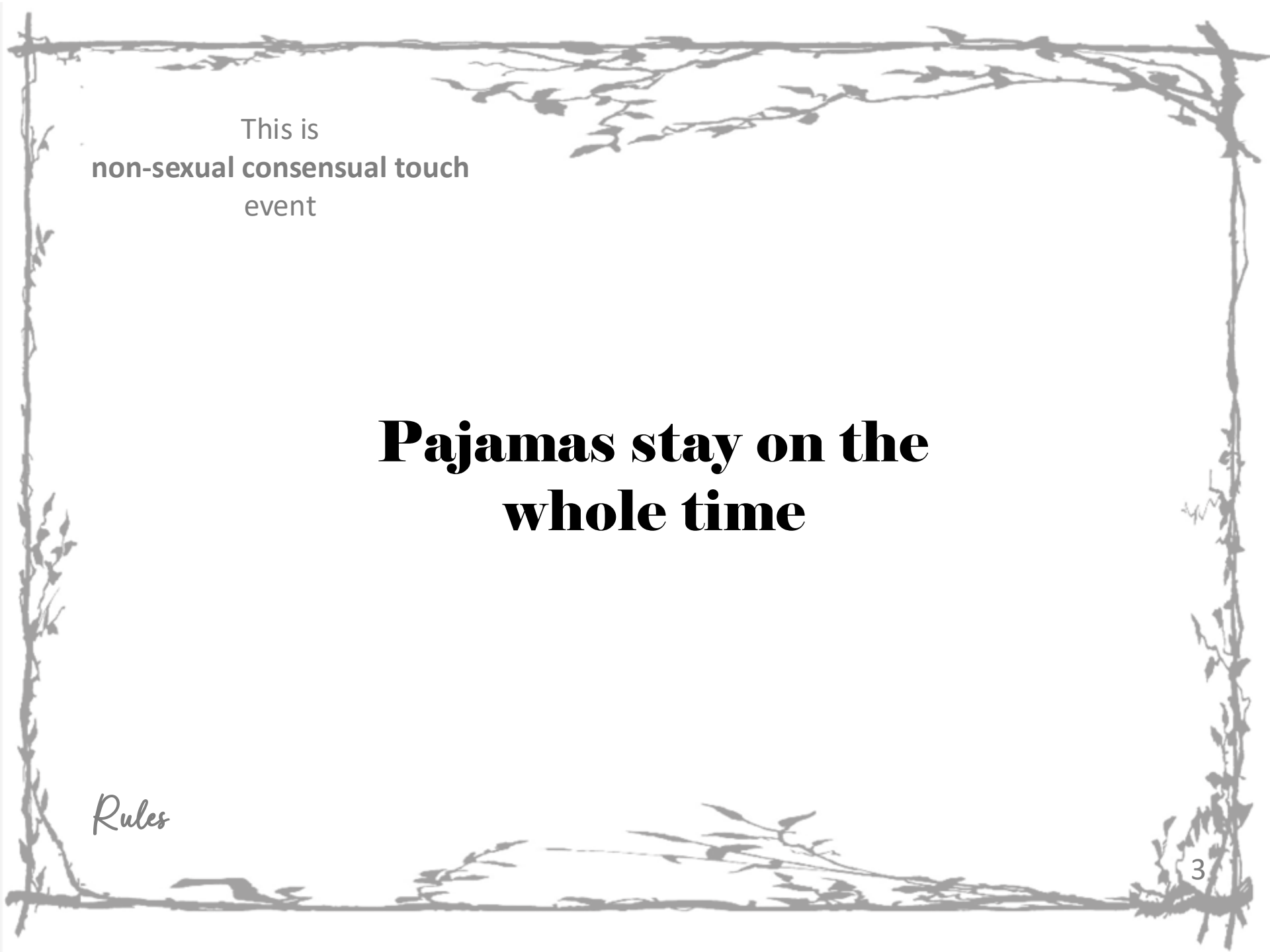
*Rules*



This is  
non-sexual consensual touch  
event

**Always say ‘thank you’  
and practice good Cuddle  
Manners**


*Rules*



This is  
**non-sexual consensual touch**  
event

**Pajamas stay on the  
whole time**


*Rules*



This is  
**non-sexual consensual touch**  
event

**After a “no”  
wait for  
them to ask  
you next.**

*Rules*



This is  
non-sexual consensual touch  
event

**Please be respectful of  
other people's privacy**

**when sharing with the  
outside world keep  
people anonymous**

*Rules*





**It's ok to say**

**“No”**

**No makes your Yes mean something**

*find your yeses*



**It's ok to say**

**“please stop  
asking”**

*find your yeses*



**What are your**

# **Cuddle Boundaries?**

*find your yeses*



**It's ok to**

**ask for what  
you want**

*find your yeses*



**Warning:**  
**touch can release strong emotions**

# **Honor your Boundaries**

**You are under no OBLIGATION to  
caretake for others**

*find your yeses*



**What would like to**

**Get from  
this event?**

*find your yeses*



**This is a great place to practice**

**Hearing  
& Accepting  
a NO**

*find your yeses*



**What would make today**

**Amazing**

**for you?**

*find your yeses*





**What kind of**

**touches do  
you NOT like?**

*find your yeses*



**What kind of**

**touches do  
you like?**

*find your yeses*



**This is a chance to**

**practice your  
boundaries**

*find your yeses*



**It's ok to**

**Change your  
mind**

**at any time**

*find your yeses*

# Wheel of Consent

By Betty Martin

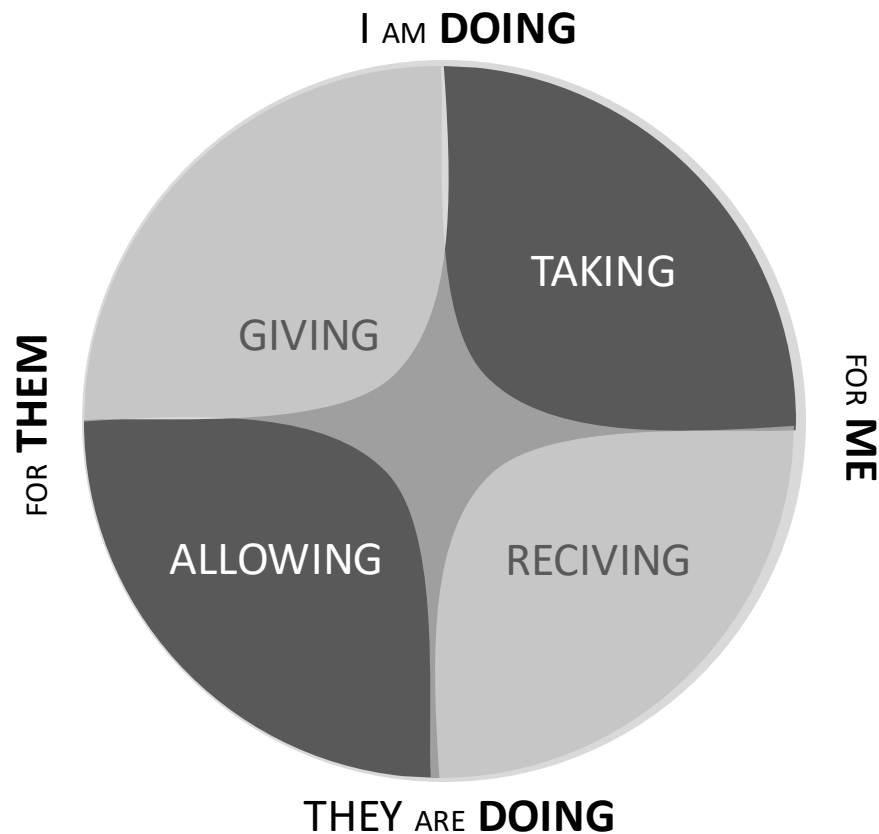
GIVING and RECIVING

“Will you ...?”

vs.

TAKING and ALLOWING

“May I ... ?”



*find your yeses*



## **Types of touches:**

**rubbing**

**caressing**

**stroking**

**massaging**

**hugging**

**patting**

**resting**

**holding**

**stroking**

**... and more**

## **Pressure:**

**soft(er)**

**hard(er)**

*Cuddle Options*

# Massage



**Foot**



**Back**



**Hand**



**Head**

*Cuddle Options*

# Partner Stretching



*Cuddle Options*



# Talk

(Active listening is a form of touch)



*Cuddle Options*

# Yin-Yang



*Cuddle Options*

# Half Spoon



*Cuddle Options*

# Face to Face



*Cuddle Options*

# Cuddle Puddle



*Cuddle Options*

# Spoon Drawer



*Cuddle Options*



# Head in Lap

(laying down)



*Cuddle Options*

# Head in Lap

(sitting)

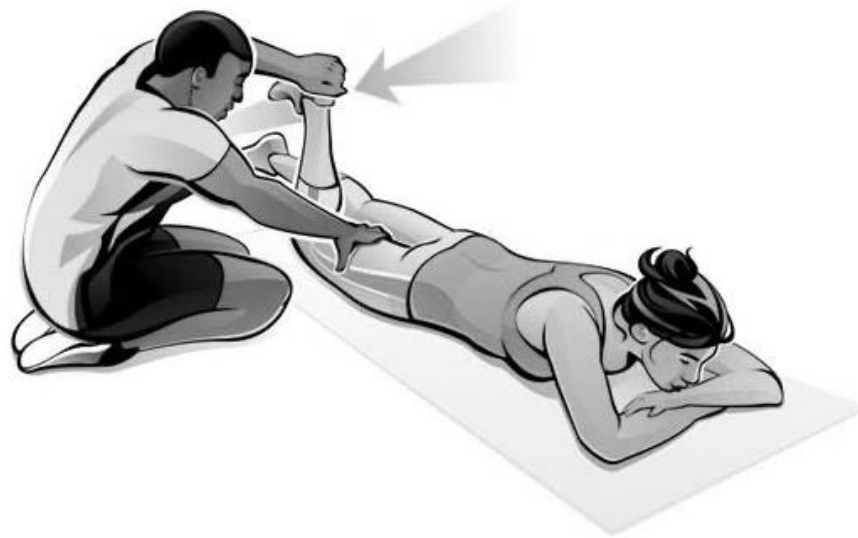


*Cuddle Options*



# Joint Movement

(for Range of Motion)



*Cuddle Options*

# **Brush or play with someone's hair**



*Cuddle Options*

# Spooning



*Cuddle Options*

# Back-to-Back



classroomclipart.com  
<http://classroomclipart.com>

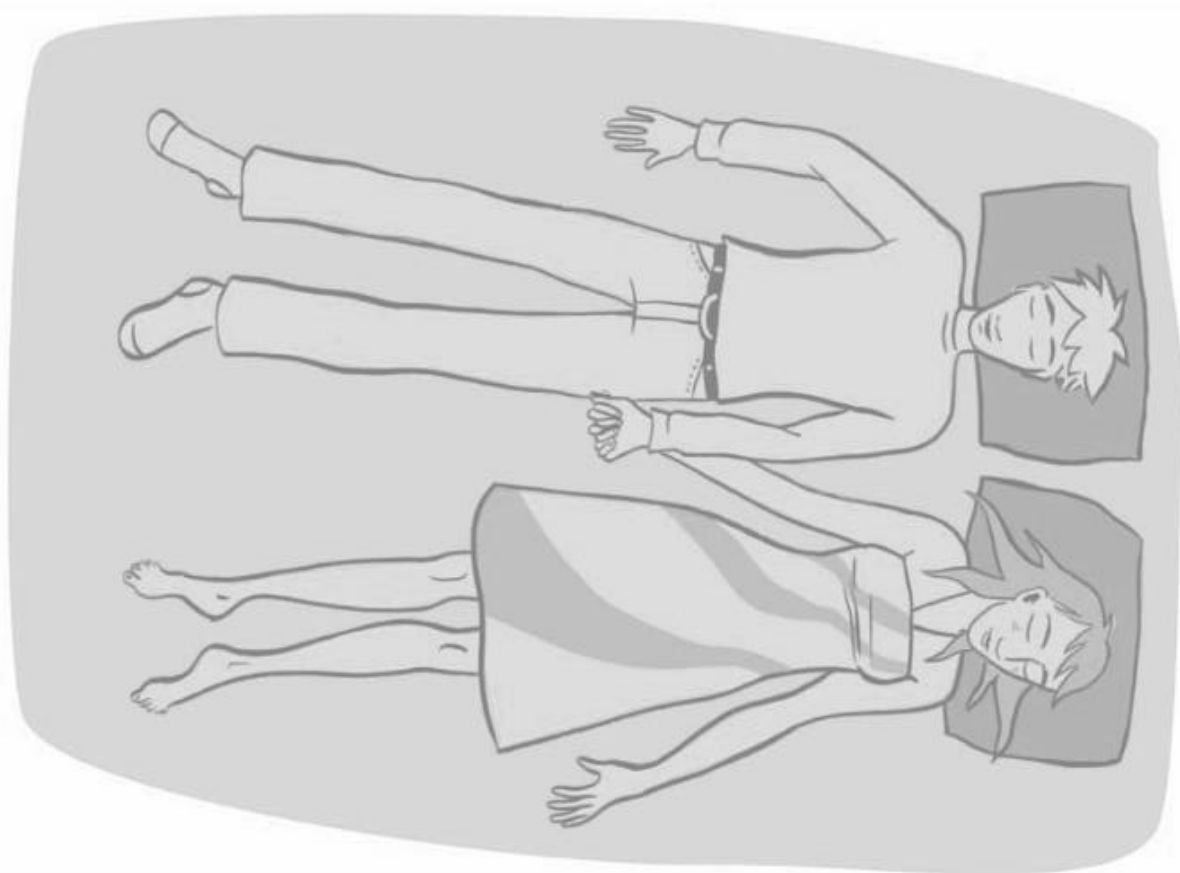
*Cuddle Options*

# Front-to-Back



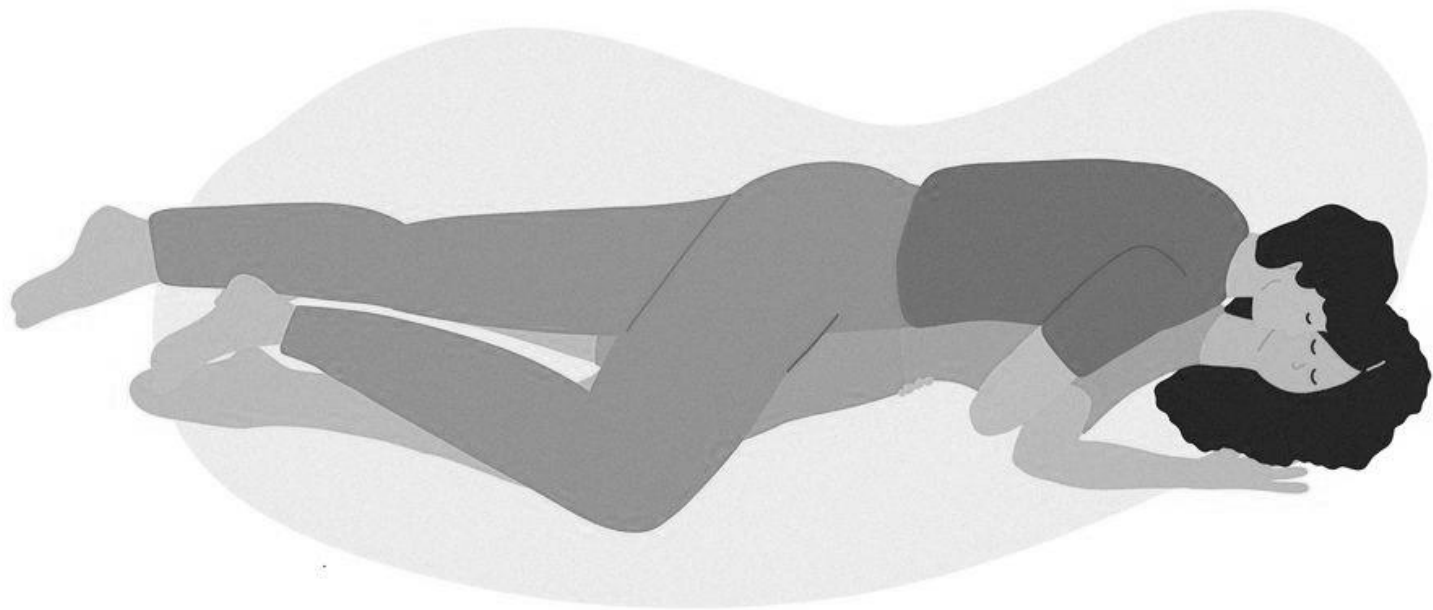
*Cuddle Options*

# Side-to-Side



*Cuddle Options*

# The Squish



*Cuddle Options*



# Back Scratches



*Cuddle Options*