

Cuddle Party - August 25th - 2 to 5 PM - UUSF (meet 1:30)

## 12 Elements of a Cuddle Party - Jean Franzblauth

1. **Opening Circle** - Name, pronouns (on name tags as well), Briefly share why you're here for the cuddle and what experience you hope to have today. Group share M and L 1st - Why Cuddle? Mark's story.
2. **Breath** and Body - M or L leads group - We are going to come into group harmony and ground ourselves here in this room for this cuddle experience by breathing together. Sit or lay comfortably where you are. Close your eyes if you are comfortable. We are going to breath in and out together in rounds of 4 counts - 4 counts breath in - 4 counts hold - 4 counts breath out- 4 counts hold. We will do this together for a few minutes. 5 minutes or less feel harmony in room. Invite folks to open eyes - sit up etc.
3. **Rules** First Five Guidelines share/explain - 5 mins.
  - a. Health
  - b. Stay Sober
  - c. Confidentiality
  - d. No touch is ever required
  - e. Respect boundaries of others (Ideally with enthusiasm.)
4. **No** Thank You Exercise and Debrief -We will put you in pairs once in pairs you will ask for a hug and the person will say
  - a. "No Thank You." Then Switch.  
What questions do you have for us? - L and M pair - do exercise - debrief -"How was that for you? 5 to 10 mins.  
May I have a hug? No, thank you. Thank you for taking care of yourself.
5. **"Final four guidelines"**
  - a. You may already know this, yet it's important to emphasize it so there's no confusion: This is a platonic event - non-sexual, non-erotic, non-romantic.
  - b. We're all human - If you get accidentally aroused - don't freak out - celebrate that your body parts are working. Then make a shift - position - thoughts. If needed excuse yourself to the Solo Salon for a few moments.
  - c. Ask and Wait - Sacred Pause - If you want to touch someone, ask. Then wait for the answer - give a sacred pause while your recipient checks with themselves.
  - d. **"If you change your mind, please ask me"**
6. **"Hug/No Hug"** Exercise and Debrief - In a moment we will stand and mill around the room and practice asking one another for a hug. Remember no touch is required.  
May I give you a hug? Will you give me a hug?
  - a. **Clarification** - what kind of ...

- b. Stretch - ask for something they really want
- c. (optional) - ask for something you really want

You may say, “yes” or “no thank you.” Do not ask for something you do not want such as a hug. If you receive a no thank you - remember to respond “Thank You for taking care of yourself. When your partner begins to pull away, that means the hug is over. What questions do you have for us? Welcome back. Debrief - How was that experience for you?

7. Cuddle Safe Concepts - Explain and show -

- a. Solo Salon
- b. Buddy Bench
- c. No Tolerating Exits
- d. Cuddle Coach

8. M- Paired Practice - In a moment we will go into paired practice where you will work with the person next to you. After 3 minutes, you will move on to a new partner that you choose yourself. First we will give you 7 options to explore with your partner. M and L Demo.

- a. Stargazing
  - b. Mirror Game
  - c. Companion
  - d. Companion Plus - holding hands
  - e. Thumb Wrestling
  - f. Sitting Back to Back
  - g. Oxytocin Hug
- What questions do you have for us?

Welcome Back - Any Questions?

9. Two Demos - Using ask and wait method demo 2 of L's cuddle positions. L shares Cuddle positions from wall - L asks a partner to demo. M asks partner to demo.

10. L - Paired Practice #2 - Pair up with someone you want to cuddle.

**Rock/Scissors/Paper. Winner** asks for something they would like to do. Ask until you find a yes. Do it. 4 minute timer, Switch...

Reminders - Clarification - what kind of ...

- a. Stretch - ask for something they really want
- b. (optional) - ask for something you really want

11. L explains polite way to request to join a group in progress. Ask all. Step away for a moment. Politely react if turned down or join gently.

12. What questions do you have for us?

If there is time.

13. Optional - Hell Yes / Fuck No - Checking (10 mins)

14. Optional - 3 Minute Game (15 mins)

11. Cuddle Laboratory - You Get to Create Your Own Adventure - You will now have \_\_\_\_ mins.

To cuddle.

time left minus 25mins - (15mins. Closing circle 10 mins. clean up)

12. Closing Circle - Welcome Back - How was that? Firsts? Highlights? Praise?

L - explains clean up