

## **Title**

Training is like SEX

## **Source**

Method presented during the International Trainers Laboratory, October 2001, by Tony Geudens (Belgium). For further information on the International Trainers Laboratory, please contact IJAB e.V., Kerstin Giebel, Heussallee 30, D-53113 Bonn, Tel.: 0228/9506223, Fax: 0228/9506199, E-Mail: [giebel@ijab.de](mailto:giebel@ijab.de).

## **Field/Content**

Method of rules setting

## **Duration**

About 15 minutes

## **Participants**

Participants of a training course

## **Aims**

To set some basic guidelines for cooperation within the group in a controversial or funny way (Presentations and roles).

## **Materials / Resources**

See below.

## **Preparation**

Write the basic rules on flipchart.

## **Methodology**

The following rules are presented:

„Training is like sex - it is an activity between consenting adults who, of their own free will, do all kinds of exciting activities things and hope to get satisfaction out of it. People get to know each other and get closer and closer to each other and, for the most part, are blind to what is happening outside of the activity they are involved in.“

As in sex, the participants of a training course should also have a common understanding of what they think is good and acceptable to do between them and what is not. Therefore there should be common rules or guidelines for the fun together. Some of the rules might be:

-Active participation: it is no fun just lying on your back. The more effort you put into it, the more satisfaction you will get out of it. Experiment and try to find what turns you and other people on.

- Respect the differences: a man is not the same as a woman, a Spaniard is not the same as an Estonian. We should try to understand each other and not judge, especially in an intercultural context where there might be even more interpersonal differences. Let people speak and listen.

- Different needs: everybody likes different things and has different needs and we should take them into account as much as possible. If people want to opt out of different activities, this is possible

- Confidentiality: what happens in bed or in this training course should stay between those involved and not be made public, especially when dealing with personal topics.

- Trust: there should be trust between partners and this should allow everybody to DARE to speak (international English), DARE to make mistakes and not be afraid of the reactions of the partner. When something comes up, it should be possible to address the issue.

Participants can add their own rules if necessary. You can check people's opinion about a suggested rule by asking those who agree with it to stand up.

## **Evaluation / Debriefing**

### **Variants**

This can be further developed with other rules: smoking only after sex/training and not during etc.