

Sharing touch and affection

Types of touch and affection

- Hugging



- Holding hands



- Kissing



Rules for sharing touch and affection

- Know your boundaries.
 - What types of touch and affection are you comfortable sharing?
- Talk with your partner about their boundaries.
 - What types of touch and affection are they comfortable sharing?
- Respect each other's boundaries.
- Avoid public displays of affection (PDA)!
 - PDA is demonstrating a private behavior in a public space.