

instructor's guide

Michael J. Domitrz



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CAN I KISS YOU?

A Thought-Provoking Look at
Relationships, Intimacy, and Sexual Assault

Michael J. Domitrz



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Important Lesson Planning Note: By design, the curriculum has several activities intended to create a customized learning experience. Each activity takes, on average, fifteen minutes to complete (larger class sizes could take longer). Estimate approximately thirty minutes per chapter with one to two activities each.





Can I Kiss You?

Lesson Plan

Overall Objective

To create an environment for open discussion and discoveries that lead to positive behavioral changes with regards to dating, consent, intimacy, and awareness. To create a culture of consent and respect for all people.

Note: In *Can I Kiss You?*, a **date** is defined as partners with an intimate attraction (and/or considering an intimate attraction) spending time together. A date can include a first date, a couple hanging out (single or committed), a “hook-up,” and/or a group of couples spending time together.

Materials Needed

- *Can I Kiss You?* by Michael J. Domitrz
- Computer Access to www.CenterForRespect.com, www.CanIKissYou.com, and a search engine (such as Google)
- Flip chart and markers
- Setting to include small breakout tables for small group discussions between four to six people
- Poster boards (read lesson plan to determine how many you will need for your class)
- Markers for students
- Teen magazines
- Scissors
- Glue

Suggestions

- Read the book before starting the lesson plan with your students. Both the book and the Instructor’s Guide will give you ideas on how you can present the material to your students.
- The more you familiarize yourself with the book, the more comfortable you will feel about presenting this curriculum to your students with confidence.
- Grade the students on the outcome of their field study given to them in Chapter 5’s lesson plan. This field study requires research, planning, teamwork, and plan execution as well as getting a great sense of the issues being discussed.

The Look: You Know What I Mean

Overview

- Discusses and explains what body language is and why it is unreliable.
- Outlines the dangers of relying on body language.

Objective

- Understand what body language is and why it is unreliable.
- Understand why it is important to ask.

Key Take-Away Vocabulary

- Body language.

Lesson & Activities

Lesson 1:

Body language is an unreliable interpretation of a person's true thoughts and emotions. This icebreaker is intended to show how body language signals can be read incorrectly.

Icebreaker:

- Create a light, relaxed, and fun atmosphere: smile, use humor, encourage active engagement, and use icebreaker activities.
- Run a contest to see who can give the best version of “the look”—get the class laughing and having fun with the topic.
- Ask the participants to write down a feeling (e.g., tired, annoyed, happy, mesmerized, etc.). Proceed with asking to show the feeling that was written down to the group. Have participants guess the feeling.



Lesson 2:

“The Body Language Challenge” illustrates that body language is unreliable and often misinterpreted.

- To communicate effectively with your partner, utilize verbal communication.
- While on a date, do not project or force your wants on another person.

Activity: The Body Language Challenge

- Separate the class into small groups of four to six people.
- Turn to pages 2-3 of *Can I Kiss You?* for a list of the six Body Language Challenges.
- Have each group select a group leader.
- Have each group go through the six challenges and discuss its answers.
 - See pages 3-8 for discussion points.
- Have each group write its own definition of “body language” and three reasons why it is unreliable.
- Have each group present its definition and reasons to the class.

Lesson 3:

The “First Impressions” activity reiterates the importance of effective communication. Individuals express their emotions differently. Reliance on nonverbal clues is a guessing game, which can lead to sexual assault.

Activity: First Impressions

- Separate the class into small groups of three or four.
- Ask the active participants to take turns walking up to their group colleagues without speaking in a way that shows either:
 - pleasure
 - confidence
 - arrogance
 - nervousness
 - distress
- Ask the others to identify which of these emotions is being demonstrated.
- End with a discussion about how well the group members could spot the emotion.



Lesson 4:

The “Body Language in Public” activity illustrates multiple examples of how body language can cause confusion and misunderstanding. The students are asked to interpret actions and emotions in the photographs. The objective of the activity is to understand that the only way we know how an individual is feeling is by directly asking.

Activity: Body Language in Public

- Ask the participants to identify how the individuals in the photographs below are feeling.
- Have the students open up a magazine and have each student find one image of a couple. Break into groups of two. Have each student show the image(s) to their partner. Attempt to read the body language of the image. Discuss as a group whether the teams of two agreed on the “Body Language”? How do we know what is going on for sure? What is the risk in attempting to read body language?



What is going on in this photograph of this couple on the left?

Are they...

- having a good time?
- telling a joke?
- trying to get more comfortable?
- uninterested in each other?
- Is the woman uncomfortable and moving away?
Or is she shy?

There are too many scenarios to choose from. We really won't know what is happening unless we ask them what is happening.



Instances where photographs are misunderstood



Based on this man's body language to the left, what can you determine about him?

- Bored?
- Disgusted?
- Tired?
- Disappointed?
- Very Attentive?

Actually he could be all of these things. We don't really know until we ask him.

Look at the picture of the couple on the right. Write down what the picture says to you about the couple.

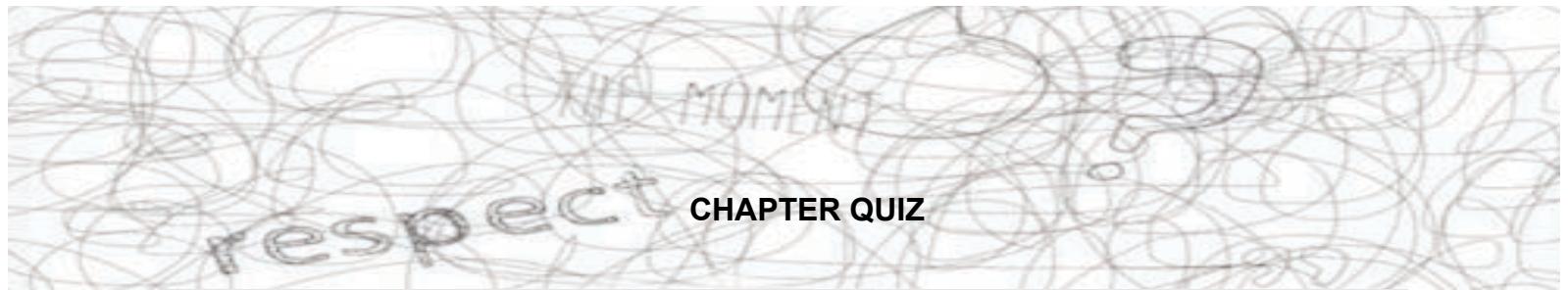
Even though photographs may suggest one idea, we shouldn't make assumptions. In order to know how the couple is doing, we must...ASK!

Have your students bring in pictures of celebrity couples and or/political meetings. Have fun discussing all the potential body language signals being conveyed in the pictures.



Major Take-Away Message:

- Body language is unreliable and dangerous to depend on.



CHAPTER QUIZ

Chapter 1 Quiz

The Look: You Know What I Mean

1. True or False: Giving “the look” to someone you want to date or you want to engage in intimacy with is enough to let them know you are interested.
2. Does reading body language alone provide enough information to proceed with kissing your partner?
3. Give an example in your personal life when you misread a body language signal by a person you were interested in. If you’ve never been interested in someone, provide an example of times when you misread the body language of a friend or family member in a conversation or situation.
4. Can you give an example of a celebrity who uses certain body language to portray their persona? For example, Ariana Grande flips her ponytail and blinks a number of times when looking at the camera to engage with her fans.
5. True or False: Having a good time with a person means that there must be a romantic connection.
6. What is a proper time limit before one partner attempts to kiss their partner for the first time?
7. What is the problem with looking for a confirmation of attraction?
8. How can you ensure you are never guessing what a person wants when on a date?



Chapter 1 Quiz Answers

1. *False.*
2. *No, it is important to ask verbally.*
3. *Personal response.*
4. *Personal response.*
5. *False.*
6. *There is no time limit. Both parties must be comfortable before getting sexually intimate—whether with a kiss or more advanced intimacy.*
7. *The problem is that you are looking for the confirmation of what YOU WANT and thus you are biased. Your mind is subjective to you and not objective to the situation. Therefore, your mind can interpret anything as a positive confirmation of attraction based solely on what YOU WANT and not your partner's additional needs and/or wants.*
8. *By directly asking.*

