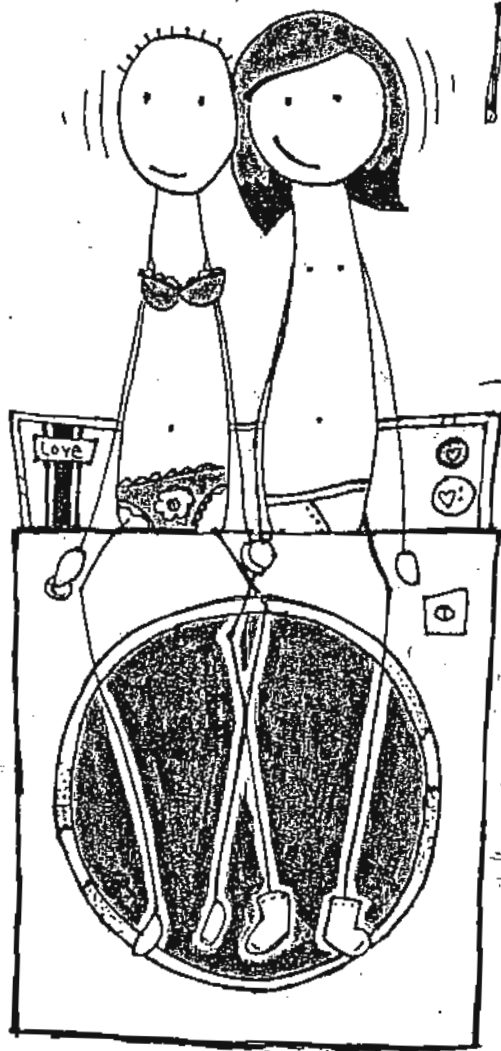


# HOW TO GET YOUR GROOVE ♡ ON... FLUID FREE.

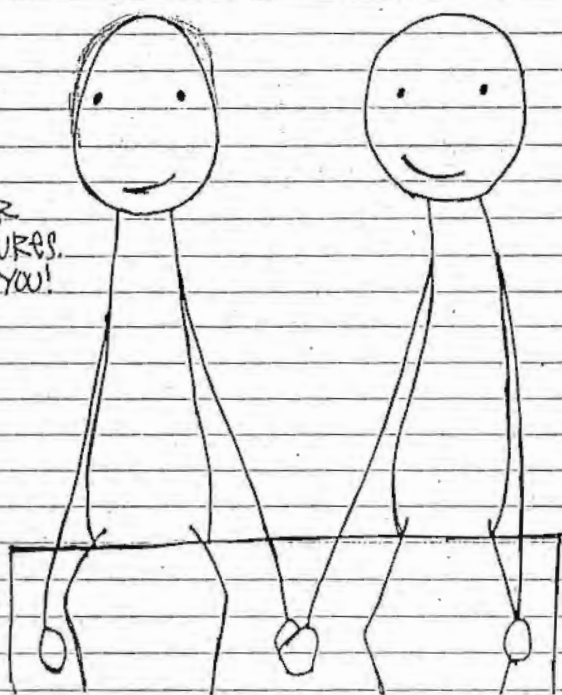


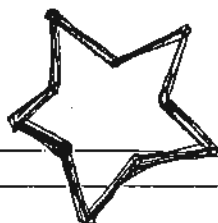
THIS GROOVIN' BOOK  
BELONGS TO:

\_\_\_\_\_ AND \_\_\_\_\_

AND POSSIBLY \_\_\_\_\_

ADD YOUR  
OWN FEATURES.  
YOU, LOVERS, YOU!





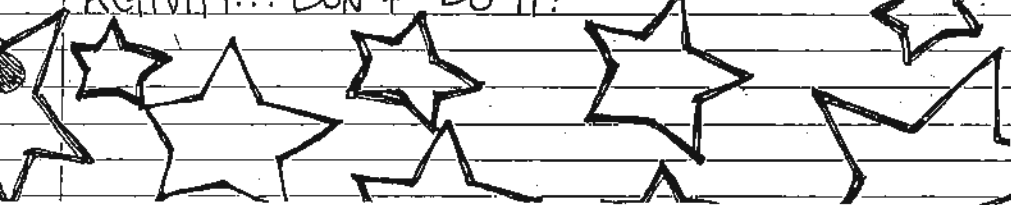
## ...HOW TO GET YOUR GROOVE ON...

~> WITHOUT ACTUALLY GROOVIN' <~

~> FLUID FREE GROOVIN' PUSHES PEOPLE TO BE MORE CREATIVE WHEN IT COMES TO HAVING A SATISFYING SEXUAL EXPERIENCE. IT'S A GREAT THING FOR THOSE WHO ARE POST PONING FROM SEX, FOR IT DOES NOT INVOLVE ANY SORT OF INTERCOURSE. [DEPENDING ON YOUR DEFINITION OF SEX, OF COURSE.] IT OFFERS AN OPPORTUNITY TO BREAK OUT OF ROUTINE, AND NOT TO MENTION, THEY ARE ALL SAFE, LOW RISK ACTIVITIES! [LOW RISK IS DEFINED AS: NO EXCHANGE OF FLUIDS I.E. SEMEN & VAGINAL FLUIDS.]

~> USE THIS AS MORE OF A GUIDELINE, RATHER THAN A MANUAL. USE IT TO OPEN UP DISCUSSION ON EXPECTATIONS, WANTS & NEEDS, AND BOUNDARIES FOR YOU & YOUR PARTNER. TAKE THE SUGGESTIONS AND ELABORATE OR USE THEM AS MEANS TO SPARK OTHER IDEAS ON HOW TO GET YOUR GROOVE ON, WITHOUT ACTUALLY GROOVIN'!

~> JUST LIKE EVERYTHING YOU AND YOUR PARTNER ENGAGE IN, MAKE SURE IT'S DONE CONSENTUALLY AND SAFELY. IF EITHER OF YOU DON'T AGREE WITH A CERTAIN ACTIVITY... DON'T DO IT!



• **MASSAGE**... FOOT, BACK, FULL BODY... WHATEVER!

- TEST OUT DIFFERENT WARMING OILS.
- USE DIFFERENT TEXTURES... FEATHERS, MASSAGE TOYS, ETC.
- BLINDFOLDS CAN HELP TO HEIGHTEN OTHER SENSES.

• **PLAY MARCO POLO**... IN A POOL, BACKYARD... NAKED...

• WE ALL PLAYED IT WHEN WE WERE YOUNGER. ONE PERSON IS BLINDFOLDED AND CALLS OUT "MARCO," WHILE THE OTHER PLAYERS CALL BACK "POLO." THE OBJECTIVE IS TO NOT GET CAUGHT BY THE BLINDFOLDED PERSON.

• **PHONE SEX**...

- TEXT MESSAGES. [NAUGHTY MESSAGES, PICTURES, ETC.]
- TRY IT WHILE BEING IN THE SAME ROOM TOGETHER.
- READ EROTIC STORIES TO EACH OTHER.
- 3-WAY SOMEONE.

• **TEST THAT ONE-BRAND**...

- SIT ACROSS THE ROOM FROM EACH OTHER, OR CLOSE BUT NOT TOUCHING. YOU ARE ALLOWED TO DO WHATEVER YOU WANT TO YOURSELF. SEE HOW LONG YOUR PARTNER CAN GO WITHOUT TOUCHING YOU.
- TEST OUT: FIGHTING, PROPS, LOCATION...

• **SEE WHAT FUN THING YOU CAN DO WITH HAIR**...

• **TAKE A BATH OR SHOWER TOGETHER**...

- SET THE MOOD WITH BUBBLES, CANDLES, OR MUSIC.
- WASH EACH OTHER'S HAIR.

• **TRUTH OR DARE JENGA**...

- USE STICKER LABELS AND CREATE DIFFERENT QUESTIONS, DARES OR ACTIVITIES FOR THE JENGA PIECES.

• **UNIFORMS FOR CLOUTIER CAN BE FUN**... BE CREATIVE.


• **MAKE A PHOTO ESSAY**...

- TAKE PICTURES OF EACH OTHER'S FAVORITE BODY PARTS OR FEATURES.

• **HAVE A WRESTLING MATCH**...

• **CYBER SEX**...

- INSTANT MESSAGES, EMAILS, ETC.



★ **DANCE PARTY** CRANK UP THE 80'S TUNES AND STRIP DOWN TO YOUR UNCLES AND GROOVE! TRY IT NAKED!

TRY ON EACH OTHER'S UNDERWEAR... OR WEAR 'EM ALL DAY.

- DISCOVER WHAT GIVES THEM GOOSEBUMPS!!!
- PLAY TWICE: MAKEUP YOUR OWN RULES

- **PLAY TWISTER.** Make up your own rules.
- **DRESS EACH OTHER.** Pick out each other's outfit in

• DRESS EACH OTHER - PICK out EACH OTHER'S outfit in the MORNING.

the morning  
SHARE A HORNHEM KISS  
PAPA NOT A NIPER ZEPHYRUS MARYBARE

★ Leave Notes on their body with Markers... Do it while they're sleeping.

- ★ While they're sleeping.
- Leave em in kinda hidden spots.

• GO TO SLEEP IN THE SAME P.U. BUY ULTRA LARGE PAJAMA BOTTOMS AND SLEEP IN THEM TOGETHER

PAWMA BOTTOMS AND SLEEP IN THEM TOGETHER.

• **HIDDEN HICKEYS:** Give each other Hidden Hickeys in places where no one will see them.

PLACES WHERE NO ONE WILL SEE THEM.  
MAKE A FORT IN YOUR ROOMS...  
PLAY HIDE-AND-SEEK TOO IN YOUR ROOMS...  
PLAY HIDE-AND-SEEK TOO IN YOUR ROOMS...

★ PRACTICE TAC TOE ON EACH OTHER'S TUMMIES...  
★ ANYTHING TO DO WITH CHOCOLATE... USE IMAGINATION

★ ANYTHING TO DO WITH CHOCOLATE... USE IMAGINATION.

• **ROLE PLAY**... NURSES, SCHOOL GIRL, COPS & ROBBERS...  
• **SWITCH USUAL ROLES**. [i.e. IF YOU ARE NORMALLY SUBMISSIVE, BE...

• SWITCH USUAL ROLES. I.E. IF YOU ARE NORMALLY SUBMISSIVE, BE DOMINANT ONCE-IN-A-WHILE.

dominant once-in-a-while  
leave a mark that smells like you on their  
behind

**STRIP PINBALL** GO TO AN ARCADE AND PLAY PINBALL.  
EACH TIME YOU GET THE LOWER SCORE TAKE OFF AN ARTICLE OF

GO TO AN ARCADE AND PLAY PINBALL.  
EACH TIME YOU GET THE LOWER SCORE TAKE OFF AN ARTICLE OF CLOTHING. SEE HOW LONG IT TAKES YOU TO GET RIPPED AND

★ OLAP DANCE OR DICK TEASE ★  
★ WHIPPED CREAM IN A LANE ★

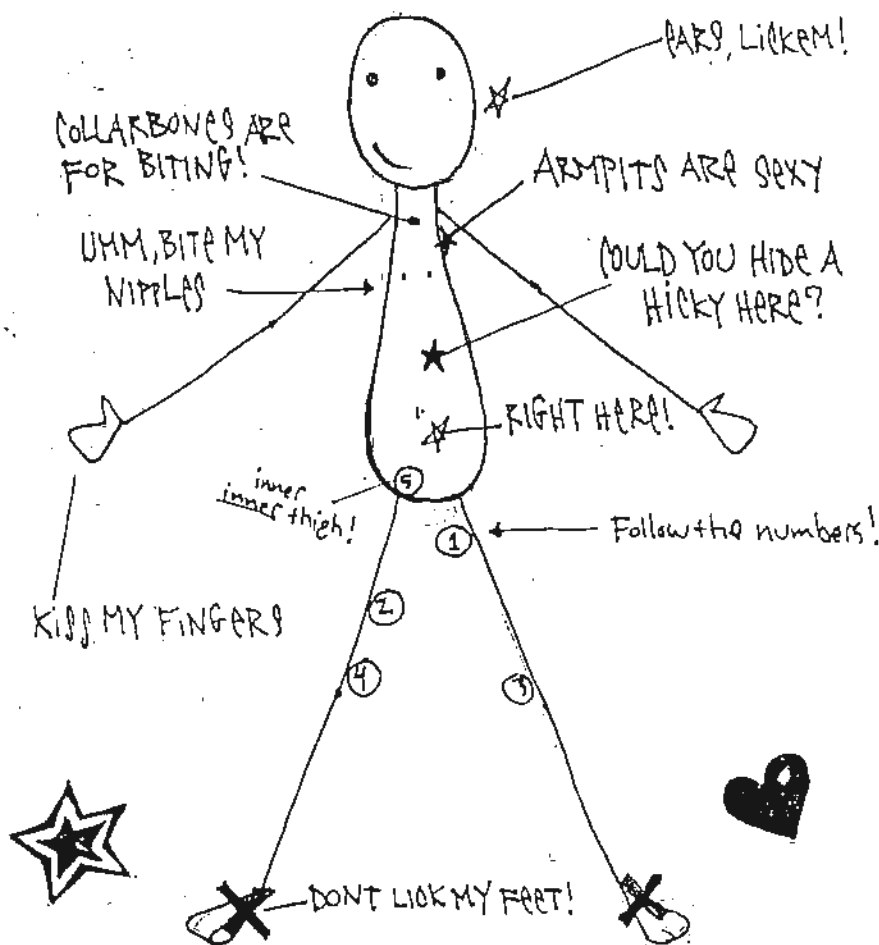
OLAP DANCE OR WHIP-TEASE...  
WHIPPED CREAM IN A CAN...

- BLINDFOLDS... TOUCHING, KISSING, SNIFFING...
- MAKE COOKIES... IN THE MIDDLE OF THE NIGHT. NAKED.
- BODY PAINT + ROCKS... IT CAN BE EDIBLE, TOO!
- WATCH MOVIES... IN BED. ALL DAY. TOPLESS. IN THE DARK.
- SLEEP IN A SLEEPING BAG...
- GO TO THE GYM TOGETHER... HOT! SWEATY!
- DO NAKED SIT-UPS. [PERHAPS AT HOME]
- HAVE A PICNIC IN A SECLUDED PARK...
- EAT TOP ROCKS WHILE MAKING OUT...
- LOOK AT PORN OR STARS TOGETHER...
- SIT ON THE DRYER TOGETHER...
- DRY HUMPS... LEGS. ARMS. FACE. IT SAVES LIVES!!
- FANTASIES... SHARE 'EM!
- WRITE THEM DOWN & TRADE.
- SHAVE EACH OTHER... LEGS. PUBES. FACE. ARMPITS.
- HIDE & GO SEEK...
- NIBBLE ON... EARS. HAPPY TRAIL. ARM. FEET. NOSE.
- EYE GAZE... SIT & STARE INTO EACH OTHER'S EYES.
- TAKE A MINUTE AND DESCRIBE WHAT YOU LIKE ABOUT EACH OTHER'S FACE.
- WALK IN A PARK...
- BUBBLES... IN A HOT TUB. BATH TUB. POOL.
- FRUIT... MMM! TASTY!

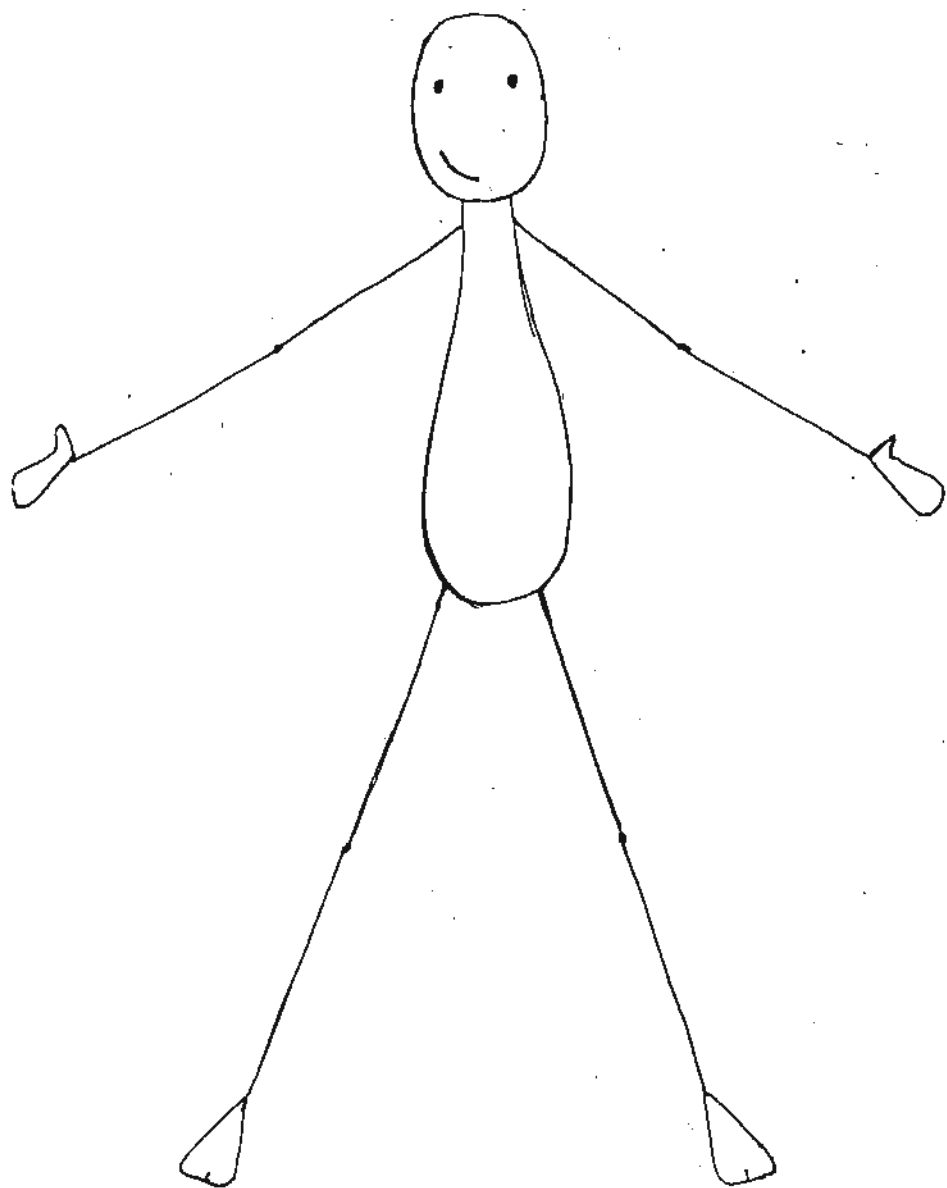


# YOUR "KISS it AGAIN" MAP

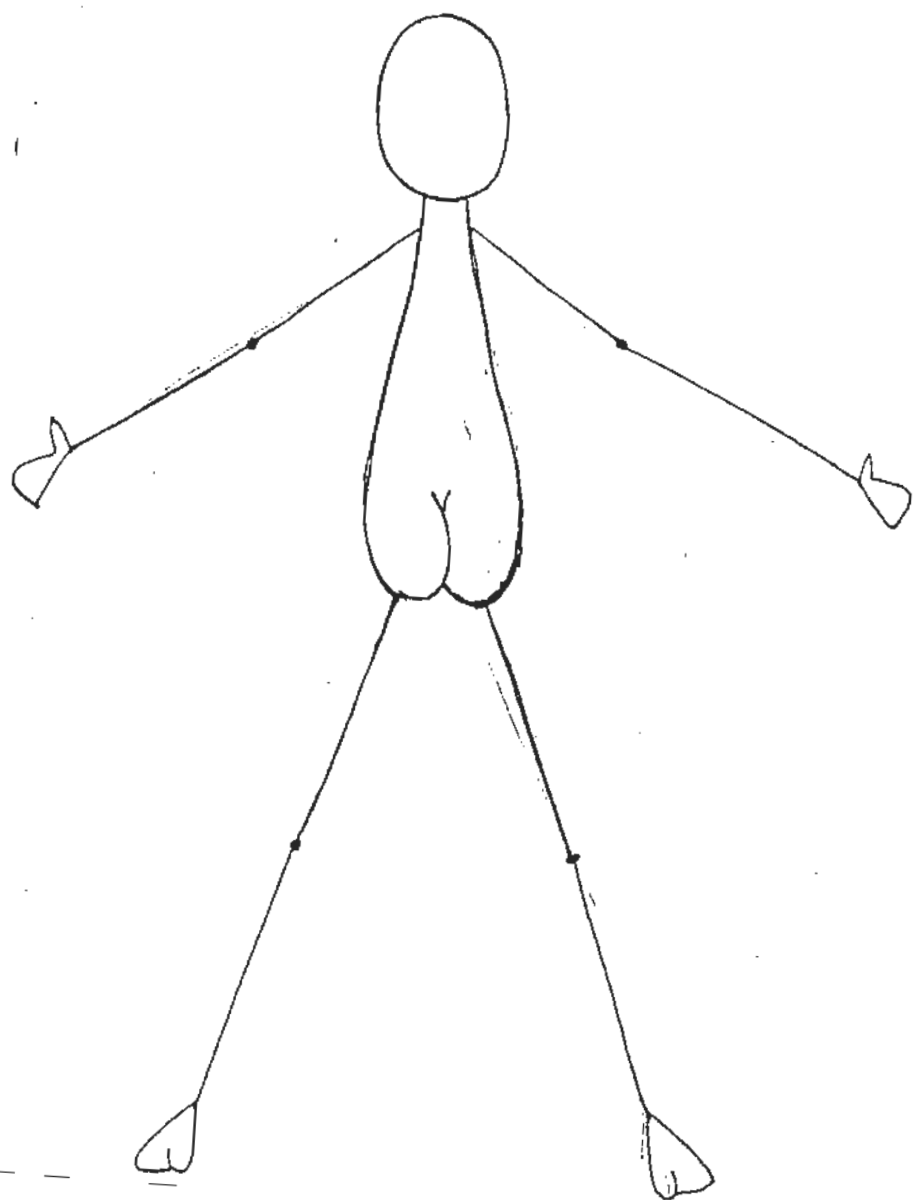
Wanna spice up your fluid-free sex life? How about making a map of all of your sensitive spots—not your actual goodies of course! that's not fluid free!—draw stars, hearts, numbers and labels to indicate what makes you extra happy. Follow the example below to fill out your own on the next page. You can use two colors, one for you and one for your loooooover!



# ♥ FULL FRONTAL ♥



♡ BACKSIDE ♡



# NEAT PLACES TO MAKE OUT!

✕ CROSS OUT ALL THE PLACES YOU'VE MADE OUT AT... TRY TO ACCOMPLISH 'EM ALL...

♥ ON A TABLE. ♥ ESCALATOR. ♥ IN A PARK. ♥ AGAINST A BRICK WALL. ♥ IN A SHOPPING CART. ♥ IN A CLOSET. ♥ ON A ROOF. ♥ DOWN A SLIDE. ♥ IN THE SNOW. ♥ ON A BOAT. ♥ ON A BEACH. ♥ A FARM. ♥ IN EACH OTHER'S CLOTHES. ♥ ON A MERRY-GO-ROUND. ♥ A BIKE. ♥ IN A GARDEN. ♥ UNDER A TABLE. ♥ IN A FORT. ♥ THE MALL. ♥ ON A SWING. ♥ YOUR PARENT'S ROOM. ♥ IN THE RAIN. ♥ ELEVATOR. ♥ IN A CAR. ♥ AT THE ZOO. ♥ ON A HORSE. ♥ IN THE GRASS. ♥ IN A TREE. ♥ A POOL. ♥ THE SUPERMARKET. ♥ THE BUS. ♥ A MOVIE THEATER. ♥ A DRESSING ROOM. ♥ UPSIDE DOWN. ♥ ROLLER SKATING RINK. ♥ COFFEE SHOP. ♥ THROUGH A WINDOW. ♥ PET STORE. ♥ AIRPLANE. ♥ IN A CANDLE. ♥ PIONEER SQUARE. ♥ ON TOP OF THE TALLEST BUILDING IN TOWN. ♥ ON A TRAIN. ♥ IN A CONSTRUCTION ZONE. ♥ IN A FIELD OF FLOWERS. ♥ A CLASSROOM. ♥ PUBLIC BATHROOM. ♥ SHOW. ♥ A PUNK ROCK SHOW. ♥ UNDER A BRIDGE. ♥ FERRIS WHEEL. ♥ IN AN INTERSECTION. ♥ IN EACH OTHER'S ARMS. ♥ IN ONLY CANDLELIGHT. ♥ UNDER A TREE. ♥ IN A TENT. ♥ BY A FIREPLACE. ♥ UNDER THE STARS. ♥ ON A RIVER. ♥ THE LIBRARY. ♥ UNDERWATER. ♥ A DONUT SHOP. ♥ ON VIDEO TAPE. ♥ IN FRONT OF OLD PEOPLE. ♥ UNDERNEATH A MIRROR. ♥ DINING ROOM TABLE. ♥ BARBER SHOP. ♥ CHURCH. ♥ DURING YOUR CLASS. ♥ IN A BASEMENT. ♥ AT THE GYM. ♥ ALL THE ROOMS OF YOUR HOUSE. ♥ WHILE HIKING. ♥ UNDER AN UMBRELLA. ♥ IN FRONT OF A WATERFALL. ♥ IN A PARKING LOT. ♥ IN A FOUNTAIN.

● ADD YOUR OWN IDEAS!

# COMMUNICATION

## WHY TALK ABOUT SEX?!

OPEN COMMUNICATION BETWEEN PARTNERS IS KEY TO A HEALTHY RELATIONSHIP.

COMMUNICATION IS NECESSARY TO SET BOUNDARIES, GAIN UNDERSTANDING OF WANTS AND NEEDS, & TO BUILD TRUST.

• **BOUNDARIES:** ARE GENERALLY DEFINED AS HOW "FAR" ONE WILL OR WILL NOT GO. THESE CAN BE FORMED BY INFLUENCE OF FAMILY, PEERS, MEDIA AND/OR RELIGION. BOUNDARIES AREN'T EXACTLY SOMETHING YOU'D WRITE OUT EACH DAY, NOR ARE THEY SET IN STONE... IT'S JUST WHAT YOU FEEL COMFY PARTICIPATING IN. I.E. "THERE ARE JUST SOME THINGS I'M NOT COMFORTABLE DOING."

• **WANTS & NEEDS:** THIS ONE IS PRETTY SELF-EXPLANATORY... IT'S WHAT YOU AND YOUR PARTNER WANT & NEED OUT OF THE RELATIONSHIP. THIS IS EXTREMELY IMPORTANT TO DISCUSS BEFORE ENGAGING IN ANY SORT OF SEXUAL ACT. WITHOUT ANY KNOWLEDGE OF YOUR PARTNER'S EXPECTANCIES, IT COULD LEAD TO POTENTIALLY EMBARRASSING SITUATIONS AND BROKEN HEARTS. IF YOU OR YOUR

PARTNER DON'T FEEL COMFORTABLE  
DISCUSSING THESE ISSUES, PERHAPS SUCH  
SEXUAL ACTS SHOULD BE THOUGHT OVER  
AGAIN.

● A DEMONSTRATION OF **TRUST** OVER  
TIME IS BASICALLY THE FOUNDATION OF  
ANY HEALTHY SEXUAL RELATIONSHIP. WHEN  
YOU RELY ON YOUR PARTNER FOR YOUR  
SEXUAL HEALTH, IT'S LIKE PUTTING  
YOUR LIFE IN THEIR  
HANDS. BE SURE TO  
WEIGH YOUR VALUES  
WHEN WITH SOMEONE...  
BECAUSE ALTHOUGH YOU  
MAY TRUST THEM 100%...  
PEOPLE MAKE MISTAKES.

[WE'RE ONLY HUMAN.]



• GOT ANY IDEAS  
FOR 'FLUID FREE  
GROOVIN'?!'

• LET US KNOW!

JOSHUA PAVLACKY:

JPAVLACKY@WESLEYAN.EDU

BETH MYRICK:

• BETH\_MYRICK@YAHOO.COM

# • TEEN 2 TEEN!

BROUGHT TO YOU BY: CASCADE AIDS PROJECT!

TEEN 2 TEEN is designed to provide youth with the resources and skills necessary to protect themselves & others from HIV & STD infection.

• CASCADE AIDS PROJECT is the oldest & largest COMMUNITY-BASED PROVIDER OF HIV SERVICES, HOUSING, EDUCATION & ADVOCACY IN OREGON AND SOUTHWEST WASHINGTON!

FOR MORE INFORMATION OR ZINES CONTACT

BETH MYRICK OR SHELAGH JOHNSON  
c/o CASCADE AIDS PROJECT  
6020 SW 5th Ave. Suite 300  
PORTLAND, OR 97204

503.223.5907 CASCADE AIDS PROJECT.

• 503.223. AIDS OREGON AIDS HOTLINE.

