



How to be an Ally in the Bedroom

A few things you should know to be a good Ally in the bedroom:

It's always good to remember, if you're with or sexually/sensually engaging with someone who has experienced trauma, they may not know what they want or need until it's already happening. They may be unexpectedly *triggered*. They can start off so connected and happy and then something triggering can throw them off.

What's a **Trigger**?

Triggers are a term that refers to something(s) that affects a person's emotional and/or physical state; often in a negative way because of trauma.

((REMINDER))

Patience with them and yourself and *communication* are very important.

Remember that yes, this is a survivor but being a survivor is not all that they are. You do not have to handle them like a small cotton ball that can fall apart anytime. Treat them as taffy; they are malleable and can be adaptable when it feels good to them. However, you must always *check-in* with them.

3 ways to be a good ally in the bedroom.

- Practice patience
- Communicate
- Check-in, Check-in, Check-in

Thank you

