

Intimacy Guidelines for Performers

1. You have the right to your body.
2. Respect Yourself and Others.
3. You are part of the conversation: communicate and discuss the intimate moments with the creative team and fellow actors.
4. Always consent first and ask for consent from the other performer before starting the choreography. Be clear that you consent.
5. If you need to consider, it's OK to ask for time to think.
6. Speak up about your physical boundaries and your "no touch areas". Offer alternatives if you can.
7. Check in with yourself, you can retract your consent at anytime!
8. Ask for an Intimacy Director/Intimacy Coordinator to be onboard to help create safe intimate choreography, support your process and advocate for your safety.
9. It's OK to ask for a break and take some fresh air.
10. Ask for a third party to be present when rehearsing intimate choreography (which cannot be the director, another performer or producer).
11. You have the right for a Closed Rehearsal / Closed Set to limit the amount of personnel around you.
12. When Nudity is used a robe should be given to you every time you break out of character/scene/shot.
13. You don't have to and should not be asked to share personal experiences or relive them. The character is not you, this separation is vital for your emotional safety.
14. Trust your body and its boundaries. If something feels wrong, is distressing, uncomfortable or impactful physically or/and emotionally tell your Intimacy Director or Intimacy Coordinator or Stage Manager.
15. If the intimate choreography strays from what you agreed to, communicate that.
16. Remember that we all perform best when we feel emotionally safe. A certain level of vulnerability and performance anxiety can be expected when working in performance/on-set but it should not impact you in an unsafe, unhealthy manner.
17. Don't forget your Closure Practice/Routine - bring yourself back into the "real world" at the end of an intimacy scene/show/shoot. Self care is important, you are important.
18. Remember, you are not alone and others might feel as you do. Therefore it's important to speak up so things can change!

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www.teamidi-uk.org
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<https://www.samaritans.org>
Equity's Harassment Helpline: 020 7670 0268
<http://www.artsminds.co.uk>
<https://www.anxietyuk.org.uk>
<http://www.cbtregisteruk.com>