

# RADIO

## KALEIDOSCOPE

## PORTRAIT

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Le portrait kaléidoscopique est une activité ludique pour faciliter les discussions sur la sexualité et le plaisir. Elle propose aux personnes d'écrire un court poème, seule ou à plusieurs, sur leurs préférences en matière de sexualité et d'amour, qu'elles peuvent ensuite partager au micro. L'activité permet également de créer rapidement un cadre intime propice aux confidences et renforce le lien de confiance entre les personnes pour la suite des activités.

**Duration** 30 minutes to 1h 30

**Participants** 5 to 20 people

**Objectives**

- Introduce the themes of positive sexuality and pleasure
- Encourage discussion on sometimes taboo subjects
- Strengthen the bond of trust between people
- To start the writing process

**Materials**

- Papers and pens
- Radio material

**Preparation** Prepare a sheet of paper with sentences to complete, based on the kaleidoscopic portrait. For example:

If I were a body part, I would be ...

If I were a caress, I would be ...  
 If I were a kiss, I would be ...  
 If I were an underwear, I would be ...  
 If I were a place to make love, I would be ...  
 If I were an orgasm, I would be ...  
 If I were a couple, I would be ...  
 If I were a sexual object, I would be ...  
 If I were a sexual position, I would be ...  
 If I were a way of masturbating, I would be...

These sentences can be adapted to your intervention context.

Print as many copies as there are participants.

Prepare the radio equipment and check that it works properly by making test recordings. It is recommended that you have already introduced the equipment to the participants and had them handle it, so that you only have to remind them of the important features

## Instructions

- ① Distribute the papers to the participants.
- ② Ask them to write a poem by completing the sentences on the sheet of paper provided. You can give an example:
  - "If I were underwear, I would be black cotton panties that go up to my belly button and are very comfortable."
  - "If I were an orgasm, I wouldn't be like the ones you see in films. I would be wild, masculine, ungraceful. I would be an expression free from the gaze of others."
  - Tell people that they can also add suggestions, delete sentences, add more sentences, etc. Ask them to write in a simple style, without necessarily looking for figures of speech, or to write well. Invite them to be vulnerable and sincere in their sharing.
- ③ Once the poems are finished, create pairs or



triples. Invite participants to choose one person with whom they feel particularly comfortable. Randomly assign the other participants.

- ④ In sub-groups, people take turns reading their poems.
- ⑤ Invite them to select the parts they like best and modify them in order to create a single poem together. Ask them to think about how to vary the sentences between them according to their tones, lengths and rhythms in order to create surprises and variations. The poem should be read aloud for a maximum of 1 to 2 minutes.
- ⑥ Then suggest recording the poem in a multi-voice reading. Share the roles, considering the rhythm of the reading.
- ⑦ Give each group a recorder and ask them to record themselves several times (at least 3 times). The text read out should not contain any reading errors.
- ⑧ Active Listening



## Variants

1. If you are giving an initiation to editing, you can suggest that people record sounds that evoke intimacy or phrases from their poems. They then add the recorded sounds to their voices on dedicated editing software.
2. Offer the possibility of not writing a poem together. Each person writes a poem which should not exceed 30 seconds orally. Then take turns reading it into the microphone.



## Tips for facilitators

You can give some tips on how to read a text into a microphone and do some listening.

## Debriefing

You can ask some questions:

- Were you comfortable sharing your poem in a subgroup? Why do you think so?
- Did you enjoy listening to all the poems together?
- Do you feel more comfortable starting to write before the radio recordings?
- Do you feel more comfortable talking about sexuality and pleasure in the group?