

# “Drunken” Obstacle Course Activity

## Goal:

- To demonstrate how hard it is to complete activities when intoxicated.

## Have Ready:

- 2 sets of oven mitts
- 2 sets of swimming goggles/glasses with Vaseline on them
- 2 sets of earmuffs/thick toques
- 6 or so large marshmallows per person
- 2 scooters/skateboards
- masking tape
- one or two condom(s) per person
- 2 wooden penises/bananas/bingo dabbers
- 4 pylons or other large objects
- 2 pieces of paper with a condom message on it (see below for messages)
- markers
- stopwatch or watch
- one person to record the times
- two people to help participants and reorganize the obstacle course once folks have run through it
- prize for the fastest participant (optional)
- flipchart paper (optional)

## Instructions:

- Set up your obstacle course in a large space with room for two courses.
- Mark the start line on the floor with a piece of masking tape.
- Mark the path on the floor with masking tape. Set up the obstacles in whatever order suits you as long as they navigate the pylons before walking the balance beams.

- Begin with having the youth put on the goggles, ear muffs, and oven mitts, and putting the marshmallows in their mouth before they get on their scooter, tricycle, etc.
- Have someone yell start and have the youth complete the course.
- Have a youth follow them to make sure they are performing the tasks correctly.
- At the end of the course, youth can try to put a condom on a woody and read the condom message written on the paper aloud.
- Whichever participant returns to the start line first is the winner.
- Complete as many rounds as there are youth and the person with the shortest time is the winner.

### Examples of condom messages are:

- Pinch an inch at the tip of the condom - it will help keep the condom from breaking.
- You have the right to use a condom and be protected from STI/HIV and pregnancy.
- You can get condoms for free at \_\_\_\_\_ (a nursing station, teen clinic or PHN, guidance counsellor, etc... pick what applies to your group)
- Having condoms doesn't mean you have to have sex, it just means you are ready if you do!
- Condoms can be fun! Get your partner to help put it on, use different colours or flavours and use lube to make it feel extra nice!

### Debrief:

- Praise the youth for their participation.
- Ask them, **“What was the most difficult task?”** And, **“What the goal was of the activity?”** To show that it can be harder to do things when impaired.
- Discuss substance use and consent. When people are drunk or high, they can make decisions that they would not normally make. This means that getting someone's consent when they are under the influence isn't true (or legal) consent. Under the influence

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means that there is an outside factor (the substance) impacting a person's decision making ability.

- Let youth know, **“Consent is clear permission, which means that only yes means yes. It’s a voluntary agreement, which means it’s not something that one person does to another, but rather it’s something that people decide to do together.”**
- Getting another person drunk or high in order to have sex with them is sexual assault. **If you have ever dealt with or are dealing with sexual assault, it is never your fault and you have a right to get support.** You can access support for sexual assault or being taken advantage of, even if you were in a relationship with the other person, or if alcohol or drugs were involved. It can help to talk to someone you trust. **The Klinik Sexual Assault Crisis Line is a great resource that people can call if they need to talk. It is open 24/7 and free to call from anywhere in Manitoba. Their phone number is 1.888.292.7565 or 204.786.8631.** If someone wanted in person counselling they could call 204.784.4049 for Sexual Assault Intake.
- Drugs and alcohol can also affect how safe the sex is. Drugs and alcohol can increase the likelihood of sex and decrease how safe the sex is.<sup>1</sup> That’s why it is important to think ahead about ways to reduce the risk of unplanned pregnancy or STI/HIV when using. Ask youth, “If sex might be a possibility in a situation where people are drunk or high, what are ways they could be safer?” Carry condoms, talk about boundaries when you are sober, have a buddy system, check in with each other, and decide to do other activities that are lower risk.
- Note: The relationship between alcohol and sexual violence is complex. The association of sex and alcohol consumption is normalized in our dominant culture. Yet harmful use of alcohol is a risk factor for both experiencing and perpetrating sexual violence. It has been estimated that as many as 50 - 70% of sexual assaults are linked to alcohol use. Most alcohol-related sexual violence occurs between individuals who are known to each other, most often at parties and in bars or in dating relationships. Alcohol is the number one date rape drug.<sup>2</sup>

# Endnotes

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<sup>1</sup> (Fielder, R.L. & Carey, M.P., 2010a. Predictors and consequences of sexual “hookups” among college students: a short-term prospective study. Archives of Sexual Behavior, 39, 1105-1119.) & (Kiene, Barta, Tennen and Armeli, 2009. Alcohol, helping young adults to have unprotected sex with casual partners. Journal of Adolescent Health, 44, 73-80.)

<sup>2</sup> Sexual Violence: A Public Health Primer. [www.novascotia.ca/coms/svs/docs/primer.pdf](http://www.novascotia.ca/coms/svs/docs/primer.pdf), accessed August, 2016.