Chapter 9: Ice Breakers, Energizers & Other Activities

Icebreakers

Human Bingo (requires the subsequent bingo sheets photocopied and pens)
- Hand out “bingo” sheets with get-to-know-you questions.
- Explain that they need to move around the room and try to fill each on their bingo sheet with a different person’s name.
- When they have the whole sheet completed they should yell “bingo!”
- They should have each person sign at least once (if there are 16 or less people).
- Have winner read the names in each box and have the named person tell the group the answer.
- See below for a sample bingo sheet, or create your own original one.

Candy Game (requires a bag/jar of candy or other small treat or item youth can have)
- Pass around a candy jar to a group of youth. (Make sure there is at least enough candy for each person to take 3 or 4 pieces.)
- Have everyone take as much candy as they want but let them know that it must go around the whole circle with everyone getting some candy.
- If there is still candy in the jar then pass the jar around again.
- When the jar is empty tell them they must share one piece of information (nothing too personal) for every candy they have taken (e.g. favourites, family, music, experiences, likes/dislikes, etc).

Step into the Circle Ice Breaker

From Jessica Danforth and the Native Youth Sexual Health Network
- Instruct participants that the point of this game is to show how much we do and do not have in common.
- Explain that you will ask a statement like “Step into the circle if...” and if it applies to them, they step into the circle.
- Tell them that they do not have to step into the circle if they do not want to let people know their answer to your statement, but that you will never ask something that does not also apply to you as well so they will never be alone.
- Tailor questions around issues you want to discuss like, “Step into the circle if you know someone who is HIV positive.” Then step out. Try a new statement like “Step into the circle if you are proud to be Native.”
# Diversity Bingo

<table>
<thead>
<tr>
<th>Find someone who has a family member who came from a different part of the world.</th>
<th>Find someone who is a friend of a lesbian, gay, bi, trans, or two-spirited person.</th>
<th>Find someone who uses or knows someone who uses a wheelchair.</th>
<th>Find someone who volunteers (and where they volunteer).</th>
</tr>
</thead>
<tbody>
<tr>
<td>Find someone who spends time with elders or seniors &amp; thinks they rock!!</td>
<td>Find someone who doesn’t laugh at racist, sexist, or homophobic jokes.</td>
<td>Find someone who can name one gay, lesbian, bi, or transgendered star in the media.</td>
<td>Find someone who has given out condoms to friends or someone who needed or wanted one.</td>
</tr>
<tr>
<td>Find someone who can name at least two indigenous nations living in the prairies.</td>
<td>Find someone who speaks more than one language.</td>
<td>Find a person who is or knows someone who is adopted.</td>
<td>Find someone who knows how to milk a cow.</td>
</tr>
<tr>
<td>Find someone who has traveled to Northern Manitoba. Where ‘bouts?</td>
<td>Find someone who has donated items to a food drive.</td>
<td>Find someone who goes to a mosque or temple.</td>
<td>Find someone who knows what the symbol to the left stands for.</td>
</tr>
<tr>
<td>Find someone who has helped out a teen parent.</td>
<td>Find someone who grew up or still lives outside of Winnipeg.</td>
<td>Find someone who has sat by a river for an entire afternoon.</td>
<td>Find someone who has been or goes regularly to sweat lodges.</td>
</tr>
</tbody>
</table>

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Here’s what you gotta do:

1. Walk around the room & find people who fit into the squares above.
2. Get them to sign the square if it applies to them. The ones with pictures are FREE squares!
3. You can only get someone to sign your sheet once, so get moving around the room and talk to different people!
4. Once you have a full line across or down, yell “BINGO.” Oh, the prizes!!!
5. If that was too easy, see if you can fill all your squares today! Good luck!
“I Have a Secret” Snowball Activity

Goals:
- To help youth become more sensitive to how difficult it can be to tell personal or secret things about yourself.
- To help youth build confidence in their ability to be a great listener and peer helper.

Have Ready:
- One small sheet of paper and pen for each participant.

Instructions:
- Give everyone a piece of scrap paper and a pen.
- Ask them to think of a secret, something that they would not tell many people or any one at all about. It can be a secret thought, or can something they may have done. **Assure them that they will not be asked to write the secret down or tell the secret to anyone.** Give them 30 seconds to think of a secret. If people find it difficult, tell them to think of something that most people in the room do not know about them.
- Ask the group to think about what it would take from someone before they would be able to tell them about your secret. Now write one word, group of words, or a phrase that tells what they would need. **Remind them that other people will read this, so they should not write down the secret.**
- After they are finished writing, have youth stand in a circle, clear of chairs and food.
- Tell everyone to ball up their paper and on the count of 3 everyone throw that paper at each other, and just keep throwing until you tell them to stop (like a snowball fight).
- When you say stop, everyone finds a “snowball” and returns to their spot.
- Go around the group and ask them to read their papers. Write their answers up on a flipchart or board. Record everything, even those answers that imply there is no way the secret could be shared.
- To save time, when a common word like “trust” or “non-judgmental” gets read, you can ask, “how many other people have that one their sheet?” and put as many check marks beside it.
- List should include (NOTE: in all flip chart debriefs bolded responses must be on the list and discussed):

  - Trust
  - Confidentiality
  - Good listener
  - Understanding
  - Caring
  - Respect
  - Non-judgmental
  - Acceptance
  - A similar experience
  - Warmth
• Kind

• Friendship

**Debrief:**

- Ask youth, “What are the most common responses?”
- “What could this list also represent?” Characteristics of a great friend or support person.
- If “same experience” comes up ask if you have to have had the same experiences in order to be helpful/give resources/etc?
- Notice that words such as *expert, certified counselor, college graduate*, are not usually on this list. Stress to youth that they do not have to be these things in order to be helpful. Chances are if the things on the list are what we need, then they are also what other youth need.
- Sometimes people will feel really comfortable telling their secrets, while others are more cautious and private. Both are okay, but extremes on either end can be problematic.
- “Bottling things up” can lead to an explosion of emotion, whereas telling everybody everything and having a lack of boundaries can leave us vulnerable.
- Relate the idea of boundaries to being a supporter person to their friends and peers, such as letting people know when you are able/not able to talk, setting times and places for support (i.e. “call me to talk, but not after 10pm”), and how/when to refer someone elsewhere.
Energizers

Winds of Change I
- Youth stay seated.
- The facilitator says “the winds of change blow for anyone who… (insert statement here)”.  
- Everyone who shares that statement stands up then performs whatever action is called for.
- Then, the facilitator says another statement.
- Examples of statements are:
  - Has more than 2 siblings - rub their belly
  - Ate breakfast - hop on one leg
  - Has a piercing - give the person next to you a thumbs up
  - Learned something new today - give the person next to you a high five
  - Likes to eat lunch - clap your hands
  - Is wearing black socks - show us
  - Has a driver’s license - turn around in a circle

Winds of Change II (requires one chair per person)
- Youth stay seated in the circle.
- One chair is removed and a facilitator stands in the middle of the circle.
- The one standing says “the winds of change blow for anyone who… (insert statement here)”.  
- Everyone who shares that statement then gets up and runs to another chair (ideally, not the chair on either side of them). The last one standing becomes the facilitator and says “the winds of change blow for anyone who (insert another statement here)”.  
- Examples of statements are:
  - Has more than 2 siblings
  - Ate breakfast  
  - Has a piercing
  - Learned something new today
  - Likes to eat…  
  - Is wearing black socks
  - Has a driver’s license

Write Your Name Game
- Have the youth write their name using various body parts.
  - Finger
  - Elbow
  - Stomach
  - Head
  - Foot
  - Nose etc.
Check-ins or Check-outs

Anytime you are doing a session with a group of youth try to include a check-in and check-out. It allows youth to be able to connect with how they are feeling, encourages them to share how they are doing, and practice listening to the feelings of others. For people working with youth, check-ins/outs give you input about how things are going in the session or with the youth.

Sample check-in/out:

- Have youth say what kind of condom they would be and how they are feeling.
- Put a number of objects in the centre of the circle. Have youth pick out an object. Do go around where everyone explains how the object represents them today.
- In pairs, youth share with a partner how they are feeling for 1 minute. During the go-around the partner says how other is doing. (Paraphrasing Exercise)
- Ask youth to share how they are feeling and their idea of a dream date. This should not be an actual date they have had. (For use when talking about healthy/unhealthy relationships)
- Draw how you are feeling: pass out a scrap or half of a sheet of paper and have youth draw out how they are feeling. It can be a facial expression or anything else. Have youth explain their drawing in a go around to explain how they are feeling.
- Have youth say how they are feeling and one thing (activity/person/animal…etc.) that gives them strength.

Compliment Check-in/out

- Have the youth write a compliment they have been given, heard someone else get or they would like to hear someone say to them, without writing their name or anyone else’s. Remind them that it can be a compliment about their inside or outside.
- When they have all finished writing, pass around a small box or a bag as the check-in object. Have them crumple up their paper. When it is their turn, have them put their paper in the box or bag and say how they are doing today. (Facilitators keep the balls for the checkout)

- At check out, pass the box of compliments around as the check-out object. When it is their turn, have the youth choose a crumpled ball from the box or bag, and read the compliment out loud to the group and share how they are feeling.
“Why?” & “Because”
- Have prepared “why...” & “because...” slips. (see below)
- Ask youth to fill out one of each.
- Collect them in separate envelopes or containers.
- Ask each youth to say how they are feeling and then to read one “why...” and one “because...”.
- Note: The results of this game are usually hilarious and laughter is an important part of this activity.
- Point out to the youth that communication problems can be common, especially in dating relationships. Miscommunication can lead to distortion, similar to a conversation through a walkie-talkie. This activity illustrates how important it is for us to express ourselves clearly and to listen to what others say.

Yarn Web Friendship Connections Check-out  (requires a ball of yarn)
- Youth stay sitting together in a large circle.
- Ask participants to “think of something they would like to remember about their experiences with this group. This can be a favorite memory or what you found most valuable about this session”.
- Begin the activity with the facilitator holding the yard. While holding one end of the string, roll the yarn ball to someone else for them to share their favorite memory/most valuable thing about the session.
- Tell them to hold onto the string and roll the yarn ball to someone else who will be next to share.
- Continue doing this until everyone has had a turn and the “friendship web” is complete.
- Ask youth to “hold the yarn with both hands, and hold that position.”
- The facilitator walks around the circle and cuts the yarn between their hands. Ask youth to “hold up their right hand and let go of their left. Now everyone can take their piece of yarn away with them.”
- Sometimes there is still 2 people holding one piece of yarn, just ask one of them to drop an end, as there is another piece on the floor in the middle of the circle.
How to Start a Bathroom Betty and Johnny (BBJ)
(BBJ= Answers to questions posted in bathroom stalls)

Goal:
• To educate youth and answer their questions.

Have Ready:
• Youth to hang up and take down question sheets.
• Youth to answer questions and fax/email their answers back to Teen Talk if they want them to check answers.
• Access to some computers/printers so youth can look up information and email/print their answers.
• Folders for storing the questions, and also the answers on the computer.
• Folders for storing the hard copy questions and answers.
• A sign up sheet
• Tape

Instructions:
• Talk to youth and see if there is interest in starting a BBJ.
• Have them (or you) contact all youth at the school/center to see who is interested in the venture and book an initial meeting time.
• Look into availability of computers and see if there is a computer where youth can access email (to communicate with Teen Talk) and also a fax machine.

Meetings to book:
➢ A preliminary meeting to show the youth an example of BBJ (see sample) to set parameters (importance of keeping an eye out for inappropriate questions for the first few weeks, to always have their answers checked over before putting them up in the bathrooms, etc), and have youth sign up for which bathroom they want to be responsible for.

➢ A meeting to show youth around the computer:
  o You may want to show them where the master question sheets will be stored, how to work the printer, where to store their answers on the computer and also the hard copies of questions and answers are stored, and where they can find the tape.
  o You may also want to set up a time for the first question sheets to be put up (and taken down), who is responsible for which bathroom, etc.
  o It may be a good idea to draft up a brief letter or email to staff and caregivers at the school to make sure the papers aren’t torn down by mistake.
A meeting to gather up the questions, come together and work on the answers.
  - Some youth like to work in pairs so they can check each other’s answers or bounce answer ideas off each other.
  - When youth are finished answering their questions, they email Teen Talk with their answers, which will be checked for valid info/appropriateness and then emailed back to them within two weeks.

A meeting for youth to print up the final copy of the answers and go hang them up in the washrooms. After a few times, and with clear due dates/deadlines, youth can become independent in gathering up questions writing answers, and posting up the answers once checked by Teen Talk (or yourself).

And so the cycle continues!

Helpful Hints:
- It’s a good idea to have a folder with all the questions that have been asked, so you can track what youth are wondering about, but also so the youth can easily copy and paste answers for frequently asked questions. You may want to divide the folder up into Mental Health, Relationships, Birth Control, STI, Sexuality, etc.

- AND NOW AVAILABLE AT www.teentalk.ca the answers to frequently asked questions. (and if you feel inclined to plant or use a few taken from the Teen Talk website, go ahead!)
FAQ about Betty and Johnny Notes

What if students write inappropriate comments or graffiti on the sheets?
Things like this are usually written the first few times the notes are posted. The most successful strategy to deal with this has been for Peer Supporters to monitor the sheets and immediately take down any with inappropriate writing on them, replacing them with another question or answer sheet. After a few weeks, once people realize that the sheets are there to stay, their graffiti is being monitored and, most importantly, that their questions are being answered seriously, the comments usually stop altogether.

Aren’t some questions inappropriate?
It is very rare that an inappropriate question arises. Also, we try and turn every question (even if it might seem like a joke) into a learning opportunity. However, there certainly are instances where questions need to be edited or eliminated. The peer supporters are aware of this and the involvement of school and Teen Talk staff ensure that quality, fully appropriate postings go up in the bathrooms.

Who looks after posting and taking down sheets and answering the questions?
The Peer Support volunteers are responsible for this. They have each taken part in an intensive 35-hour training on a diverse range of issues and are prepared for dealing with the variety of questions. Once they have completed them to the best of their ability they can email or fax them to Teen Talk and they will edit and add any additional information. They can be proofed by the teacher/guidance counselor as well.

Are there any problems with the sheets being ripped down?
Although rare, students sometimes rip sheets down. More common is the problem of the sheets being ripped by teachers or by janitorial staff who don’t know about the program. Ensuring that the whole school community is aware of the Peer Supporters and their activities usually alleviates this problem.

What kind of support/resources do the youth need for this project?
The youth need access to the photocopier or someone to photocopy the notes for them. Access to a computer and printer in order to receive and print the edited version of the questions from Teen Talk is useful. The only other thing is tape.
**Bathroom Betty and Johnny Answers**

1. **Can birth control cause cancer? Do you really gain weight when you go on the pill? What about the birth control patch?**

Oral contraceptives (birth control pill) slightly increase the risk of breast cancer and slightly decrease the risk of uterine and ovarian cancer. There is also a risk of developing blood clots, (made more likely if you smoke). This is why you can only get the pill through a prescription or by seeing a doctor at a community health clinic (such as Teen Klinic – 870 Portage Avenue – Mondays 4:30 – 8:00) and why you should tell your doctor or nurse as much about your medical history as possible. Some other possible side effects of the pill are nausea, headaches, mood swings, reduced or increased acne, and small weight gain or weight loss. If you are concerned about the side effects of the pill, talk to your doctor. There are many different types of hormonal birth control and the side effects are different for each person.

The birth control patch is a new form of birth control that goes on your skin (usually your arm) for three weeks at a time (with one week off) and has many of the same side effects as the pill.

2. **When is the best time to have sex in relation to your period if you don’t want to get pregnant? Can you have sex while on your period with no protection?**

While you are on your period, and the lining of your uterus is shedding, it is less likely that you will become pregnant. The release of an egg during ovulation usually happens 14 days afterwards. However, the risk is still there because people’s bodies can be unpredictable. Therefore, it is best to act as though the risk of pregnancy is always present, at any point in your cycle. If you are sexually active and do not want to risk an unplanned pregnancy or sexually transmitted infection, it is very important to consider birth control a big part of your lifestyle. There are various methods of birth control that greatly reduce the risk of pregnancy; only condoms reduce the risk of getting a sexually transmitted infection.

3. **My pubic hairs haven’t curled yet. Am I sick?**

Just like everyone’s hair is different on the top of their heads, it’s not all going to look the same with pubic hair. Everybody is different and natural and you shouldn’t expect yourself to look like anything other than you. Some people have very curly pubic hair, some have very straight pubic hair. Sometimes, pubic hair is curly after you get out of the shower but flattened and straightened by wearing underwear all day. Whatever yours looks like is okay – you are not sick.
4. All my friends are having sex, I don’t want to. What should I do?

Remember that old saying, if all your friends jumped off a bridge, would you? What you have to remember is to always do what you feel comfortable with. Why do you think that all of your friends are having sex? It could be that they are just saying that because they are uncomfortable with people thinking they are virgins. Regardless, you are the one who has to deal with your decisions – not your friends. For example, if you experienced an unplanned pregnancy your friends couldn’t deal with that for you. If you don’t feel ready, that’s okay. In grade 12, about 50% of teens have had sex and 50% have not. Whatever side you fall on is okay. Please don’t feel pressured to do anything you don’t want to.

5. How far must you put a tampon?

In order for the tampon to stay, you have to insert it as far into your vagina a) as you feel comfortable and b) that you can’t see the bottom of it. Try to make only the string visible. Often girls don’t insert it far enough and then it feels uncomfortable. You shouldn’t feel the tampon at all. Don’t worry about it going “too far up” or “getting lost”. It can’t happen! Your vagina is not an endless canal into your body. It has an end: nothing can magically enter into it and never come out again.

6. I don’t have many friends at school and don’t live around here. How can I make friends?

What are you interested in? Sports, drama, music? Try not to be nervous. Many people feel like you do. There is always a risk involved when you try to start a conversation with someone you don’t know very well – but the payoff is worth it. The trick is to find what you love and pursue it. Try joining a sports team, student council, band or choir. You’ll meet people who share your passion and have similar interests. The rest will come when you are confident in your awesome self.

These answers are brought to you by
Come talk to us for information, answers to questions or resources.

Post Contact Information and Address Here
Bathroom Betty and Johnny Notes

Do you have questions about about SEX? BODY? DRUGS? RELATIONSHIPS?
Here is a place to ask anything you want to know, anonymously.
The answers will be posted here by
Come talk to us for more information, if you have more questions, or for resources.

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Session Feedback Form

Age: _________  Gender: _________  Grade: _______

What did you think about the following? (Please circle):

Information:  Very Poor  Poor  Average  Good  Very Good
Presenters:   Very Poor  Poor  Average  Good  Very Good
Overall Workshop:  Very Poor  Poor  Average  Good  Very Good

What were the most important things you learned today?
________________________________________________________________________
________________________________________________________________________

What would you add or change about the workshop and why?
________________________________________________________________________
________________________________________________________________________

Comments or Questions:
________________________________________________________________________
________________________________________________________________________

If this is your last workshop, we can email you an answer:  E-mail:_______________________________

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