

Teen Talk's "Sexual Jeopardy" Game

Goals

- To have fun while educating and reinforcing information learned about sexual health topics including STIs, HIV, birth control, condoms/sex dams and consent.
- Increase group participation.

Senior 1-4 Education Curriculum Connections

This activity contributes to the following Student Specific Learning Outcomes:

Family Studies

- *S1, S4 4.1.1 Identify, analyze, and demonstrate effective communication skills to create healthy relationships, e.g., sending a clear message, effective listening, barriers to communication, negotiation, decision making.*
- *S1 5.1.3 Identify behaviours that promote health and wellness.*
- *S1 5.1.5 Examine how decisions affect one's wellbeing.*
- *S1, S2, S4 2.3.2 Evaluate the role of abstinence in relationships, e.g., mental health, pregnancy prevention, physical health-STIs, emotional health.*
- *S1, S2, S4 2.4.1 Differentiate between various contraceptive options (e.g., abstinence, male condom, male condom plus spermicide, female condom, birth control pill, no vaginal intercourse, diaphragm and jelly, cervical cap, spermicides, IUCD, sponge, Depo-Provera, Norplant, vasectomy, tubal ligation, rhythm method).*
- *S2, S4 1.5.3 Evaluate the role of abstinence in relationships, e.g., pregnancy prevention, physical health-STIs, emotional health.*

Guidance Education GLOs under Personal/Social Component.

Physical Education

- *K.3.5.B.4 Identify available community supports that promote safety and community health.*
- *K.4.S1.B.2b Identify appropriate social behaviours for developing meaningful interpersonal relationships.*
- *K.4.S2.A.3 Analyze factors that influence personal and or group decisions for action, healthy lifestyles.*
- *K.5.S1.E.1b Describe the potential consequences and risks associated with sexual behavior and different types of contraceptive methods.*
- *K.5.S1.E.2b Examine the psychological implications of sexual activity and teenage pregnancy, and responsibilities regarding prevention.*
- *K.5.S1.E.3a Describe social factors affecting human sexuality.*
- *K.5.S1.E.3b & K.5.S2.E.3b Examine the influences on making decisions for responsible sexual behaviour.*
- *K.5.S1.E.3c & K.5.S2.E.3c Review personal responsibilities and sources of support with regard to sex-related health issues.*

- *K.5.S1.E.4a Examine behaviours that may decrease the risk of contracting HIV, and behaviours that increase the risk of Contracting HIV.*
- *K.5.S1.E.4b Describe the symptoms of, effects of, and treatments for the most common sexually transmitted infections.*
- *K.5.S2.A.2 Demonstrate knowledge of healthy lifestyle practices that contribute to disease/illness prevention, including mental illness/ disorders.*
- *K.5.S2.E.4a Explain health issues related to HIV/AIDS.*
- *K.5.S2.E.4b Describe ways to prevent STIs to promote the health of society.*

Have Ready

- Create Sexual Jeopardy game board pieces
- Sexual Jeopardy questions and answers (see following pages)
- Poster size sheet of card stock for attaching the game board pieces (optional)
- Tape for posting game on the wall
- Prize(s) for winning team (optional)

Instructions

- Divide the group into two teams and have them choose team names.
- Decide which team will go first.
- Have the teams take turns choosing a category and points value, and answering a question.
- Keep score on a chalk/white board.
- Encourage each team to huddle and work together to come up with the correct answer.
- If one team guesses incorrectly, you may want to give the other team a chance to “steal” if they know the correct answer.
- There is no need to ask every question, the game can be as brief or extended as needed.
- At Teen Talk we like to play a final “Bonus Jeopardy” round where each team chooses an amount of points to wager and have a youth from each team to come to the front to do a condom demo.

Sexual Jeopardy Game Board

Note: This page shows an example of how the game board can be laid out.

Sexual Jeopardy

Prevention	STIs	HIV/AIDS	Bonus
10	10	10	10
20	20	20	20
30	30	30	30

Prevention Questions

Prevention for 10

Q: What is the only 100% effective way to prevent STIs, HIV, and pregnancy?

A: Abstinence (not having sex) and not taking part in risky behavior like sharing needles.

Q: Which method of birth control also protects against STIs and HIV/AIDS?

A: Condoms.

Q: What are four things to look for on a condom package?

A: Expiry date; type of condom; write up saying it helps to prevent against STI/HIV/pregnancy; damage to package.

Prevention for 20

Q: What are 3 things that can destroy a latex condom?

A: Possible answers: Vaseline; oil; hand lotion; grease; heat; friction; sharp things.

Q: What are 3 things that can make sex safer?

A: Using condoms and/or sex dams, going for STI/HIV testing, asking for consent, and open communication with your partner.

Q: What are 5 activities that are NO RISK for pregnancy and STI/HIV?

A: Possible answers: massage; hugging; masturbating; dry humping (with underwear or pants on); holding hands; abstaining from sexual activity with a partner.

Note: This question could be used as a good Final Jeopardy question, in which the group with the most number of activities win.

Prevention for 30

Q: What is something you could say to encourage someone to use a condom?

A: Accept any good line they say, for example "I can relax more when we use condoms," "I want to keep us both as safe as possible," "I respect you," "condoms can make sex last longer," "I feel better when we use condoms."

Q: How do you make and use a sex dam?

A: 1. Use a condom, check the expiry date, guarantee, and that it's not damaged 2. Take the condom out and unroll 3. Rip off the band at the base of

the condom 4. Rip the condom from the base toward the tip, making a rectangle 5. When using, keep each person's fluids on their own side. See the Sex Dam Demo for pictures and detailed instructions.

Q: What is the only method of birth control that can prevent a pregnancy for up to 5 days after unprotected penis-vagina sex; and where can you get it?

A: Emergency Contraceptive Pill (or Plan B/Morning After Pill), get it from a teen clinic, health centre, nursing station, or pharmacies.

STI Questions

STI for 10

Q: What is the most common STI in Manitoba that often has no symptoms?

A: Chlamydia. It, as well as Gonorrhea, have high rates in Manitoba. Both are spread through unprotected oral, vaginal, and anal sex. Chlamydia and Gonorrhea are cured with antibiotics. If untreated for a long time, they can cause damage to reproductive organs.

Q: Which STI are small parasitic insects that feed off human blood?

A: Pubic lice (crabs). Pubic lice are transmitted through skin to skin contact (genitals rubbing), sex, or by sharing clothes, towels, or bedding. The cure is a shampoo from the pharmacy that kills pubic lice and their eggs. Someone would also have to wash all of their bedding, clothes, and towels through a dryer on hot.

Q: Certain STIs, like Syphilis, Chlamydia, and HIV/AIDS, are considered reportable by Manitoba Public Health. What does that mean?

A: It means if you test positive for any of these STIs, Public Health will do contact tracing for past and current partners so they can go for testing.

STI for 20

Q: What STI often causes painful blisters on or around the genitals or mouth?

A: Herpes. Herpes is a virus that has no cure, just treatment. It is transmitted through unprotected oral, vaginal, or anal sex as well as skin-to-skin contact. There are two types of herpes: genital herpes oral herpes (cold sores). Cold sores are common and can be spread by common activities like sharing a drink or you can get one type of herpes from the other if having unprotected

oral sex. People can reduce their amount of outbreaks by managing their stress levels and wearing loose, comfortable clothing.

Q: What STI is often associated with hurting to pee?

A: Gonorrhea. It's a curable STI, meaning someone would take antibiotics and it would go away. If left untreated for a long period of time, it could cause damage to reproductive organs.

Q: What are 2 places on the body that a sex dam can be used to prevent STIs?

A: Vulva, vagina, anus, scrotum, and mouth.

STI for 30

Q: What are the 5 SIGNS of an STI?

A: Unusual discharge from the penis, anus, or vagina; irritation while peeing; excessive genital itching; abdominal or pelvic pain; and skin changes on or around the genitals (rashes, sores, etc.)

Q: What are 5 important steps to putting a condom on correctly?

A: Answers may include: check expiry date; note type of condom; make sure it protects against pregnancy and STI/HIV; open carefully; make sure it's facing the right way (with the ring on the outside); pinch the tip; roll onto penis/sex toy all the way down the base.

Q: Which body parts can be tested for STIs?

A: Penis, vagina, anus, mouth. The most common way to test for many common STIs is a urine (pee) test. Depending on the type of sex that happened they may also swab the throat or anus (bum).

HIV/AIDS Questions

HIV for 10

Q: What are 3 things you could do or say to encourage someone to get tested?

A: Possible answers include: say you will go with them (and/or get testing too); describe the testing process to them; tell them the earlier they get tested the easier it is to treat if they do have an STI; tell them about good places to go that are the most convenient for them; tell them it will be confidential; non-judgmental.

Q: Name two body fluids that are NOT a risk for HIV transmission.

A: Possible answers: sweat; spit/saliva; tears; urine; etc.

Q: How do they test for HIV/AIDS?

A: It's a blood test.

HIV for 20

Q: What are 3 ways that someone can reduce their risk of getting HIV/AIDS?

A: No risk: abstinence & not sharing needles.

Low risk: using condoms & getting tested regularly.

Q: If someone has HIV how soon can they spread the virus to someone else?

A: Immediately. People are often most contagious as soon as they get HIV, it doesn't matter if they have no symptoms, they can still pass the virus.

Q: When should people get tested for HIV?

A: Anytime there is risky behavior, every time you change partners or roughly every 6 months to 1 year.

HIV for 30

Q: What are 3 unsafe behaviours/activities that can pass HIV?

A: Unprotected penis-vagina or penis-anus sex, sharing sex toys, and sharing needles (any type).

Q: What are 3 ways to support someone living with HIV?

A: Learn about HIV and stigma, hang out and have fun, offer to go with them to appointments or support groups, ask if you can help with anything, help to find resources, listen if they need to talk, etc.

Q: How long does it take for HIV to show up on a blood test?

A: 1-3 months after the point of infection. This is called the "window period."

Note: A person can still pass on the virus during this time.

Bonus Questions

Bonus for 10

Q: True or False: You can't get an STI/HIV the very first time you have sex.

A: False. You can get HIV from unprotected sex, even if it only happens once.

Q: True or False: Once you have had Chlamydia or gonorrhoea and have gotten the cure, you can't get it again.

A: False. You can get re-infected with Chlamydia or gonorrhoea if you are exposed again through unprotected sex.

Q: Why would someone who's not having sex choose to take birth control pills?

A: Possible answers could include: to regulate their period (make it come at the same time each month), to lessen period cramps, or to decrease acne.

Q: In addition to going for regular STI testing, what else is something people with vulvas should get every three years once they've turned 21 and have been sexually active?

A: Pap test. (See www.cancercare.mb.ca for Manitoba screening guidelines)

Bonus for 20

Q: What would you have to do before touching someone's bum (or kissing, making out, having sex, etc.)?

A: Get their consent (ask them, get permission, etc.).

Q: Certain medications (such as antibiotics, antacids, anticonvulsants, and some herbs like St. John's Wart) are known to make what less effective?

A: The birth control pill. These medications (and some others) can decrease the effectiveness of oral contraceptives making it more likely for the person to get pregnant.

Q: Where are 2 places you can get condoms and safer sex supplies?

A: Possible answers could include: teen clinics; community health centres; pharmacies; convenience stores.

Q: Name the location of a teen clinic or public health nurse?

A: Whatever correct statement they give.

Bonus for 30

Q: What is the definition of consent?

A: Permission for any sexual activity (or any activity that includes your space or body); only yes means yes; you have to ask; etc.

Q: What are 3 things you need to talk about before sex?

A: Possible answers could include: condoms, STI/HIV testing, consent, comfort level and boundaries, expectations, and birth control and pregnancy options, abortion, adoption, parenting, if applicable.

Q: What is one advantage of the internal condom?

A: Any of the following: can be inserted up to 8 hours before sex; doesn't require a hard penis to use and can be put in the vagina or anus (without the inner ring); alternative to latex if someone is allergic; added protection against STIs that are transmitted by skin-to-skin contact (such as herpes and genital warts).