

STI Risk Game: Higher Risk, Lower Risk, No Risk

Recommended Age: 12+

Goals

- To reinforce that STIs are about behaviour.
- To demonstrate harm reduction by highlighting ways of reducing risks.

Have Ready

- At least 5 youth.
- Higher Risk, Lower Risk, No Risk, and risk scenario cards.
- Tape for posting signs and cards on the wall.

Instructions

- Post Higher Risk, Lower Risk, and No Risk signs around the room.
- Pick as many cards as you think you have time for. Pick cards from each category and choose a variety of couples and individuals.
- At Teen Talk, we introduce the activity by saying, **“We are going to do an activity that looks at someone’s risk for getting an STI. There are three categories: Higher Risk, Lower Risk, and No Risk. Higher risk means there is a higher risk of spreading STIs. Lower risk means people are finding ways to reduce the risk. No risk means there is no chance of spreading STIs.”**
- Hand out cards to small groups or individual volunteers, give them a few minutes to read the card and decide, then ask them to post their cards under Higher Risk, Lower Risk, and No Risk.
- You might read one card out loud to the group as an example and ask, **“Where should this card go?”**
- If any of the youth are unsure about where the cards should go, encourage them to take their best guess.

Debrief

- Starting with Higher Risk, read out each scenario and ask, **“Is this card in the right place?” “Why?”** and **“How could this**

behaviour be made less risky?” emphasizing using condoms or sex dams and getting tested.

- Debrief any cards that are not in the right category and reposition them. For talking points, see the table below. *Note: Oral sex is higher risk for some STIs, but lower risk for HIV transmission.*
- Address the Lower Risk category. You might ask, **“Is the Lower Risk category an okay place to be?”** Yes. If someone is choosing to have sex, the Lower Risk category is a great place to be. No risk is not the end goal for everyone, and this category shows that someone can be sexually active and make positive choices to protect their and their partner’s sexual health. People may move around at different moments in their life and between different sexual encounters. Each time someone has sex is a new time to choose what category to fall under.
- Reducing risk is communicating with our partners, using condoms and sex dams, regular STI testing, practicing abstinence, etc. **It is important to always use condoms/sex dams with a sexual partner and get tested regularly for STIs if you are sexually active.**

Additional Activities

Ideally, this activity can be followed by:

- Condom Demo/Internal Condom Demo/Sex Dam Demo
- Condom Competition/Play Stations

Correct Card Placement and Debriefs

Higher Risk (Activities where bodily fluids are exchanged)	Lower Risk (Activities with condoms and sex dams, getting tested, using clean needles)	No Risk (Activities where no bodily fluids are being exchanged)
<p>Tanner:</p> <ul style="list-style-type: none"> Could talk about safer sex with a partner; it's never too late. <p>Michelle and Rick:</p> <ul style="list-style-type: none"> Could start using condoms/sex dams to prevent STIs from oral sex. <p>Stephanie:</p> <ul style="list-style-type: none"> Could use condoms for all types of sex and get tested to reduce her risk. 	<p>Dev:</p> <ul style="list-style-type: none"> Using protection for oral sex. <p>Brian:</p> <ul style="list-style-type: none"> Using protection for sex and was tested for STIs. He is cured, but could get it again from unprotected sex. <p>Teresa:</p> <ul style="list-style-type: none"> She uses condoms and hormonal birth control and gets tested for STIs. <p>Kate and Isabelle:</p> <ul style="list-style-type: none"> Use protection for oral sex and have been tested. <i>Note: explain sex dam briefly if needed, demo to follow later in the workshop.</i> <p>Jake:</p> <ul style="list-style-type: none"> Uses condoms for sex and asks for consent. 	<p>Alex:</p> <ul style="list-style-type: none"> Masturbating is totally safe. <i>Note: Alex is gender neutral.</i> <p>Allison:</p> <ul style="list-style-type: none"> Not having sex and was tested for STIs. Sometimes people have sex and then decide to wait to have sex again for any number of reasons. <p>Joey:</p> <ul style="list-style-type: none"> Kissing and touching above the waist are totally safe. <p>Tyler:</p> <ul style="list-style-type: none"> Not having sex. Feels pressure to be having a lot of sex. Would be disrespectful if he was also naming names. Assuming only people who have a lot of sex get STIs puts us more at risk of getting one.

Alex



Alex is not dating right now. They like to masturbate sometimes.

Tyler



Tyler brags to his friends that he has had a lot of sex. He's never been with anyone sexually, but because of the way he talks, people assume he has an STI.

Dev



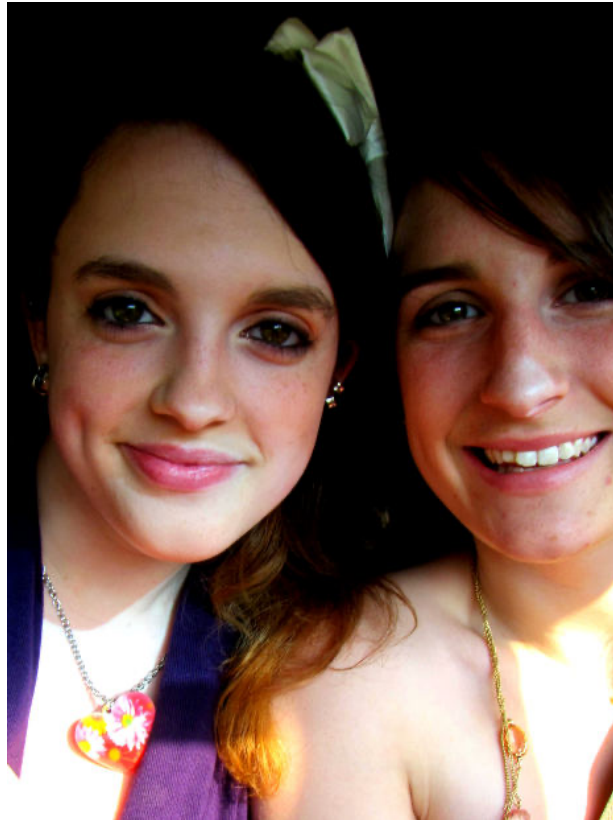
Dev just broke up with his ex and is seeing someone new. He hated condoms but started using them after he had gonorrhea last year. Now he always carries condoms and is getting used to how they feel.

Teresa



Teresa has sex with guys and girls. She uses condoms, sex dams, and is on the pill. She also goes to a teen clinic for free condoms and gets tested for STIs regularly.

Kate and Isabelle



They just started dating and are planning on going to get tested for STIs. They learned how to make sex dams out of condoms at a Teen Talk workshop. They make a new one each time they have oral sex.

Michelle and Rick



**Michelle and Rick like to make out.
They have oral sex without using
condoms or sex dams and are waiting
to have other types of sex.**

Stephanie



Stephanie enjoys having vaginal and anal sex. She has not been tested for STIs. She only uses condoms for vaginal sex.

Tanner



Tanner didn't talk to his new partner about condoms. Now he thinks it's not worth it because they have already had sex.

Allison



Allison had sex with her first boyfriend. Since their break-up last year, she got tested for STIs and has decided to wait to have sex again until she feels more ready.

Jake



Jake asks for consent from a partner before sex happens. He was taught how to use a condom properly and uses one every time he has sex.

Joey



Joey's religion teaches that sex should be saved for marriage. Kissing and touching (above the waist) are okay for him and his girlfriend.

Brian



Brian and his first boyfriend have been dating for eight months. They use condoms every time they have oral sex.

Lower Risk

Higher Risk

No Risk