

BETWEEN ME AND YOU Game

GRADE

8+

LEARNER OUTCOME:

This game increases understanding of how to reduce risk of pregnancy and STI, raises awareness of community resources, and increases knowledge of sexual health.



MATERIALS:

QUESTION CARDS:

Infection Detection
Know Your Bod
More Than Just Friends
Pressure Cooker
Whoa Baby

CATEGORY TITLES

PICTURE CARDS



INTRODUCTION:

This game provides a fun forum to stimulate open discussion about human sexuality. The game rules should be adapted to best suit your classroom and we encourage discussion during the teachable moments.



APPROACHES/STRATEGIES:

A. GROUND RULES (5-10 min)

Ensure ground rules are established before beginning this lesson. For classes that have already established ground rules, quickly reviewing them can promote a successful lesson.

BETWEEN ME AND YOU GAME

B. TEACHER GUIDELINES (30-40 mins)

- Print the **QUESTION CARDS, CATEGORY TITLES** and any accompanying visual aids (if you have coloured card/paper available you can give each category its own colour, e.g., *Infection Detection* – green).
- You can choose to make a game board or simply place the cards with their categories in the table.
- The game is a question and answer format.
- The game can be played in teams, groups, pairs etc. Teams could give themselves a name – healthy competition after all is a good thing!
- The teacher or designate will ‘host’ the game. The host will read the questions out loud and present the visual aids (as required).
- Some questions have one word answers; some have longer answers including rationales.
- Some categories contain more than one question that can be used. The teacher can select the question that best meets the learning needs of the classroom.
- Each category represents a different curriculum concept
 - Infection Detection (Sexually Transmitted Infections)
 - Whoa Baby- No Baby (Contraception)
 - Know Your Bod (Anatomy and Physiology)
 - More than Just Friends (Relationships)
 - Pressure Cooker (Decision Making)
- **Career and Life Management 20 (CALM) questions are marked and are to be used for CALM students only.**
- One person will act as a score keeper.
- Teams choose a category and decide the point value of the question they would like to answer i.e., “We’ll take Infection Detection for 300”.

BETWEEN ME AND YOU GAME

- The team has 30 seconds to give an answer, if no answer is given or the answer is incorrect, the next team can answer the question and 'steal' the points. That team will also have the opportunity to answer a second question.
 - The game can be played until the end of designated time or until all questions are answered.
 - The group with the most points, 'wins' the game.
 - Ice breaker activity: discuss the game title "Between Me and You"
 - What does that mean? How does this apply to talking about sexual health in the classroom? How does this apply to talking about sexual health with partners? Family or friends?
-



QUESTION BOX (10min)

Have students fill out questions and address them next class.



SELF REFLECTION

During the lesson, were:

- Ground rules being followed?
- Good practices established regarding group work and discussion?

What will you change for future classes with this group?

What will you change for future use of this lesson?

Game developed by Sexual and Reproductive Health Promotion Team, Calgary Zone, Alberta Health Services.

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QUESTION

What does S.T.I. stand for?

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QUESTION

Where can you go for STI testing?

ANSWER: Sexually Transmitted Infection

- STI are sometimes called sexually transmitted diseases or STD.
- Some types of STI are passed through oral, vaginal or anal intercourse, while others can be passed through skin to skin contact.
- STIs can be bacterial, viral or parasitic. Bacterial and parasitic STIs can be cured by medication. Viral STI symptoms can be managed but not cured.

POSSIBLE ANSWERS:

- Family doctor
- Walk-in clinic
- Sexual and Reproductive Health Clinic
- STI Clinic

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QUESTION

TRUE OR FALSE: One consequence of having an STI might be the inability to have children.

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QUESTION

TRUE OR FALSE: If you want to be extra safe from STI you should use 2 condoms at the same time.

ANSWER: TRUE

Some STI can damage the reproductive organs resulting in infertility.

ANSWER: FALSE

Use only one condom at a time. Doubling up can lead to both condoms slipping off or breaking. Never use a male and female condom together.

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QUESTION

TRUE OR FALSE: You can always tell if someone has an STI by the signs and symptoms that appear.

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QUESTION

What are 3 ways to prevent STI?

ANSWER: FALSE

Some STI such as Chlamydia may not show any signs or symptoms. You cannot simply look at someone and tell they have an STI.

POSSIBLE ANSWERS:

- Abstinence
- Using condoms and dental dams
- Getting tested
- Limiting the number of partners
- Knowing your partner's sexual history
- Avoid sharing personal belongings such as toothbrush, sex toys, razors, etc.

3000

QUESTION

TRUE OR FALSE:

A urine test is a common way to test for STI in males.

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QUESTION

Common symptoms of STI are:

- a. Painful urination (burns when peeing)
- b. Unusual discharge
- c. Itching
- d. All of the above

ANSWER: TRUE

Urine test (pee-in-a-cup) is the most common STI testing in males. Penile swabs and blood tests can also test for STI when necessary.

ANSWER: d. All of the above.

Other symptoms may include rash, sores or bumps on the genitals, pain during intercourse or spotting between periods.

4000

QUESTION

TRUE OR FALSE: Bacteria, Viruses and Parasites **all** cause Sexually Transmitted Infections.

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QUESTION

Which of the following is not a way to test for STI?

- DNA test
- Urine test
- Swabs
- Blood test
- Visual exam by doctor

ANSWER: True

Infections caused by bacteria and parasites can be treated with medication. Infections caused by viruses can be treated but not cured.

ANSWER: DNA tests

Health professionals will decide with you the best test based on your sexual history.

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QUESTION

You are thinking about having sex.
Describe 2 things you need to do first?

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QUESTION

Name 3 ways you can get an STI.

POSSIBLE ANSWERS:

- Decide if having sex is right for you
- Discuss the responsibilities and consequences with your partner
- Get tested and treated if necessary.
- Consider using a condom and hormonal method for dual protection

ANSWER:

1. Sexual activity such as oral, anal and vaginal sex
2. Sharing needles for drug use
3. Mother to baby

500

CALM

CALM QUESTION

What is this instrument and what is it used for?



Refer to
I5CALM

ANSWER: Speculum

It is used during a vaginal exam so the health professional can see inside the female's vagina and take samples (Pap smear and STI testing) if needed.

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QUESTION

TRUE OR FALSE: Menstruation is the shedding of the lining of the uterus.

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QUESTION

What is it called when semen leaves the penis?

ANSWER: TRUE

During menstruation the lining of the uterus breaks down and leaves the body through the vagina. This happens approximately once a month and can be called a period.

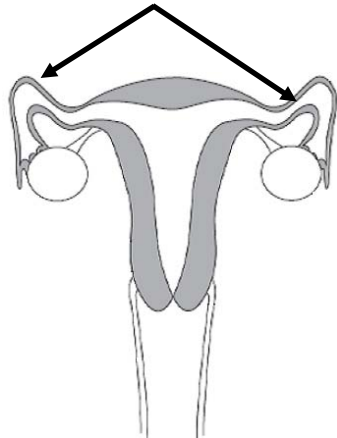
ANSWER: Ejaculation

About one teaspoonful of semen, the fluid containing sperm cells, is ejaculated from the penis.

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QUESTION

What are these and what do they do?

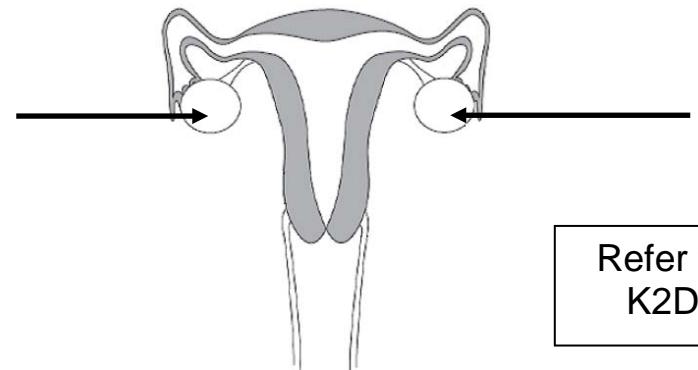


Refer to
K2C

200

QUESTION

What are these and what do they do?



Refer to
K2D

ANSWER: Fallopian tubes

They are tubes connecting the ovaries to the uterus. The egg released from the ovary travels through the fallopian tube into the uterus.

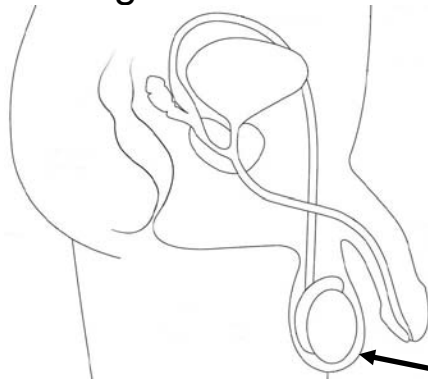
ANSWER: Ovaries

The ovary is the egg producing organ in the female reproductive system.

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QUESTION

What is this organ and what does it do?

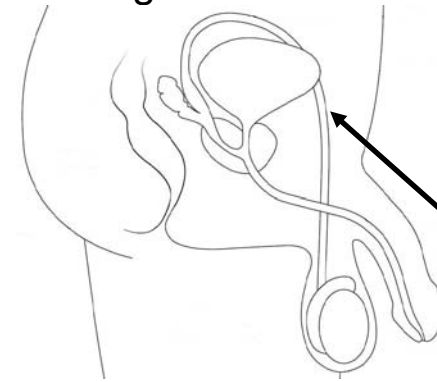


Refer to
K2A

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QUESTION

What is this organ and what does it do?



Refer to
K2B

ANSWER: Testicles

They produce sperm cells. Full-grown testicles make 2000 sperm cells every second.

ANSWER: Vas-deferens

It is the tube that carries sperm from the testicles to the urethra.

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QUESTION

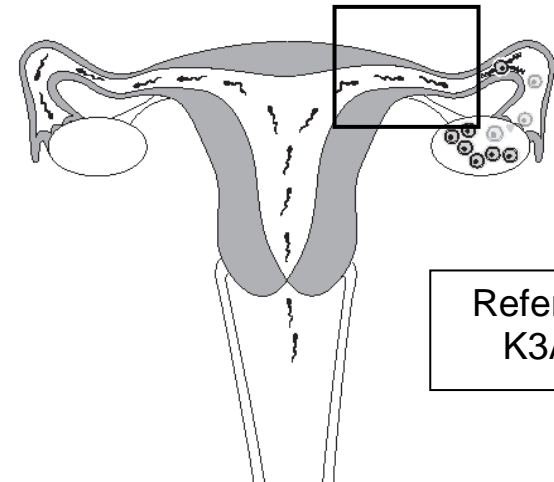
The main purpose for the clitoris is:

- a. Ovulation
- b. Pleasure
- c. Hormone regulation
- d. Bladder control

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QUESTION

What is this process called?



Refer to
K3A

ANSWER: b. Pleasure

This is its only purpose.
It is very sensitive and can
double in size during sexual
arousal.

ANSWER: Fertilization

This process is the meeting of the egg
and sperm that occurs in the fallopian
tubes. Once the egg is fertilized, it travels
down the fallopian tube into the uterus
where implantation and pregnancy occur.

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QUESTION

During Tubal Ligation (getting “tubes tied”), which tubes are involved?

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CALM

CALM QUESTION

TRUE OR FALSE: Testicular cancer is most common in males aged 19-44.

ANSWER: The fallopian tubes

They are closed or blocked during a tubal ligation procedure to prevent the egg and sperm from meeting. This is considered a permanent method of contraception.

ANSWER: TRUE

When caught early this type of cancer is curable. From age 15 males should perform regular self checks and report lumps, enlargement of the testicle, pain or aching to a doctor.

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QUESTION

If you are worried about your sexual health, the best place for you to go is:

- a. the mall
- b. the internet
- c. a healthcare provider
- d. an adult you trust

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CALM

CALM QUESTION

When a female goes for a Pap test, she is being tested for:

- a. Pregnancy
- b. Infections
- c. HIV
- d. Cervical cell changes

ANSWER: c and d

Healthcare provider or an adult you trust.

Speak to an adult or healthcare provider you trust.

Getting accurate information and support is important to deal with any issue.

ANSWER: d. Cervical cell changes

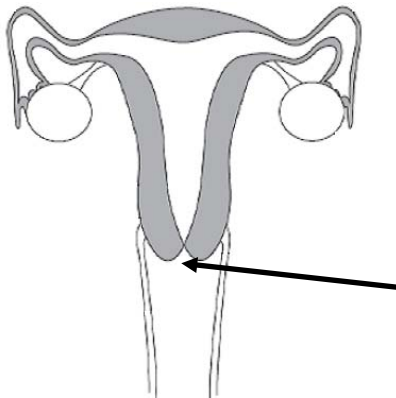
A Pap test is a simple screening test that is done to look for changes in the cells of the cervix (opening to the uterus). A pap test can be done as part of an overall pelvic exam. Having regular Pap tests can prevent almost all cervical cancers by finding cell changes early enough to be treated and cured. Pap tests do not check for sexually transmitted infections (STI). Pap tests are done at a doctor's office or in a clinic.

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CALM

CALM QUESTION

What is this and why is this important?



Refer to
K5CALM

ANSWER: Cervix

It is the opening into the uterus and it is an important site for Pap tests (to check for cervical changes) and STI testing.

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QUESTION

Name three important qualities of a healthy relationship.

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QUESTION

Which of the following is **NOT** an element of a healthy relationship?

- a. Trust one another
- b. One person makes all the decisions
- c. Respect one another
- d. Open and honest communication

POSSIBLE ANSWERS:

- Trust
- Respect
- Honesty
- Loyalty
- Open Communication
- Fun
- Caring

ANSWER: b. One person makes all the decisions

When one person in the relationship is making all the decisions they hold the most power and may be manipulative. It is best if both of you make decisions together.

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QUESTION

Name three resources you can turn to if you are worried about abuse in your relationship.

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QUESTION

Name three characteristics of an unhealthy relationship.

POSSIBLE ANSWERS:

- Family
- Friends
- Teachers
- Counselors
- Coaches
- Parents

POSSIBLE ANSWERS:

Jealousy	Dishonesty
Abuse	Possessiveness
Obsession	Lies
Manipulation	Fear

Some of these characteristics are easier to spot than others such as physical abuse. Listen to your instincts and talk with people you trust regarding maintaining a relationship and making wise decisions. If abuse is involved it is time for the relationship to end.

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QUESTION

Which of the following are signs that you may be in an abusive relationship?

- a. bruises, scratches or other injuries
- b. avoiding friends
- c. apologizing for your partner's behavior
- d. all of the above

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QUESTION

TRUE OR FALSE: The average age of a first violent relationship experience is around 15 years of age.

ANSWER: d. All of the above

Relationship abuse comes in many forms; some are easier to spot than others. The person being abused may not be able to identify the abuse but their behavior may show signs. Avoiding friends is a way of hiding the abuse from the people who care about you.

ANSWER: TRUE

About one in ten teenagers experience physical violence in a dating relationship. Teens are at risk for abuse in their relationships due to inexperience and stereotypes. Violence is not OK.

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QUESTION

What should you consider when making decisions around sex and sexual limits?

- a. Your values
- b. Your friends
- c. Your family
- d. All of the above

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QUESTION

What is the best style of communication to use when making decisions about sexual limits and boundaries?

- a. Assertive
- b. Passive
- c. Aggressive

ANSWER: d. All of the above

Values, goals, moral and spiritual principles are all things people consider when making decisions about sex. Talking to people you trust such as family and friends will help you make healthy decisions.

ANSWER: a. Assertive communication

When individuals are assertive they:

- stand up for their rights without denying other people theirs
- respect themselves as well as others
- know how to listen and talk
- express their emotions, both positive and negative
- know how to be self-confident without seeming arrogant

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QUESTION

Name a reason why you may not make healthy choices when it comes to sex?

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QUESTION

If you do not choose abstinence, the best protection is:

- a. pulling out every time
- b. using a condom and Plan B® just in case
- c. using a hormonal method like the pill or vaginal ring, and a condom
- d. using two condoms instead of just one.

POSSIBLE ANSWERS:

- Pressure
- Alcohol or substance use
- Did not think about how you can handle the situation
- You are in the “moment”
- Poor planning (no condom or birth control)

ANSWER: c. using a hormonal method like the pill or vaginal ring, AND a condom

This is known as dual protection. Using a hormonal method provides protection from pregnancy and a condom provides protection from STI and pregnancy.

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QUESTION

What skills do you need to make healthy decisions in a relationship?

- a. Intelligence, memory, ability to do public speaking
- b. assertive communication, active listening, and negotiation skills
- c. ability to persuade others, love, passive communication
- d. none of the above

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QUESTION

Why would you choose abstinence? Give 3 reasons.

ANSWER: b. Assertive communication, active listening, and negotiation skills.

These are all very important skills to have when making decisions about sexual activities with a partner.

POSSIBLE ANSWERS:

- Moral/ family/religious beliefs
- Prevent STI and HIV
- Prevent Pregnancy
- Waiting for marriage/long term commitment/a certain age
- Have not met the right person yet

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QUESTION

Theo is new in school and really wants to fit in. He is at a party which involves drinking and his friend is trying to hook him up. He is not sure what to do. **What is a consequence of either hooking up or not hooking up?**

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BONUS QUESTION

How much wood would a woodchuck chuck if a woodchuck could chuck wood?

ANSWER:

- Hook up – regret, embarrassment, risk of STI and pregnancy.
- Do not hook up- reputation of frigid, embarrassment, but no risks of STI or pregnancy.

ANSWER:

Answers may vary.

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QUESTION

What is the only method of birth control, other than abstinence, that also prevents STIs?

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QUESTION

Name 3 hormonal methods of birth control.

ANSWER: Condoms

Both male and female condoms provide good protection from STIs and HIV.

POSSIBLE ANSWERS:

- Ring
- Injection (Depo)
- Birth control pill
- Birth control patch

Hormonal birth control use hormones that naturally occur in a woman's body to prevent her from ovulating. If ovulation does not occur, pregnancy cannot occur.

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QUESTION

TRUE OR FALSE: Birth control pills provide protection against STIs.

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QUESTION

TRUE OR FALSE: Pregnancy cannot occur if a woman's body does not ovulate (release an egg).

ANSWER: FALSE

Birth Control Pills, or any hormonal birth control, do not provide protection from STIs. The only method that can provide protection from STIs are condoms.

ANSWER: TRUE

Pregnancy occurs when sperm meets an egg. In order for this to happen, the ovary must release the egg so the sperm can fertilize it.

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QUESTION

Spermicides are used to:

- a. To treat sexually transmitted infections in men
- b. To stop an egg from being released
- c. To kill sperm to help prevent pregnancy
- d. None of the above

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QUESTION

What is this and what does it prevent?



Refer to
W2A

ANSWER: c. to kill sperm to help prevent pregnancy.

Spermicides come in several forms i.e. foam, jelly, film, and contain a chemical that kills sperm. Spermicides do not provide any protection from STIs and should always be used with a condom.

ANSWER: Vaginal Contraceptive Ring/ NuvaRing®

It is used to prevent pregnancy but it provides no protection against STIs.

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QUESTION

What is this and what is it used with for dual protection?



Refer to
W2B

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QUESTION

Birth control methods you can buy at a drugstore without a prescription are:

- a) Emergency contraception/Plan B®
- b) Condoms
- c) Spermicides
- d) All of the above

ANSWER: Male condoms

It is used with hormonal contraceptive methods (birth control pill, vaginal contraceptive pill, birth control patch, birth control injection, Mirena IUDs) for best protection against both STIs and pregnancy.

ANSWER: d.) All of the above.

These items can be purchased at a drugstore without a prescription. You need to speak to a pharmacist to buy emergency contraception or Plan B®.

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QUESTION

What is this? What should it be used with to prevent pregnancy and STIs?



Refer to
W3B

300

QUESTION

What is this? When should it be used?



Refer to
W3A

ANSWER: Birth Control Pill

It should be used with condoms for dual protection against pregnancy and STIs.

ANSWER: Emergency Contraception (EC) also known as Plan B®.

It is used as soon as possible, up to five days after unprotected sex (or if primary method of contraception fails- e.g. condom breaks) to prevent pregnancy. You can buy this at the drugstore, walk-in, or Sexual and Reproductive Health clinic.

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QUESTION

Which of the following is not a way to test for STI?

- a. DNA test
- b. Urine test
- c. Swabs
- d. Blood test
- e. Visual exam by doctor

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QUESTION

TRUE OR FALSE:

A urine test is a common way to test for STI in males.

ANSWER: a. DNA tests

Health professionals will decide with you the best test based on your sexual history.

ANSWER: TRUE

Urine test (pee-in-a-cup) is the most common STI testing in males. Penile swabs and blood tests can also test for STI when necessary.

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QUESTION

TRUE OR FALSE:

You should take a break from birth control pills after a few years.

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QUESTION

What is this? When should it be used?



Refer to
W4A

ANSWER: FALSE

This is a common myth. It is safe and healthy to be on birth control pills for many years.

ANSWER: Dental/Oral Dam

It is used as a barrier method to cover the genital area during oral sex to prevent STIs.

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QUESTION

Other than abstinence, **what** is the most recommended method of birth control?

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QUESTION

What is this? How should it be used?



Refer to
W4B

**ANSWER: Dual Protection –
Condoms AND hormonal birth
control**

Every time sexual activity takes place, dual protection is the best recommended method for adolescents. This gives protection from STI as well as pregnancy.

ANSWER: Female Condom

It is inserted in the female's vagina before vaginal sex and removed after sex. A new one should be inserted before each sexual intercourse.

Note: not to be used with a male condom as it increases the risk of both types of condoms breaking.

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QUESTION

Jenny and Justin had sex last night. Their condom broke, which was the only method of birth control used. After getting emergency contraception, what more could they do to reduce the future risk of pregnancy?

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QUESTION

Jenny and Justin had sex last night. Their condom broke, which was the only method of birth control used. What could they do to prevent a pregnancy?

ANSWER:

Use dual protection- a hormonal method of birth control like the pill, patch, ring, or injection, AND a condom every time. This provides protection from pregnancy and STIs.

ANSWER:

Go to a pharmacy, walk-in, or Sexual and Reproductive Health clinic as soon as possible to get emergency contraception (also known as Plan B®). Emergency contraception is MOST effective within the first 24 hours but is effective up to 5 days after unprotected sexual intercourse.

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CALM

CALM QUESTION

What is this instrument and what is it used for?



Refer to
I5CALM

ANSWER: Speculum

It is used during a vaginal exam so the health professional can see inside the female's vagina and take samples (Pap test and STI testing) if needed.

Pressure

Cooker

More Than Just Friends

Infection Detection

Whoa Baby

No Baby!

Know

Your

Bod

I5CALM





W2B



W3B



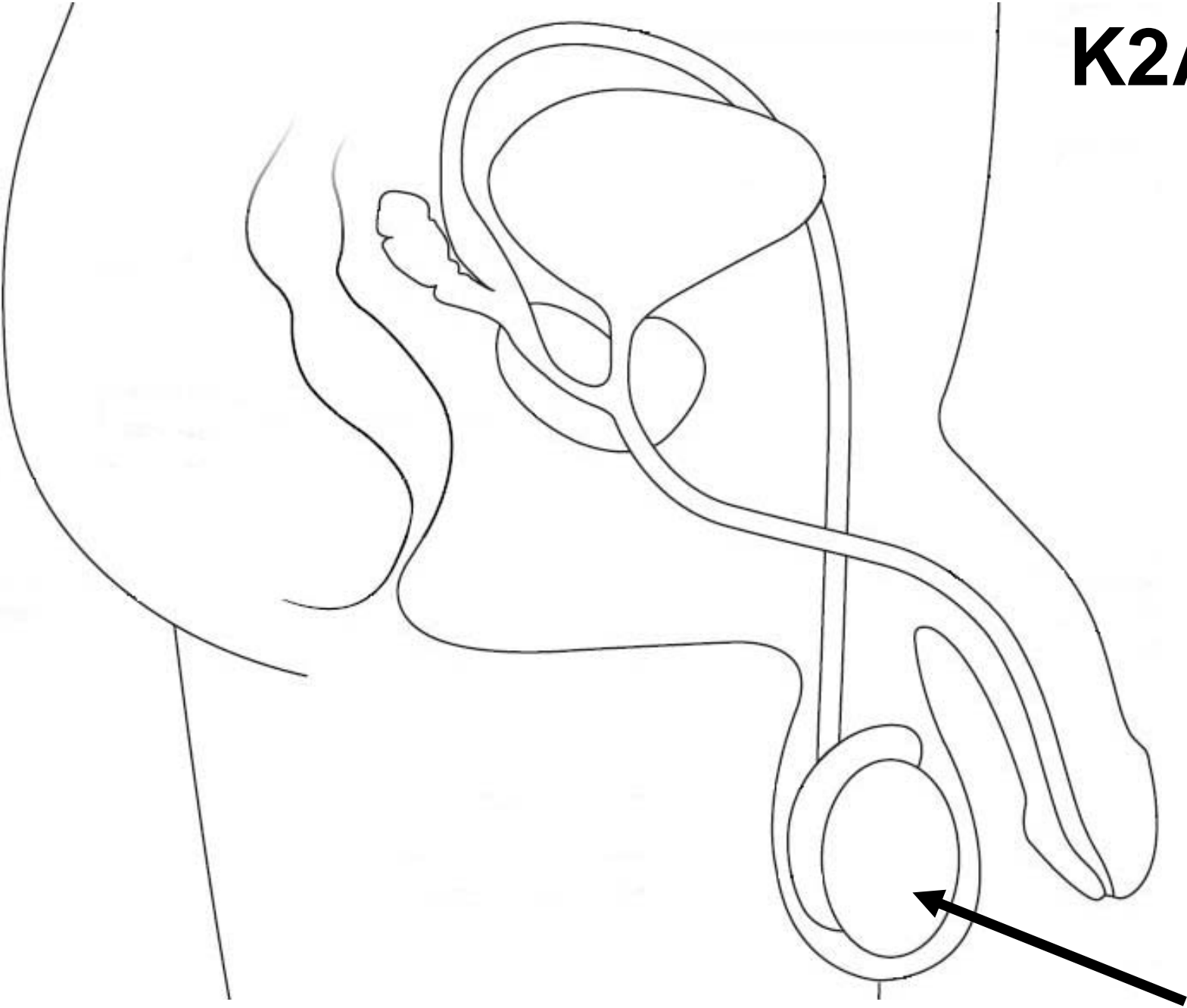
W2A



W3A



K2A



K2B

