



FACILITATOR BOOKLET

Guide to the Role:

- The facilitator will help to lead the game by encouraging supportive communication, guiding the play, and using the reference booklet to provide answers to questions.
- The role of facilitator is carried out by the player whose turn it is (whoever is rolling the dice and selecting the cards).
- The facilitator participates in discussions, activities, and trivia during the play. They have the jurisdiction to decide if a card is adequately completed or not. They can also decide how long a discussion card or activity card should last.

IN YOUR TURN AS FACILITATOR:

1. Remember that you have the right to stop the play at any moment if you are uncomfortable or feel that the conversation is moving in a negative direction.
2. Roll the dice!
3. Select the card that matches the color of the dice.
4. Read the card to the group aloud.
5. Try your best to complete the card! If the card specifies a one person activity, consider yourself to be the person to do the task! If this is something you aren't comfortable with or don't want to do, you may press the x card or open the task up to the group.
6. You determine when the card is complete! Remember if the card is trivia, the answer must be unanimous.
7. Find the answer in the facilitator booklet
8. If you have successfully completed the card, then pick a garden tile! If not, discard the top garden tile to never be played again in the game. In either case, discard the task card.
9. If you gain a garden tile, place the tile in the garden with or without the suggestions of others... remember that you have the final say! For confusion about how to play a garden tile, navigate to the tile placement rules.
10. Pass the dice clockwise to the next player!



Card Content (answers, ideas, and suggestions)

Discussion Cards :

- WHAT WOULD YOU DO: You're at a party and someone is pressuring you to have sex. How might you refuse assertively in a way that is comfortable for you?
 - Suggestions for facilitator:
 - Tell them what you are comfortable with
 - Find a friend as a resource
 - Leave the situation
- Pretend like you are debating someone on if abstinence should be taught as the primary method in sex education. What are the pros and cons, and do you think there are more downsides or upsides?
 - Suggestions for facilitator:
 - Pro- ethical choices, explore as option for individuals
 - Con- stigmatizes sex, leaves unprepared
- WHAT WOULD YOU DO: You're hooking up with someone and they say that they don't want to wear a condom because it won't feel good. Discuss two responses that you could provide
 - Suggestions for facilitator:
 - Comfortability of partners
 - Previous sexual partners
- Discuss examples of inclusive or harmful portrayal of identity in the media. How can these depictions impact individuals?
 - Suggestions for facilitator:
 - Stereotypes in porn
 - 'Gay best friend' narrative
- Why is it important to learn the correct names of body parts?
 - Suggestions for facilitator:
 - Promotes ideas of healthy body image
 - Prevents abuse
- Name three common misconceptions about menstruation.
 - Suggestions for facilitator:
 - You can't get pregnant on your period
 - Only women get periods
 - You can't have sex on your period
 - PMS is not that bad
- WHAT WOULD YOU DO: You suspect that you might have an STI. What is the first thing you would do?
 - Suggestions for facilitator:
 - Get tested
 - Communicate with your partner
- How has the rise of dating app culture impacted how people view consent and relationships? How has it impacted things like the sharing of intimate information (sexting)?
 - Suggestions for facilitator:
 - Catfishing



- Sharing of nude photos
- How can culture or religious beliefs impact how people view sex or relationships?
 - Suggestions for facilitator:
 - Abstaining for sex until marriage
 - Gender roles
- What misconceptions stem from the assumption that everyone develops sexually at the same rate or 'hits puberty at the same time'?
 - Suggestions for facilitator:
 - Physical changes match sexual maturity
 - Sexual attraction develops simultaneously

Trivia Cards:

(*correct answers*)

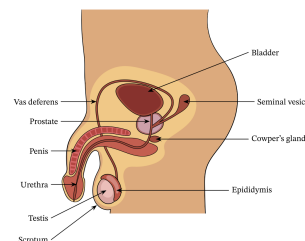
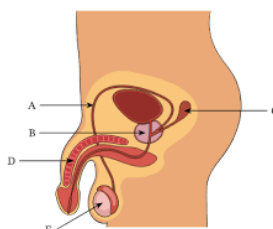
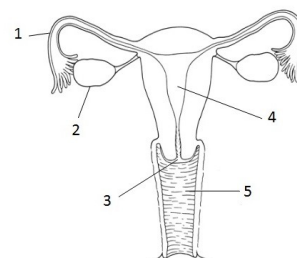
- In which of these situations could someone get pregnant?
 - If it is the first time they have had sexual intercourse.
 - If it is during their menstrual period.
 - If they had sexual intercourse standing up.
 - If they do not have an orgasm.
 - If their partner never puts the penis into their vagina, but ejaculates semen just outside the vagina.
 - If they pee right after having intercourse.
 - If they wash out their vagina right after having sexual intercourse.
 - If they are showing signs of puberty and are close to having their first period.
- What is 'PrEP' ?
 - Pre-exposure prophylaxis
 - It is a medicine that can reduce the risk of getting HIV
- How many hours after unprotected sex will emergency contraception (like Plan B) be effective in reducing the chance of pregnancy?
 - 72 hours
- Roughly how many Americans currently have an STI?
 - C: 1 in 5
- Sperm is made up of semen.
 - False: semen is the fluid we can see. It is made up of sperm and other fluids from the seminal vesicle and prostate gland.
- In the reproductive system of a person with a vulva, the vagina has the most nerve endings.
 - False: the clitoris has the most nerve endings
- What is menstruation?
 - Monthly vaginal bleeding, shedding of the uterine wall
 - Body is preparing itself for pregnancy. If no pregnancy occurs, the uterus lining that was built up is shed as estrogen levels begin falling.
 - This cycle begins during puberty (when eggs start being released) for individuals with vagina and ends during menopause (when eggs stop being released).
 - The cycle begins on average at age 12 and ends on average at age 52.
 - Primary hormones involved include estrogen and progesterone.







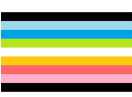


- A person with a vulva is born with all eggs they will have.
 - True
- What is pansexuality?
 - Attraction to people of the opposite gender
 - Attraction to people regardless of gender
 - Attraction to only people who identify as non-binary
- True or False: All asexual people do not experience a libido
 - False: some people who identify as asexual experience a libido, some experience a weak or reduced libido, and some do not experience a libido at all

Activity Cards:

- Label the diagram 1 using the following terms (internal anatomy):
 - 1. Fallopian tubes (transport eggs to ovaries during conception)
 - 2. Ovary (egg storage)
 - 3. Cervix (divides the vagina and uterus)
 - 4. Uterus (where fetus carried)
 - 5. Vagina (expels menstrual blood and birds babies)
- Label the diagram with the following terms (internal anatomy):
 - A- vas deferens
 - B- Prostate
 - C- Seminal vesicle
 - D- penis
 - E-Testis



- LGBTQIA+ alphabet - Identify what each letter represents. Connect the identities with their corresponding flag of representation. Explore what the + can stand for.

L - Lesbian 	G - Gay 
B - Bisexual 	T - Transgender 
Q - Queer 	I - Intersex 
A - Asexual 	+ - pansexual, non-binary, gender fluid, etc



- Create a healthy relationship checklist including 5 traits of a healthy sexual relationship.
 - Suggestions for facilitator:
 - Asks for consent even if you're already in a relationship
 - Using contraceptives
 - Making sure the other person feels comfortable at all times
 - Trust
 - Honesty
 - Letting people explore what they want
 - Creating emotional safety
- 2 Truths and a Lie: One player makes up two true facts related to sex education and one fake fact. All other players must guess correctly.
 - Suggestions for facilitator:
 - Condoms are 100% effective (LIE)
 - Condoms have expiration dates (TRUE)
 - Condoms are not one size fits all (TRUE)

 - Vaginas come in all shapes and sizes (TRUE)
 - You bleed after the first time you have sex ('popping your cherry') (LIE)
 - The vagina is more acidic than the rest of the body (TRUE)
- Up or Down: Respond to the following prompts showing a thumbs up for agree or thumbs down for disagree. Briefly explain your thoughts. *You can add your own as well
 - You should get tested for STI if you don't have symptoms.
 - Non-verbal communication is enough to communicate consent.
 - Sharing passwords and location is a sign of a healthy relationship.
 - Birth control is the responsibility of the person who could get pregnant.
 - Pornography is a good way to learn about sex.
- Safe Sex toolkit: Create a list of items you could include in your safe sex toolkit
 - Suggestions for facilitator:
 - Condom , Dental dam , Lube
- Wellness check: Reflect on 4 different practices one can use to support their sexual well-being and wellness.
 - Suggestions for facilitator:
 - Mindfulness
 - Wellness check in
 - Open communication
 - Discuss what you need after sex
- You heard someone say pulling out is a reliable form of contraception. Dispute this claim and backup your answer for why it may be true or not true.
 - Suggestions for facilitator:
 - Other forms of contraception
 - Timing
- Filling in the Gaps: Brainstorm ideas of how educators can make sexual education curriculum more inclusive
 - Suggestions for facilitator:
 - LGBTQ+ representation , Porn and self pleasure , Relationships



ACTIVITY BOOKLET

Diagram 1

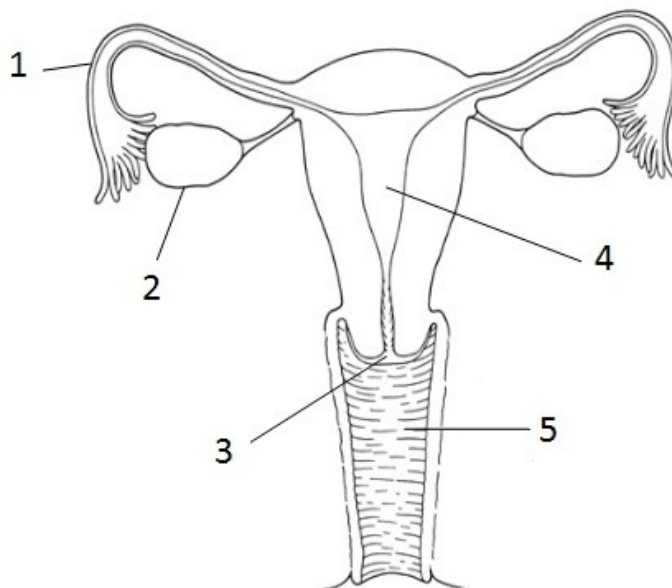
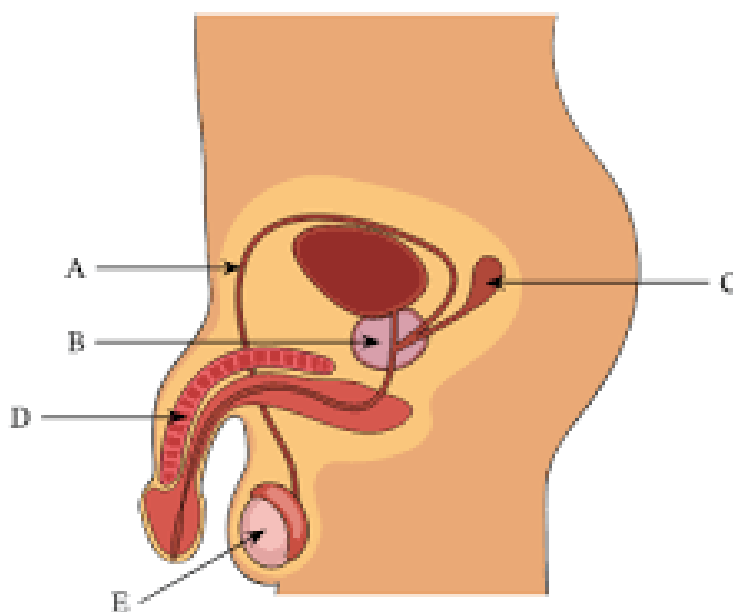


Diagram 2



LGBTQIA+ Alphabet

