





Escape of the Birds and the Bees Safety Agreement Template:

Topics to avoid:

-
-
-
-
-
-
-



Agreement Statements:

- I agree to listen to my peers actively, with an open mind, and without judgment.
- I agree to create a safe space for learning and exploration of topics about sex.
- I agree to listen to what I am needing during the play, whether that is to take a break, ask a question, or anything else so that I can feel comfortable while engaging with the game.
- I agree that the information shared during the game stays within the confines of the game.
- I agree to respect the thoughts and feelings of all players no matter what. I also agree to respect my own thoughts and feelings.
- I agree to contribute to a mature and respectful game atmosphere, as some topics discussed during play can be sensitive to some players.

Signature of players:

Debrief Questions:

- How did listening to these discussions make you feel? How comfortable or challenged did you feel discussing these topics? Did this change during the play?
- What do you think the importance of having these conversations surrounding sex is?
- How did the theme and idea of moving away from the Birds and Bee discussion impact the play?
- What is something you feel you can take away from this game to apply to conversations or experiences in your own lives?
- How effectively did the mechanics and structure foster collaboration and discussion?
- What did you learn from the play about the content or about yourself?



Resources for more information:

- Planned Parenthood- sexual and reproductive healthcare (<https://www.plannedparenthood.org/>)
- Rape, Abuse, & Incest National Network- anti-sexual assault organization (<https://rainn.org/>)
- Sexual Information and Education Council of the United States- information and education about sexuality and reproductive health (<https://siecus.org/>)
- Information about
 - STI - (<https://www.cdc.gov/sti/index.html>)
 - STD- (https://www.nichd.nih.gov/health/topics/stds/more_information/resources)
 - Contraceptives - (<https://www.cdc.gov/contraception/about/index.html>)



Activity



Discussion



Trivia



Label Diagram 1 in the Activity Book using the following terms:

- Vagina
- Uterus
- Fallopian tube
- Cervix
- Ovary



Create a healthy relationship checklist including 5 traits of a healthy sexual relationship



Label Diagram 2 in the Activity Book using the following terms:

- Prostate
- Testis
- Seminal Vesicle
- Penis
- Vas deferens



LGBTQIA+ Alphabet:

Identify what each letter represents.

Connect the identities with their corresponding flag of representation.

Explore what the + can stand for

- L
- G
- B
- T
- Q
- I
- A
- +



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



Wellness Check:

Reflect on 4 different
practices one can use to
support their sexual
well-being and wellness



Up or Down:

Respond to the following prompts showing a thumbs up for agree or thumbs down for disagree. Briefly explain your thoughts



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



Filling in the Gaps:

Brainstorm ideas of how educators can make sexual education curriculum more inclusive



Safe Sex toolkit:

Create a list of items you
could include in your safe
sex toolkit



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?



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?



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)?



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



Discuss examples of inclusive or harmful portrayal of identity in the media. How can these depictions impact individuals?



Why is it important to learn the correct names of body parts?



Name three common misconceptions about menstruation



WHAT WOULD YOU DO:

You suspect that you might have an STI. What is the first thing you would do?



What misconceptions stem from the assumption that everyone sexually develops at the same rate or ‘hits puberty at the same time’?



How can culture or religious beliefs impact how people view sex or relationships?



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? (If you know what it stands for, say that too!)



How many hours after unprotected sex will emergency contraception (like Plan B) be effective in reducing the chance of pregnancy?



Roughly how many Americans currently have an STI?

- A. 1 in 10
- B. 1 in 4
- C. 1 in 5



True or False:

Sperm is made up of semen.



True or False:

In the reproductive system of a person with a vulva, the vagina has the most nerve endings.



What is menstruation?

- When does it occur?
- When does the process start?
- When does it end?
- What hormones are primarily involved?



True or false:

A person with a vulva is born with all the eggs they will have.



True or false:

All asexual people do not experience a libido (or “sex drive”).



What is pansexuality?

- A. Attraction to people of the opposite gender
- B. Attraction to people regardless of gender
- C. Attraction to only people who identify as non-binary

