



HANDSHAKE GAMES

Sexual health game demonstrating transmission of infections and the benefits of safe sex.

AIMS	PARTICIPANTS ARE INTRODUCED TO SEXUAL HEALTH CONCEPTS RELATING TO SAFER SEX, STIs AND SEXUAL HEALTH TESTING AND TREATMENT
TIME REQUIRED	Around 10 to 15 minutes depending on group numbers and the time taken for discussion.
STAFF REQUIRED	1
PARTICIPANTS	10 to 30
MATERIALS	Small pieces of paper and pen
PREPARATION	<p>Cut and fold one piece of paper for each participant.</p> <p>On two of the pieces, write the letter 'G' before folding.</p> <p>Leave all other pieces blank.</p>
ACTIVITY DESCRIPTION	<p>Fold pieces of paper, mix them up, and give one to each person before the game. Instruct them not to look at the paper.</p> <p>Ask the group to stand and each person to approach two people, introduce themselves and shake hands.</p> <p>After everyone has done this, have the group sit down.</p> <p>Tell the group that you have just found out that you have the handshake infection. It is spread by shaking hands so unfortunately if they shook your hand, you may have the infection – so please stand up.</p> <p>Tell them it is so easily passed via handshake, so those who shook hands with the people standing now have the infection too.</p> <p>Then ask everyone who shook hands with a standing person to stand up as well. Continue until all 'infected' persons are standing.</p> <p>Have them look at the paper. Ask those who had a 'G' on their paper to identify themselves. Tell them these people used gloves! So they were the only ones protected from the infection.</p> <p>Tell everyone the good news is that the handshake infection is easily treated with a 'high 5'. Encourage everyone to high 5 each other to finish the game. Then invite them to sit for discussion.</p> <p>Remind the group that this is a game, and that they do not really have an infection.</p> <p>Discuss this game in the context of young people taking sexual health protective measures and promote key messages below.</p>

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ACTIVITY DESCRIPTION continued	VARIATIONS: <ol style="list-style-type: none"> 1. Approach 1 or 2 people before the session and ask them to be a person in the following game who will be identified as having the 'handshake infection'. Hand folded pieces of paper to other participants as above. 2. If playing with people who have met before, you could encourage them to develop a 'unique greeting handshake' or play music as if at a party and encourage them to greet 1 or 2 people. 3. You may choose to use an 'X' on the pieces of paper to identify the person/s with the handshake infection if not the facilitator. It is important to consider group dynamics, potential for bullying or adverse consequences to the 'infected person' (person with the 'X'). You may choose variation 1 above if not adopting that role yourself.
FACILITATOR NOTES	<p>This activity works well when followed by the condom demonstration activity.</p> <p>If this is not possible, refer them to the Play Safe website www.playsafe.health.nsw.gov.au for information on the best way to put a condom on and take it off, where to get them and how to talk about them with partners.</p>
KEY MESSAGES	<ul style="list-style-type: none"> ■ FAMILIARISE YOURSELF WITH CONDOMS, HOW TO USE THEM AND WHERE TO GET THEM SO YOU ARE PREPARED ■ CONDOMS OFFER THE BEST PROTECTION AGAINST STIS AND AT THE SAME TIME PREVENT UNPLANNED PREGNANCIES ■ MOST STIS DON'T HAVE SYMPTOMS – YOU CAN'T TELL WHO HAS AN STI ■ STI TESTING IS QUICK, EASY, PAINLESS AND USUALLY FREE WITH MEDICARE ■ YOUNG PEOPLE SHOULD BE TESTED FOR STIS WHEN THEY CHANGE PARTNERS OR AT LEAST EVERY YEAR, EVEN IF THEY HAVE NO SYMPTOMS ■ STIS ARE TREATABLE ■ MOST STI TESTS ARE SELF-COLLECTED URINE TESTS OR SWABS
REFERENCES	PATH Games