



## SEXY LUCKY DIP

A 'lucky dip' inspired guessing game where participants use clues to identify and find sexual health items.

<b>AIMS</b>	<b>TO INCREASE KNOWLEDGE OF AND CONFIDENCE INTERACTING WITH A RANGE OF SEXUAL HEALTH ITEMS</b>
<b>TIME REQUIRED</b>	20 minutes +
<b>STAFF REQUIRED</b>	2 It may be helpful to co-facilitate this activity with a sexual health worker or nurse to provide additional information about sexual health items, respond to any questions and build trust in clinical services.
<b>PARTICIPANTS</b>	7 or less per lucky dip box
<b>MATERIALS</b>	1 x medium sized box per group of participants Packing materials to fill box (e.g. polystyrene shapes) Sexual health items per box: <ul style="list-style-type: none"> <li>10 x condoms</li> <li>10 x lubricants</li> <li>1 x dam</li> <li>1 x specimen jars</li> <li>1 x contraceptive pill swatches</li> <li>1 x contraceptive implant placebos</li> <li>1 x empty emergency contraceptive pill packets</li> </ul> Sexy lucky dip facilitators guide with clues, questions for discussion and learning points. Note: Additional items could be included in this activity, such as swabs or treatments. Discuss this with your local sexual health clinic or HARP Unit health promotion.
<b>PREPARATION</b>	Contact your local sexual health service or HARP Unit to obtain the above sexual health materials, and to arrange support in delivering this activity. Identify services where young people can access condoms and sexual health services and information. Print the sexy lucky dip facilitator's guide (included in the resource kit). Empty packing materials and sexual health items into box and mix around.

continued over page...

<b>ACTIVITY DESCRIPTION</b>	<p>Explain game rules.</p> <p>Inside the box is a range of items used to keep people healthy when they are having sex. You are not going to tell them what the items are, but rather give them a couple of clues. Their challenge is to guess what the item is and find it in the box.</p> <p>Only one person can rummage in the box at a time.</p> <p>Rotate the box among participants so everyone has a turn.</p> <p>Participants can only rummage when you say so.</p> <p>Otherwise, hands are to stay out of the box.</p>
<b>FACILITATOR NOTES</b>	<p>Read the clues from the sexy lucky dip facilitator's guide.</p> <p>Have participants guess the clue before someone looks for the item. This encourages everyone to get involved.</p> <p>You may choose to hold on to the box for most of the game and only give the box over to participants after the clue has been guessed. This may help keep participants on task.</p> <p>After the item has been found, provide information, ask/answer questions using the facilitators guide.</p> <p>For each item, ask participants what they know about it, and if they have any questions.</p> <p>It may help to reassure participants that all items are safe and sterile and they will not be in any danger by rummaging around in the box.</p>
<b>KEY MESSAGES</b>	<ul style="list-style-type: none"> <li>■ <b>TO KEEP SEX SAFE ALWAYS USE A CONDOM AND GET TESTED REGULARLY FOR STIS</b></li> <li>■ <b>CONDOMS ARE MOST EFFECTIVE WHEN USED PROPERLY</b></li> <li>■ <b>FAMILIARISE YOURSELF WITH CONDOMS, HOW TO USE THEM AND WHERE TO GET THEM SO YOU ARE PREPARED</b></li> <li>■ <b>CONDOMS OFFER THE BEST PROTECTION AGAINST STIS AND AT THE SAME TIME PREVENT UNPLANNED PREGNANCIES</b></li> <li>■ <b>CONDOMS ARE STRONG AND FLEXIBLE</b></li> <li>■ <b>DAMS WHEN USED CORRECTLY DURING ORAL SEX, CAN PREVENT STIS</b></li> <li>■ <b>STI TESTING IS QUICK, EASY, PAINLESS AND USUALLY FREE WITH MEDICARE</b></li> <li>■ <b>MOST STI TESTS ARE SELF-COLLECTED URINE TESTS OR SWABS</b></li> <li>■ <b>YOUNG PEOPLE SHOULD BE TESTED FOR STIS WHEN THEY CHANGE PARTNERS OR AT LEAST EVERY YEAR, EVEN IF THEY HAVE NO SYMPTOMS</b></li> <li>■ <b>STIS ARE TREATABLE</b></li> </ul>
<b>REFERENCES</b>	<p>Family Planning NSW</p>