



ALPHABET SOUP

This game is similar to Scattergories® but with sexual health content. It's designed to start conversations as part of a broader sexual health program.

AIMS	TO ENGAGE YOUNG PEOPLE ON SEXUAL HEALTH CONCEPTS TO OPEN DISCUSSIONS ABOUT ASPECTS OF SAFE RELATIONSHIPS, CONDOM USE, CONSENT AND PROTECTIVE BEHAVIOURS
TIME REQUIRED	This game takes 10 to 30 minutes depending on group numbers and the time taken to debrief answers.
STAFF REQUIRED	1
PARTICIPANTS	5 to 30
MATERIALS	1 alphabet soup worksheet per participant 1 pen per participant Rewards (optional)
PREPARATION	Print and cut 1 alphabet soup worksheet per participant (these are included in the resource kit) Organise pens Rewards if required
ACTIVITY DESCRIPTION	Give each participant a worksheet and pen. Ask: 'Have you ever played Scattergories?' Explain this is a similar game and outline the rules. Call out a letter of the alphabet. Players write that letter in the space at the top of their worksheet. Players attempt to write an answer for each category on the worksheet that starts with the letter selected. Only original answers will score points, so creativity counts. If two people have the same answer, they will not score any points. Answers can have more than one word. If multiple words start with the highlighted letter, it's worth extra points. For example a movie name for 'M' could be Mad Max – this scores two points. Time the activity and call 'pens down' at the end of the allocated time.

FACILITATOR NOTES	<p>Choose a letter with multiple possible answers, so avoid difficult letters such as 'Z'.</p> <p>Call out the letter and confirm everyone knows what it is and has written it down.</p> <p>Wait while participants complete the list on the game card. Allow the activity to continue and walk around the room to monitor until most participants appear to have completed the list.</p> <p>Count down from 10 and call out: 'Pens down!'</p> <p>Starting at different points in the room work through the list by asking participants to read out their answers. Ask participants to keep their own score.</p> <p>As answers are read out, participants are encouraged to call out if they have the same answer – no points are recorded for these.</p> <p>In large groups, many participants may have the same answer, so once most possibilities have emerged you might simply ask the group if there are any answers that haven't yet been said.</p> <p>Answers that provide a learning opportunity should be praised, even when not point scoring.</p> <p>Allow for laughter and make observations about sexual health where appropriate, in line with the learning points below.</p> <p>After the list has been discussed invite participants to call out their scores and reward as planned.</p> <p>Learning points</p> <hr/> <p>A WAY NOT TO GET AN STI</p> <ul style="list-style-type: none"> ■ There are many fun activities free from STI risks. ■ Condoms are the most effective barrier for STIs. ■ Dams are a barrier that can prevent STIs during oral sex. <p>A NICKNAME FOR GENITALS</p> <ul style="list-style-type: none"> ■ It's important to define what we are talking about when talking sexual health. ■ Shared understanding of the terms are more important than using the clinical language. <p>A WAY TO SHOW SOMEONE YOU LOVE THEM</p> <ul style="list-style-type: none"> ■ There are many ways to show love without sexual risk. <p>A WAY TO SAY 'NO' WITHOUT SAYING 'NO'</p> <ul style="list-style-type: none"> ■ It's important to practice negotiation skills around sex. ■ Consent must be sought and given when engaging in sexual practices. <p>A PLACE WHERE PEOPLE HAVE SEX</p> <ul style="list-style-type: none"> ■ Young people don't always have access to private or safe places for sex. ■ It can be more difficult to practise safer sex in some circumstances.
KEY MESSAGES	<ul style="list-style-type: none"> ■ TO KEEP SEX SAFE, ALWAYS USE A CONDOM AND GET TESTED REGULARLY FOR STIs ■ YOUNG PEOPLE HAVE A RIGHT TO MAKE THEIR OWN DECISIONS ABOUT SEX ■ CONSENT CAN BE GIVEN AND TAKEN AWAY AT ANY TIME ■ DAMS WHEN USED CORRECTLY DURING ORAL SEX, CAN PREVENT STIs
REFERENCES	PATH Games