

## Sexual Health Jeopardy - Instructions

First, choose which topics you wish to cover. You can choose to play with all 10 topics if you have a longer period of time, or you can select as many topics as you would like. Lay the cards out on a table with the question/answer side face down. If you are working with a larger group of participants and cannot all gather around one table, you may choose to attach the cards to a wall or blackboard. Split the group into teams (2 – 4) and decide collectively whether or not you want to keep score and/or name the teams and who will go first. Have each team identify a person who will be responsible for answering on behalf of their group.

When it is their turn, each team can select which category they wish to answer from and for what amount of points (10, 20, 30, 40, or 50). The questions labeled 10 are the easiest and they get progressively more difficult. Once a team selects a question, you can give them a minute to agree on an answer and then have their speaker provide their response. If they get it wrong, the other teams have an opportunity to steal the points. You can do this based on which other team puts up their hand first, or buzzes in, if you are using buzzers.

As you go through the questions, stop to provide explanations around any topics/ answers that the participants are unclear about. For example, for the Safer Sex question, "What do you need to check a condom package for before opening it?" you can bring a condom with you to demonstrate and allow the participants to check the condom themselves. Expand on each of the questions to clarify that participants are learning and retaining the information.

### **You will need:**

- Sexual Health Jeopardy question cards
- Condoms
- Pen/paper to keep score
- Tape/Magnets to attach to board/wall (optional)
- Buzzers (optional)

<p>Safer Sex</p> <p><b>10</b></p>	<p><b>What is the only 100% effective way to prevent STIs?</b></p> <p>A: Understanding what activities can transmit STIs and not engaging in any of them.</p> <p>If response is "not having sex" encourage them to expand on what the definition of sex is and how it differs between people.</p>
<p>Safer Sex</p> <p><b>20</b></p>	<p><b>Name three things to check before using a condom</b></p> <p>A: Expiry date, where it has been stored, "puff test" for air bubble</p>

Safer Sex

**30**

**Where can you get free condoms?**

A: SHORE, ACCKWA, Public Health, school nurses, some health/gym teachers

Safer Sex

**40**

**What are three things that can break down a latex condom?**

A: Oil/Vaseline; lotion; heat; cold; friction; sharp things; time (expiry).

Safer Sex

**50**

**Which tests might be used to test for STIs?**

A: Swabs (vaginal, cervical, oral, anal), blood test, urine test, physical examination.

<p>Consent</p> <p><b>10</b></p>	<p><b>What is consent?</b></p> <p>A: Enthusiastic agreement to an activity, given freely.</p>
<p>Consent</p> <p><b>20</b></p>	<p><b>When is consent necessary?</b></p> <p>A: Before touching another person in any way, taking their photo, changing intimate activities etc.</p>

<p>Consent</p> <p><b>30</b></p>	<p><b>What are some words/body language that someone is not giving consent?</b></p> <p>A: Words: maybe, I'm not sure, stop, no, I'm tired, I don't feel well etc. Non-verbal: pulling away, crying, closed off body language, saying nothing, trying to go to sleep etc.</p>
<p>Consent</p> <p><b>40</b></p>	<p><b>When is someone not able to consent?</b></p> <p>A: Using drugs/alcohol, sleeping, passed out, pressured, power imbalance (e.g. teacher/student), blackmailed</p>

## Consent

# 50

### **How does consent work when sexting or sending nudes?**

A: Must ask before sending sexual messages, sending photos (nudes/dick pics), must ask before sharing photos and messages with others. Respect if someone stops answering you, or says they don't want to message anymore.

<p>STIs</p> <p><b>10</b></p>	<p><b>What are some signs of an STI?</b></p> <p>A: Unusual discharge from the penis, anus, or vagina; burning while peeing; excessive genital itching; abdominal pain; and skin changes on or around the genitals (rashes, sores, etc.).</p> <p><b>The most common symptom is NO symptom.</b></p>
<p>STIs</p> <p><b>20</b></p>	<p><b>Which STIs have vaccines that protect against them?</b></p> <p>A: HPV (Gardasil), Hepatitis A and B</p>



<p>STIs</p> <p><b>30</b></p>	<p><b>Which STI may causes painful blisters on or around the genitals and can be passed to the mouth through genital-to-mouth contact?</b></p> <p>A: Herpes</p>
<p>STIs</p> <p><b>40</b></p>	<p><b>Which five fluids transmit HIV?</b></p> <p>A: Blood, vaginal fluids, seminal fluids, rectal fluids, breastmilk</p>

STIs

**50**

**Which STIs are curable?**

A: Chlamydia, Gonorrhoea (sometimes), Syphilis, Pubic Lice, Scabies, Trich, Hepatitis (sometimes)

<p>Birth Control</p> <p><b>10</b></p>	<p><b>Where can you get a prescription for birth control?</b></p> <p>A: Doctor, Public Health, school nurse</p>
<p>Birth Control</p> <p><b>20</b></p>	<p><b>Name five methods of birth control</b></p> <p>A: Pill, patch, ring, depo provera shot, condoms, withdrawal, IUD/IUS, cap, sponge, diaphragm, permanent options</p>

<p>Birth Control</p> <p><b>30</b></p>	<p><b>How old do you have to be to get a prescription for birth control?</b></p> <p>A: There is no minimum age to access birth control and it is a rumour that you have to have parental permission if you are under 16.</p>
<p>Birth Control</p> <p><b>40</b></p>	<p><b>What is the only method of birth control that can help prevent a pregnancy for up 72 hours after sex; and where can you get it?</b></p> <p>A: Plan B, First Choice, (ECP)- drugstores, Walmart, Public Health Depending on OHIP+ coverage, it may be free.</p>

## Birth Control

# 50

**What can reduce the effectiveness of birth control pills?**

A: missing pills/changing timing, certain medications, grapefruit, bodyweight, some herbal supplements.

<p>Communication</p> <p><b>10</b></p>	<p><b>What are some topics you need to discuss before engaging in sexual activity with a partner?</b></p> <p>A: STIs, pregnancy, consent, boundaries, condoms/barrier methods, what you like/don't like, latex allergies</p>
<p>Communication</p> <p><b>20</b></p>	<p><b>Where can you get information about sexual health?</b></p> <p>A: family members, guardians, doctors, nurses, health teachers, trusted friends, SHORE Centre, ACCKWA, text doin' it (519-569-9521), check out <a href="http://sexualityandu.ca">sexualityandu.ca</a></p>

<p>Communication</p> <p><b>30</b></p>	<p><b>What can you do if you are not ready to talk about sex, but want to engage in sexual activities?</b></p> <p>A: Not being able to talk about sex can be a sign that you might not be ready to have it yet. Gathering more information from sites such as <a href="http://sexandu.ca">sexandu.ca</a> or from people you trust might help you to feel more comfortable in talking about it.</p>
<p>Communication</p> <p><b>40</b></p>	<p><b>What can you say if you want to use condoms, but your partner doesn't?</b></p> <p>A: You can tell them that you will not have sex without a condom, you can suggest that you engage in other activities, you could discuss the importance of safer sex to reduce the risk of pregnancy/ STI transmission (and that STI's aren't always visible/ they often have no symptoms), you can explain that it is your body, and you get to make the decisions about how your body is treated etc.</p>

## Communication

# 50

**How can you tell a partner that you don't want something?**

A: You can always tell a partner no to an activity. You don't have to explain your no, but you can if you want to. You can also express to them other things that you might want to do, if there are other activities you are interested in.



<p>Pleasure</p> <p><b>10</b></p>	<p><b>What is masturbation?</b></p> <p>A: To stimulate one's own genitals or other body parts for pleasure. This may include rubbing, touching, stroking and other forms of stimulation. People with all types of genitals can participate in masturbation. Sometimes this involves using toys or props to help with experiencing pleasure.</p>
<p>Pleasure</p> <p><b>20</b></p>	<p><b>How do you know what feels good?</b></p> <p>A: It can take some practice to figure out what feels good for you, and what feels good for your partner(s). Strong communication, checking in with one another, relaxing, and understanding that everyone experiences pleasure differently, can help. Remember you can ask someone to stop at any point.</p>

<p>Pleasure</p> <p><b>30</b></p>	<p><b>What is the clitoris?</b></p> <p>A: a small organ located at the top of the vulva, above the urethra. The function of the clitoris is for pleasure, and it has 8000 nerve endings</p>
<p>Pleasure</p> <p><b>40</b></p>	<p><b>How many times a day can you masturbate?</b></p> <p>A: There is no limit to how many times you can masturbate in a day. Just be sure you are still making time for other activities that are important to you and not missing out. There are many myths about masturbation and what will happen if you do it too often, but they are untrue.</p>

Pleasure

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**What happens if you don't orgasm during sex?**

A: Nothing, really. Some people may prefer to orgasm and then feel displeased if they do not. But lots of people don't have orgasms at least some of the time. It won't harm you and you don't need to have an orgasm once you feel turned on.

<p>LGBTQIA2S+</p> <p><b>10</b></p>	<p><b>What does LGBTQIA2s+ stand for?</b></p> <p>A: Lesbian, Gay, Bi(sexual), Trans, Queer, Intersex, Asexual, Two-Spirit, Plus</p>
<p>LGBTQIA2S+</p> <p><b>20</b></p>	<p><b>How do you know what pronouns to use for a person? (i.e. he/him, she/her, they/them)</b></p> <p>A: You can only know which pronouns a person uses by asking them. You should never assume which pronouns a person uses based on the way they look.</p>

<p>LGBTQIA2S+</p> <p><b>30</b></p>	<p><b>What does being an ally mean?</b></p> <p>A: A person who identifies as straight or cisgender and supports LGBTQIA2S+ people and the community.</p>
<p>LGBTQIA2S+</p> <p><b>40</b></p>	<p><b>What does intersex mean?</b></p> <p>A: a person whose anatomy or chromosomes do not fit the traditional markers of male or female. A person who is intersex may have varying combinations of anatomy, hormones and chromosomes. Commonly accepted estimates suggest that 1 in 2000 people are born intersex or 1 in 200 when including hormones and chromosomes.</p>

LGBTQIA2S+

**50**

**What is the difference between sexual orientation and gender identity?**

A: Orientation is who we are emotionally, physically, and/or sexually attracted to. Gender identity refers to a persons' sense of self, and how they personally label and understand their gender.

<p>Anatomy</p> <p><b>10</b></p>	<p><b>What is the difference between a circumcised and an uncircumcised penis?</b></p> <p>A: An uncircumcised penis has a fold of skin called the foreskin that covers the head (glans) when in a flaccid state. A circumcised penis had the foreskin removed through surgery often performed just after birth.</p>
<p>Anatomy</p> <p><b>20</b></p>	<p><b>What is the vulva?</b></p> <p>A: The vulva is typically the external genitals of someone with a uterus and vagina.</p>

Anatomy

**30**

**What happens when testicles are cold?**

A: The cremaster muscle moves the testicles inside the body in order to keep the sperm at the right temperature. Testicles do not shrink.

Anatomy

**40**

**What happens when someone menstruates (has a period)?**

A: In order to prepare for a possible pregnancy, the uterus builds up a lining while an egg is released from the ovaries. If the egg does not meet a sperm, the lining sheds and exits the body through the vaginal opening. The lining is made of tissue and blood.



## Anatomy

# 50

**If a condom is left behind in a person's body, where will it go, and why?**

A: If you lose a condom inside of the vagina, it won't go anywhere because the cervix will stop it. You can reach in and take it out. For birth control and STI prevention reasons you can consider ECP. If a condom is lost inside of the anus, the internal sphincter can pull the condom in further. You may need to seek medical attention.

Pregnancy Options

**10**

**What are the three options a person has if they become pregnant?**

A: Abortion, parenting, adoption.

Pregnancy Options

**20**

**If a person is pregnant, who gets to make the decision about the future of the pregnancy?**

A: The person who is pregnant.

<p>Pregnancy Options</p> <p><b>30</b></p>	<p><b>Is abortion safe?</b></p> <p>A: Yes. Abortion is safe and any serious complications are very rare. In fact, statistically abortions are safer than childbirth itself. As well, safe, uncomplicated abortions do not cause problems for future pregnancies.</p>
<p>Pregnancy Options</p> <p><b>40</b></p>	<p><b>What are some barriers to accessing abortion?</b></p> <p>A: Not enough abortion providers, travel time &amp; expenses, transportation issues, unknowledgeable/ judgmental Health Care Providers and Professionals, wait times at clinics and hospitals, pre-existing medical conditions such as epilepsy or bleeding, stigma, abusive relationships, family support</p>

## Pregnancy Options

# 50

### **How can unintended pregnancy rates be reduced?**

A: Proper sexual health education, make birth control more easily accessible, improvement of birth control methods, increased communication, consent

<p>Pregnancy</p> <p><b>10</b></p>	<p><b>What three things are needed for a pregnancy to occur?</b></p> <p>A: A sperm, an egg and a uterus.</p>
<p>Pregnancy</p> <p><b>20</b></p>	<p><b>Does a person get their period while pregnant?</b></p> <p>A: No. A period takes place when the uterine lining sheds after ovulation where no pregnancy occurs. A person does not ovulate after they are pregnant, so they do not have their period. If there is vaginal bleeding during pregnancy this is usually something to talk to a healthcare provider about.</p>

Pregnancy

**30**

**Can a person have sex while pregnant?**

A: Yes. Unless otherwise advised by your healthcare provider, sex during pregnancy is fine.

Pregnancy

**40**

**How long can sperm live inside the body?**

A: Sperm can live inside the body for up to five days. This is important to remember when thinking about pregnancy prevention.

Pregnancy

**50**

**How does pregnancy happen?**

A: penis in vagina sexual intercourse, intrauterine insemination (IUI), In vitro fertilization (IVF), egg donors, sperm donors, surrogates