

# How to play the game



Select 1 person to facilitate the game and read the question cards. Select several people to be judges. Judges will work together to evaluate answers.



Form four teams of 1 to 5 people per team. Each team finds an object to use as a playing token. Alternatively, one player per team can be a "human token" standing on the board.



To start, one player per team throws a stone onto the target. The player has up to 3 turns to hit the target. The team with the highest number can select a row of their choice. The team with the next highest number selects second, and so on.



Each team takes turns throwing the stone onto the target and moving their token to the corresponding number of spaces. The facilitator selects and reads a question card aloud. If the team answers the question well according to the judges, they get another turn. If the team answers incorrectly, then other teams can answer.

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In case the stone lands on the "all play fun" segment of the target, the team still moves and takes their turn. *In addition*, they take a 'fun' card and everyone on the team follows the instructions together. Or a team can choose to perform a short drama or activity with the audience instead.

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The team that reaches the end of the row first wins. They get recognized as the GREAT champions!



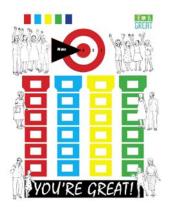




## GREAT PROJECT TOOLKIT Game Card Printing Guidance

## **Paper Sizing**

The four sets of game cards for the Community Game are created for Standard A4 (8.27 x 11.69") paper size and include a standard crop and bleed line. Scaled down and printed at Actual Size, the Flipbook will print on Standard Letter (8.5 x 11").



## **Printing Instructions**

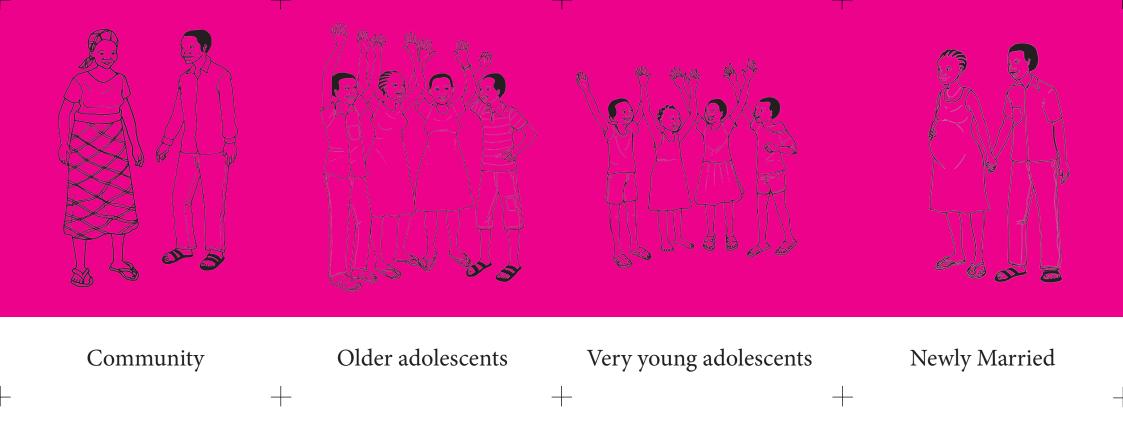
The cards are print-ready, and include scoring marks that indicate where the paper is to be cut.

- 1. **Title cards page**. Each set of cards gets one title card to indicate the group it is for (i.e. Community, Older Adolescents, Very Young Adolescents, Newly Married Adolescents).
- 2. Four sets of cards for each of the four groups listed above, each containing four themes (i.e. Health (Blue), Safety (including gender-based violence) (Red), Gender (Green), GREAT! (Yellow). The sets of cards are intended to be printed double-sided, so that the theme (in color) is printed on the front side of each question. The theme and question title are in matching colors. For example, for very young adolescents, the health question cards are in blue, and the heading of the question and answer are also in blue.







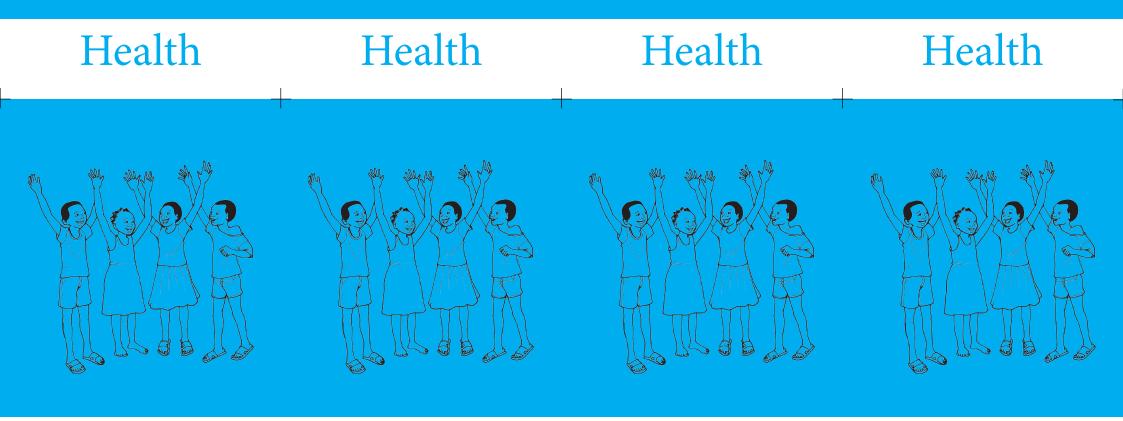












## Health

# Health

## Health

## Health

## Read this statement aloud

Do you respect a boy who does not tease friends about body changes during puberty? Why?

#### GREAT Answer

Everyone develops at different times and at different rates. Teasing friends about body changes can be hurtful. Boys and girls who support their friends are great.

#### True or False?

Most young people's bodies grow at the same speed and look very similar.

#### **GREAT** Answer

False. Everybody grows at a different rate. Some people start to grow early, while others start to grow later. It is normal.

#### Question

Name 3 body changes that boys and girls experience during puberty.

#### **GREAT** Answer

Any 3 of the following answers: Girls–monthly bleeding starts, breasts and hips grow. Boys – voice changes, get wet dreams, muscles grow. Both girls & boys –grow taller, grow hair

Both girls & boys –grow taller, grow hair on the body, sweat more, get pimples.

## Team Role Play

Two people play 12 year old girls who started growing early and are already tall. Others play her friends. The friends tease the two tall girls. These girls explain that it is normal for everyone to develop differently at different times. They also explain that they do not like being teased and ask the others to be respectful of differences. The group apologizes.

## True or False?

It is a sign of sickness if a boy experiences a wet dream.

#### **GREAT** Answer

False. Wet dreams are normal. Wet dreams mean that the body is developing. Wet dreams do not mean that a boy is ready for sex.

## Question

Can a boy control when he will have an erection or wet dream?

#### **GREAT** Answer

No. Erections and wet dreams are normal and cannot be controlled. Boys have wet dreams at night. Boys can have erections anytime in the day and night.

## Question

Who can you go to for advice when you have questions about body changes and growing up?

#### **GREAT** Answer

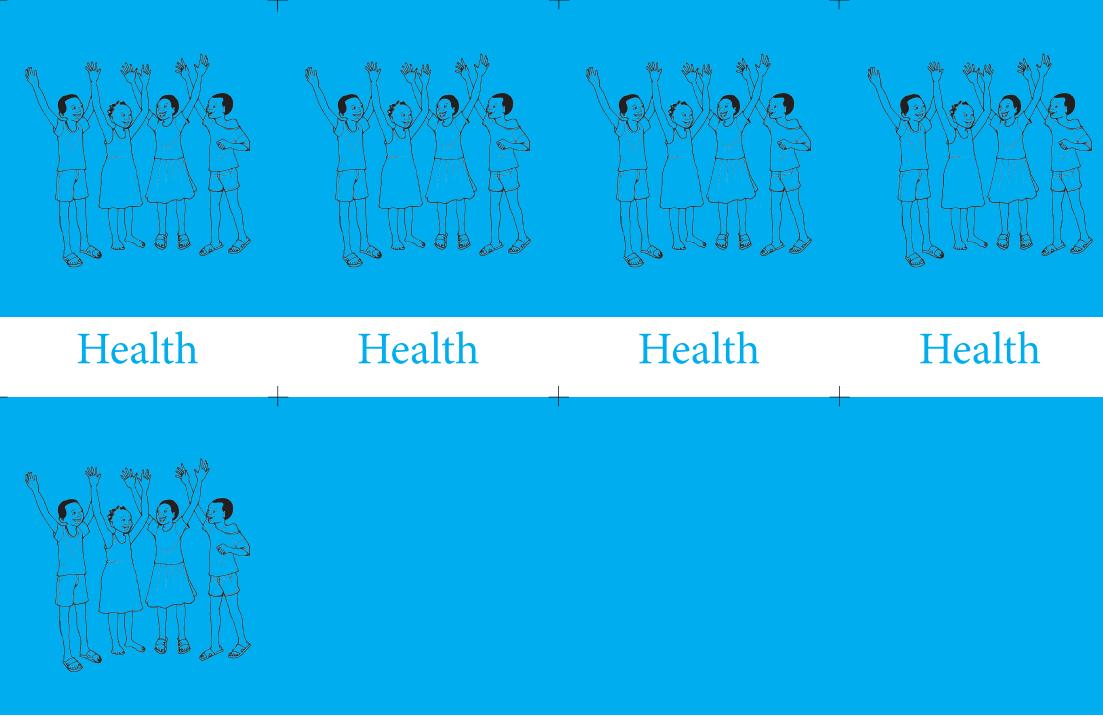
Uncles, aunts, parents, older brothers & sisters, teachers, youth centre leaders, and/or health workers.

## Question

Does every girl and woman have the same number of days of bleeding during the menstrual cycle?

#### **GREAT** Answer

No. The number of days of monthly bleeding ranges from 2 to 7.



## Health

Is it normal if girls do not get their menstrual period every month?

#### **GREAT** Answer

Yes. This can mean that a girl's body is still developing or under stress from poor diet or too much physical activity. It can also mean that she is pregnant.

### True or False?

Monthly bleeding is a sign that girls are ready for sex. Why?

#### **GREAT Answer**

False. Monthly bleeding means that a girl's body may be able to get pregnant. But that does not mean that she is ready to be a parent or that her body has grown big enough for a healthy pregnancy.

#### Question

When is a boy ready to have sex? Is this different for girls? Explain your answer.

#### **GREAT** Answer

A boy's readiness for sex depends on when he is prepared to prevent pregnancy or accept the consequences of unplanned pregnancy, like being a father, providing for the family and helping to care for a baby. It is often the same for girls.

## Read this statement aloud

"An adolescent girl cannot get pregnant the first time she has sex." Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

False. A girl can get pregnant any time she has sex without protection such as a condom or another contraceptive method.

## Question

Where in the community can you get advice from a health worker on puberty and growing up? How comfortable would you be talking to this person?

#### **GREAT** Answer

Midwife or the VHT and/or the nearest youth-friendly centre or corner.



Safety

Safety

#### True or False?

No one has the right to touch our private parts without our agreement.

#### GREAT Answer

True. You are in charge of your body and no one has the right to touch your private parts without your permission.

### Question

Who can a young person go to for help in case of abuse?

#### **GREAT** Answer

Aunts, uncles, parents, older brothers & sisters, teachers, health workers, clan leaders, and/or religious leaders.

## Read this statement aloud

"It is the responsibility of the whole community to protect girls from being abused". Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

It is the responsibility of everyone to make a safe community for girls. Girls can help to protect themselves by always going places with a friend.

## Question

Do you respect boys who do not use violence against girls? Why?

#### **GREAT** Answer

Boys who do not use violence against girls are exercising their power to protect. This will help them grow up to have a healthy family and be a role model. Men who don't use violence are respected.

## Question

Is it acceptable for boys to force their girlfriends to have sexual intercourse? Why?

#### **GREAT** Answer

No. It is a form of violence to force anyone to have sex, even if she is your girlfriend.

## Team Role Play

One person plays a pupil being cruel to a classmate. Two people play classmates who respond and stand up for the student being bullied.

## Question

Do you agree or disagree? If you are a boy and a girl is smiling at you and giving you attention, she wants sex. Why?

#### **GREAT Answer**

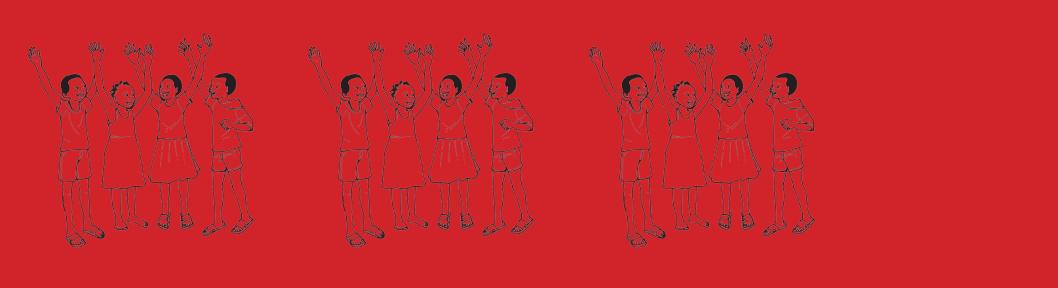
False. It could mean many things such as the boy is funny or interesting. The only way to know if a person is ready for sex is to discuss. It is also ok to like someone and have a relationship without having sex.

## Question

What do you think if someone says, "Boys are the ones who make decisions in a relationship, and girls follow."

#### **GREAT Answer**

Decisions in relationships should be shared equally by boy and girls. The decisions that make everyone happy are ones that are compromises between two people's ideas.



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# Safety

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#### True or False?

When boys and girls feel sad or frustrated, it is best to share feelings with a close friend or trusted adult. Explain your answer.

#### **GREAT** Answer

Sharing feelings helps boys and girls to think through the problem, release tension and get support. When someone holds feelings inside they may be angry or violent later.

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#### Question

At what age will you start to drink alcohol? Explain your answer.

#### **GREAT** Answer

It is not legal for people to drink alcohol before 18 years of age. After age 18, avoid drinking more than 750 ml a time, because you can get drunk and regret your actions. Now is the time to make a personal plan about when you will start drinking alcohol and how to avoid getting drunk. Tell a friend about your plan.

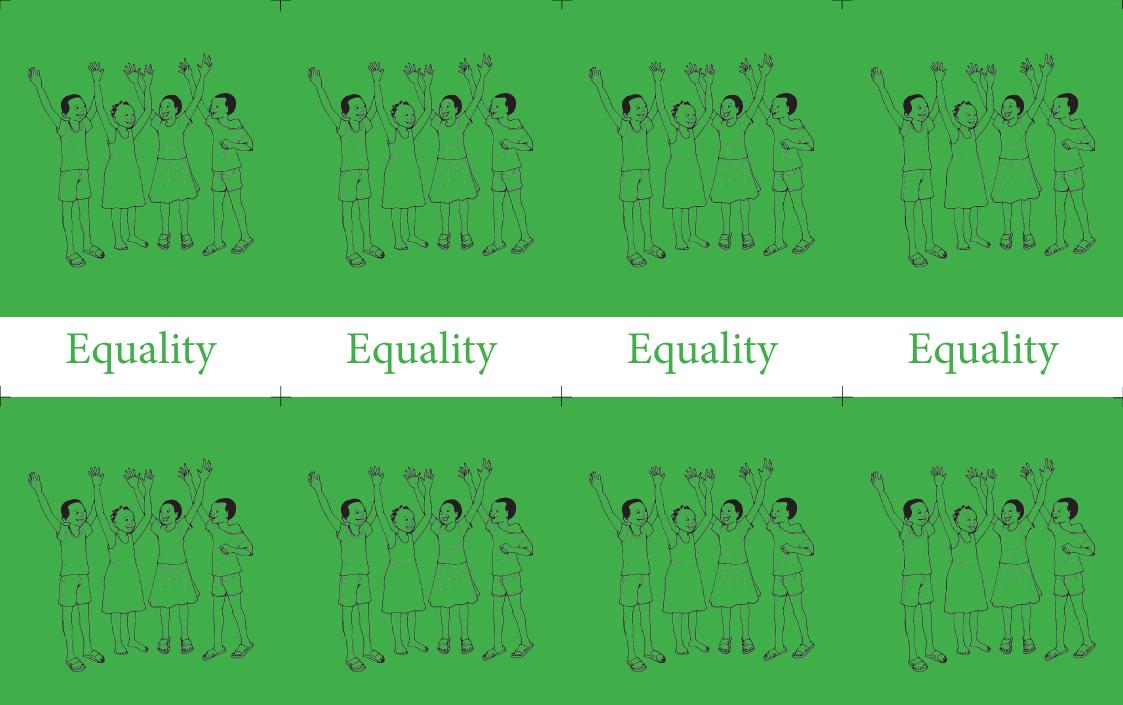
## Question

What three risky things can happen when a person gets drunk?

#### **GREAT** Answer

People usually regret what they do when drunk. They may experience many risky things such as accidents, violence, forced sex, and/or sex without a condom, leading to unplanned pregnancy and sexually transmitted infections including HIV.

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# Equality

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# Equality

## Equality

Boys and girls are often treated differently in the home and community. What are some examples? Is it fair? Explain your answer.

#### **GREAT** Answer

Boys and girls are often treated differently, and expected to do different chores, just because they are a girl or a boy. It is not fair when one has more free time and opportunities to complete school than the other.

## Question

Do you think boys and girls are able to do the same things? Why?

#### **GREAT** Answer

Boys and girls can do nearly everything the same, when given the opportunity and practice.

## True or False?

Boys do not do many household chores because their bodies are not able to do them. Explain your answer.

#### GREAT Answer

False. Chores are learned and boys and girls can learn any chore. No one loves doing chores, but they go faster and are more fun when done in groups.

## Question

Is it acceptable for a man to stay home and take care of children? Explain your answer.

#### **GREAT** Answer

Men who stay home and care for children can add value to the family by developing a strong bond with the children, teaching children skills and helping his wife. This helps a man feel good about himself. He will be respected by his family and children.

## Read this statement aloud

"Brothers who help their sisters fetch water in the evenings are great". Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

Girls may face risk when moving at night. Also, girls may not have time for school work due to many chores. Brothers who help to fetch water help sisters stay safe and do school work.

## Question

What would you say to someone who teases a boy for helping his sister with chores? Why?

#### **GREAT** Answer

Someone who teases a boy for doing chores is a bully. Tell them you bring honour to your family for helping and not being a bully.

## Team Role Play

One person plays a brother. The other people play family members considering taking the sister out of school to get married. The brother talks with family and convinces them to keep his sister in school.

## Question

Do you agree or disagree? It is beneficial for families and the community when girls finish school. State one benefit that could convince other people.

#### GREAT Answer

Girls who finish school are more likely to have healthy and educated children and be economically productive. An educated girl can also bring respect to her family when she gets married.



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# Equality

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#### True or False?

Lack of time for homework can mean that some girls fall behind in school. Why do girls have less time for homework than boys?

#### GREAT Answer

True. Girls have more chores than boys which leaves them with less time to study.

## Read this statement aloud

"It is acceptable for brothers to resolve problems with sisters through dialogue." Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

Brothers who communicate with sisters show respect to their sisters. Brothers also gain useful communication skills for the future.

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## True or False?

Girls should feel confident to attend school every day, including during monthly bleeding.

### **GREAT** Answer

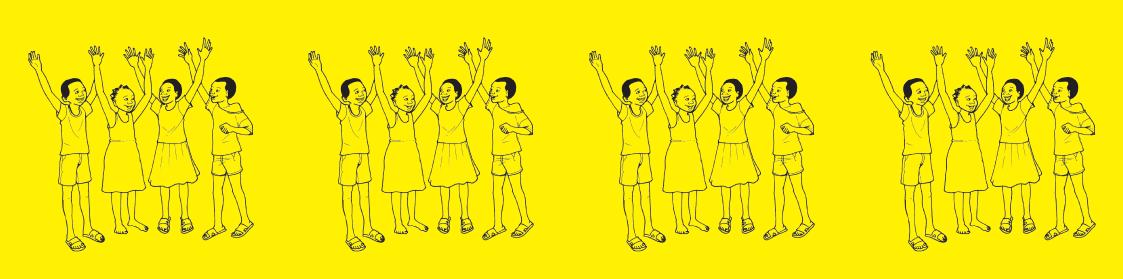
True! Monthly bleeding is a natural thing, and does not need to affect any girl's education.

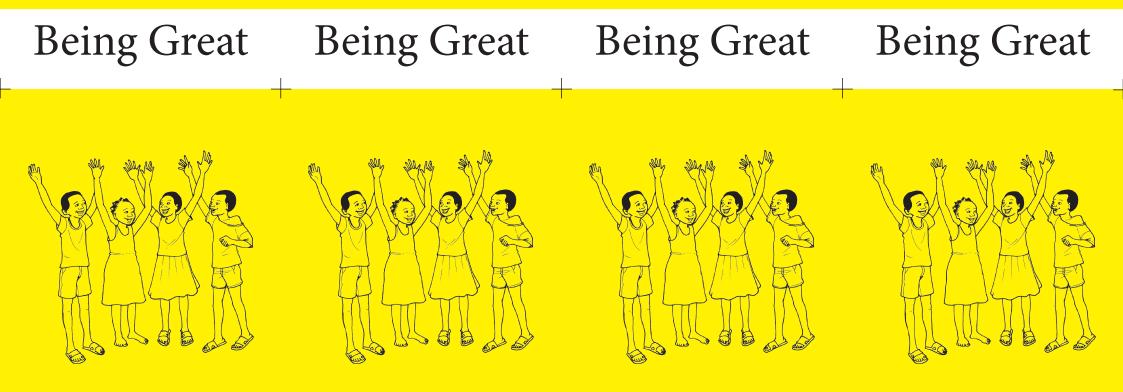
## Question

What does a girl need to attend class during monthly bleeding? How can we encourage girls to be confident to attend class every day?

#### GREAT Answer

Girls need separate and clean toilets, a place with water for washing and changing room, access to sanitary materials and pain reliever, and support from friends.





Being Great Being Great Being Great Being Great

You need support to make your hopes for the future come true. Who are three people you can count on to help you achieve your hopes?

#### **GREAT** Answer

Aunts, uncles, parents, older brothers & sisters, teachers, health workers, clan leaders, and or religious leaders.

#### Team Role Play

Three people play children sharing their hopes for the future with parents. Other people play parents and family elders giving them positive advice on how to make their hopes a reality.

#### Question

Who will you encourage to work hard and reach their hopes?

GREAT Answer Friends, brothers & sisters, other relatives.

## Team Role Play

One person plays a brother. Another person plays his sister. The brother and sister disagree about who will carry water to a sick neighbour. They discuss together and come to mutual agreement.

Action

All together shout: "I AM GREAT!" as loud as you can three times.

#### Question

What kind of brother or sister do you want to be?

#### **GREAT** Answer

Brothers and sisters who show respect, non-violence, and dialogue are appreciated.

## Question

When you are older, what kind of parent do you want to be?

#### **GREAT** Answer

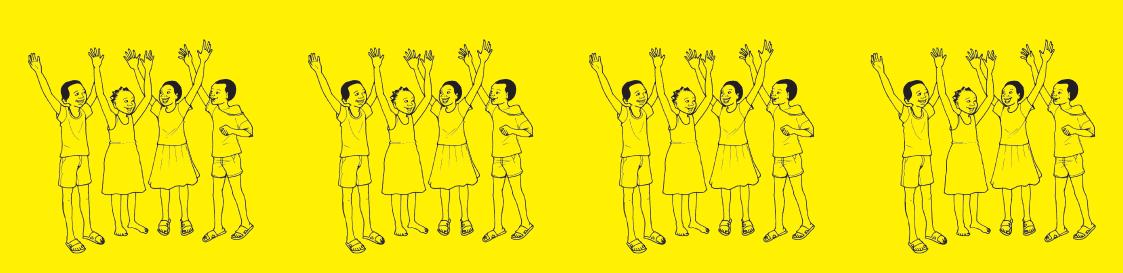
Parents who use respect, non-violence, and dialogue are appreciated.

#### Question

What is better: good health or wealth? Explain your answer.

GREAT Answer

#### Health is priceless.



# Being Great Being Great Being Great Being Great + Being Great +

What does the proverb mean, "The growing millet does not fear the sun."?

#### **GREAT** Answer

When growing up people will face challenges such as the harsh sun. Facing these challenges helps one to grow.

#### Action

Share a traditional dance that shows how strong and healthy you are. Ask for audience assistance.

#### Question

Complete this proverb: "Obong dyan ma malo \_\_\_\_\_\_" (Translation – a cow's rear hoof lands in the same spot as the front hoof). How does this proverb relate to sharing your experiences with younger relatives?

#### **GREAT** Answer

...lubu ma piny. Younger people will follow in your footsteps. Sharing your experiences will help them avoid problems and make great decisions.

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## Question

Do you have any advice for someone about to enter puberty? Tell us the advice. When will you share this with your friends and brothers & sisters?

#### **GREAT** Answer

Everyone goes through the same changes at puberty and all the changes are normal. Sharing experiences with friends and younger brothers and sisters is encouraged.









All Play



All Play

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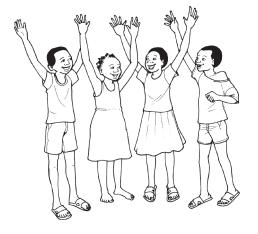














All Play

## All Play

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## All Play

## Fun All Play Cards

Everyone gets into a comfortable position. One person is selected as the leader. When the leader says, nobody can talk or move (except blinking and breathing). If the leader sees anyone talk or move, they will remove the person from the game. People removed can persuade others to talk or move.

## Fun All Play Cards

Everyone stands in a tight circle, with their hands in the centre. Then hold other hands at random. Then the group works together to get themselves untangled.

## Fun All Play Cards

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Form groups. One person in each group jumps towards the end of the game board as a frog would, and jump back. The next person does the same. First group done, wins.

## Fun All Play Cards

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Everyone jumps as high as they can.

## Fun All Play Cards

Select someone to hum or whistle a song. Everyone else try to guess the song.

## Fun All Play Cards

Sing a traditional song.

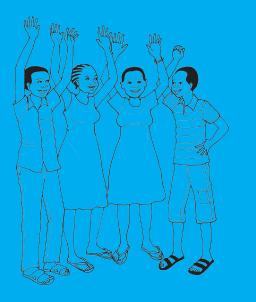
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## Fun All Play Cards

Do a traditional dance.

## Fun All Play Cards

Form groups into straight lines. Each team passes an object down the line and back. The first team to finish wins the race.



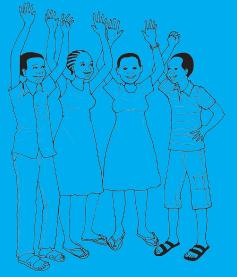




Health



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## Health

### Read this statement aloud

"Once you experience body changes while growing up such as monthly bleeding or wet dreams, it means you are ready for sex."Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

Body changes are only signs that the body has begun the long journey to adulthood. The changes do not mean that boys or girls are grown up, or ready for sex.

## Question

What are consequences of early pregnancy for a girl? Are there any differences for a boy?

#### **GREAT** Answer

Girls have health risks of early pregnancy and childbirth. Both boys and girls would miss life opportunities due to early school leaving and early marriage, and face family disappointment.

## Question

Is there a difference between having sex and being in love? What is the difference?

#### **GREAT** Answer

Sex is an action. It can happen whether or not someone feels love. Love is a feeling. It can be felt whether or not someone has sex. There are so many types of love, and so many ways to express love!

#### Question

What are 3 ways to show love to a girlfriend or boyfriend without having sex?

#### **GREAT** Answer

There are many options, such as write a letter or poem, sit and talk, do something you both enjoy, share secrets, sing a song, cook a meal, take a walk, give a foot rub, and show care when s/he is sick. Be creative!

## Question

When is a young man ready to have sex? Is this different for women? Explain your answer.

#### **GREAT** Answer

Men and women need to be physically and emotionally ready to handle the consequences of having sex and the knowledge to prevent unintended pregnancy and sexually transmitted infections including HIV.

From what age can a girl get pregnant if she has sex? Does this mean she is ready to be a mother? Why?

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#### **GREAT** Answer

A girl can get pregnant once her body begins monthly bleeding. But the start of monthly bleeding does not mean she is ready to be a mother.

## True or False?

If a female has sex during monthly bleeding she cannot get pregnant.

#### **GREAT** Answer

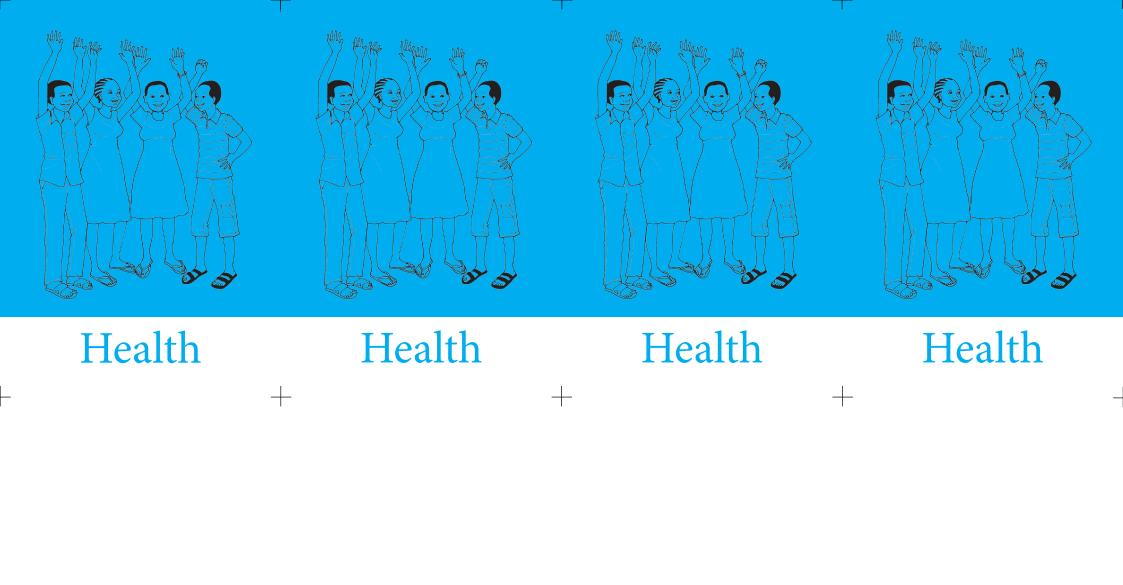
False. Pregnancy is possible even during monthly bleeding if she is not using a modern method of pregnancy prevention.

## Question

How can someone prevent unintended pregnancy?

#### **GREAT Answer**

Delay and abstain from sex, use a condom correctly every time you have sex, or use other modern methods of pregnancy prevention such as pills, IUD, and/or injectable.



Does any modern method of contraception cause a woman to be unable to get pregnant in the future?

#### GREAT Answer

No. No modern method of contraception causes infertility. Several weeks or months after stopping use, a woman can get pregnant if both she and her partner are healthy.

## Read this statement aloud

"It is the man's responsibility to prevent pregnancy." Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices. [You may include people in the audience].

#### **GREAT** Answer

It is the couple's responsibility – both man and woman. It takes both people to decide on a pregnancy prevention method and effectively use the method.

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## Team Role Play

One person plays a boyfriend and one person plays a girlfriend. They discuss and mutually agree how to avoid unwanted pregnancy while young.



Safety

Safety

Safety



What would you say if your friend says to you, "You are a young man, so if a young woman turns you down, you should not accept it."?

#### **GREAT Answer**

Forcing or conning a girl to have sex is a form of violence. GREAT men do not use violence to get their own way.

#### Question

Is it acceptable for boys to force their girlfriends to have sexual intercourse? Explain your answer.

#### **GREAT** Answer

It is not acceptable. This is a form of violence.

## Read this statement aloud

Ask everyone who agrees with this statement, "A girl feels happy when a boy respects and listens to her". Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

Girls, like everyone, appreciate being respected and heard. This is a way to have a strong and healthy relationship.

## Question

Do you think it is harder for young men to talk openly about their fears and problems compared to young women? Why?

## **GREAT** Answer

Boys are often taught to look strong and hold in feelings, while girls are allowed to express any feeling. But it is beneficial for everyone to share their feelings. This helps us to connect with friends and solve problems peacefully. Feelings kept inside may come out later in anger and violence.

## Team Role Play

One person plays a 17 years old man or woman who is trying to convince someone to have sex. The other team members play friends who advise the young man or woman about making decisions.

## Question

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If a young person in this community experiences abuse, who should they tell?

#### **GREAT** Answer

Aunts, uncles, parents, older brothers & sisters, teachers, LC1, clan leaders, religious leaders and/or police.

## Team Role Play

Two people play young men hanging out with their football club after a game. Other people play members of the club. The two friends are asked to drink until they get drunk. What can they do if they do not want to get drunk?

## Team Role Play

What 3 risky things can happen if someone has sex when drunk?

#### **GREAT** Answer

People often regret their actions when they are drunk. Some risky things that can be regretted include: Forced sex, sex with someone they would not choose to have sex with, no condom use, unplanned pregnancy and sexually transmitted infections including HIV.



### Team Role Play

Do more young men get drunk compared to young women? Why? How does getting drunk make it difficult to have a healthy relationship?

#### GREAT Answer

Yes, getting drunk is more common among young men than young women. This may be related to a desire to fit in, frustration and pressure to be successful. More men than women have opportunities to drink. Getting drunk regularly harms a relationship because it can lead to mistrust, misuse of resources and violence.

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## Read this statement aloud

"Young men who often get drunk need help from their friends to make healthier decisions". Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices. [You may include people in the audience.]

#### **GREAT** Answer

Getting drunk is harmful for the young men themselves, and their families. Help your friends seek help from a health worker, youth centre leader and/ or religious leader.

## Question

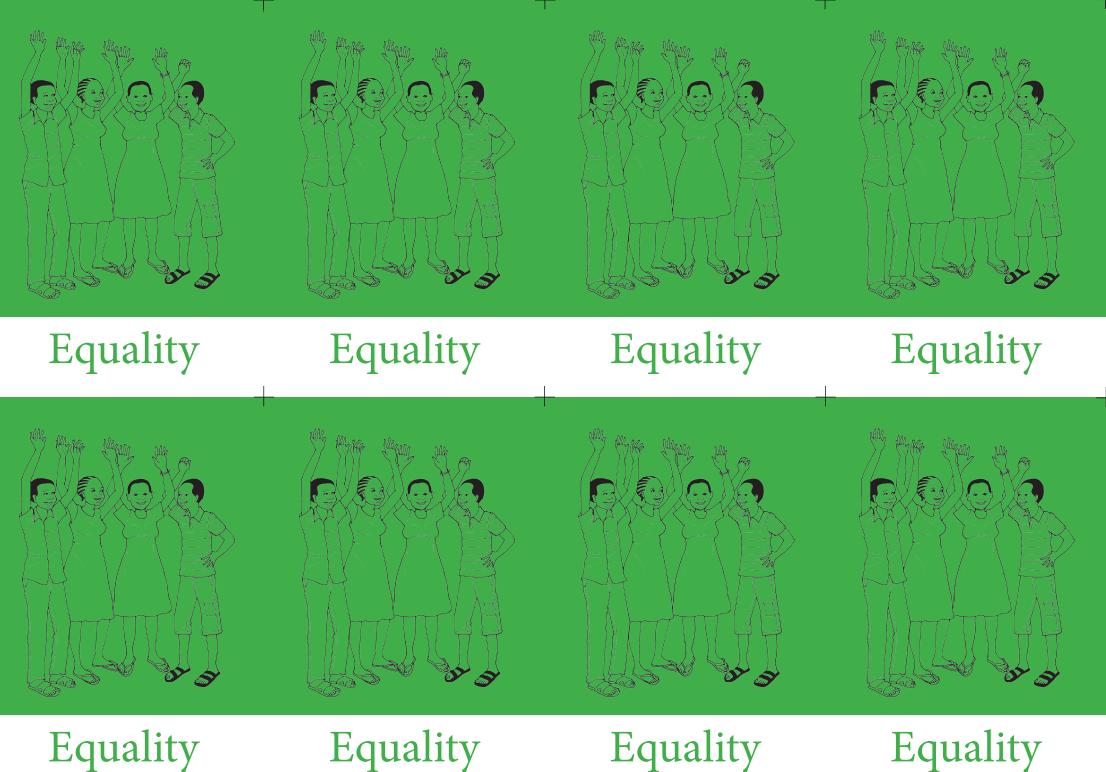
What are 3 fun things young men in this community can do without drinking alcohol?

#### **GREAT** Answer

Answers could include, but are not limited to, football, races, board games, and/or make music.

## Team Role Play

One person plays a young man. The others play his friends who pressure him to go for sex. What can he say or do if he does not want to have sex?



Equality

Equality



Are young men and young women able to do the same things? Explain your answer.

#### **GREAT** Answer

Young men and women can do everything the same except women get pregnant and give birth.

## Question

Can young men and young women be close friends? Explain your answer.

#### GREAT Answer

It is possible if young men and women interact more in situations such as this to gain mutual understanding and respect.

## Question

What are 2 different chores that young men and young women usually do? Is this due to natural ability or because young people are taught this way?

#### **GREAT** Answer

Boys usually help with digging, gardening, tending animals and sweeping the compound. Girls usually help with cooking, cleaning the home, and fetching wood and water. These chores are taught, not assigned based on natural ability. This means it is possible for both men and women to do all roles.

### Question

Do you agree with this statement, "Young men should make decisions in relationships, while young women should follow."? Why?

#### **GREAT** Answer

When boys and girls make mutual decisions the relationship is healthier. Mutual decisions ensure that girls are not coerced to have sex.

## Question

Often men make decisions at home without consulting women. Imagine that men and women make mutual decisions at home. What would be different?

#### **GREAT** Answer

There could be differences in when and how often his wife gets pregnant, the level of trust and mutual respect between him and his wife, and how much support goes to the children.

## Question

Imagine that a man helped care for his children. Could this benefit the children to learn and grow? How?

#### **GREAT** Answer

Fathers can develop a strong bond with the children; teach children useful skills and self-assurance, model good communication and respect to women.

## Team Role Play

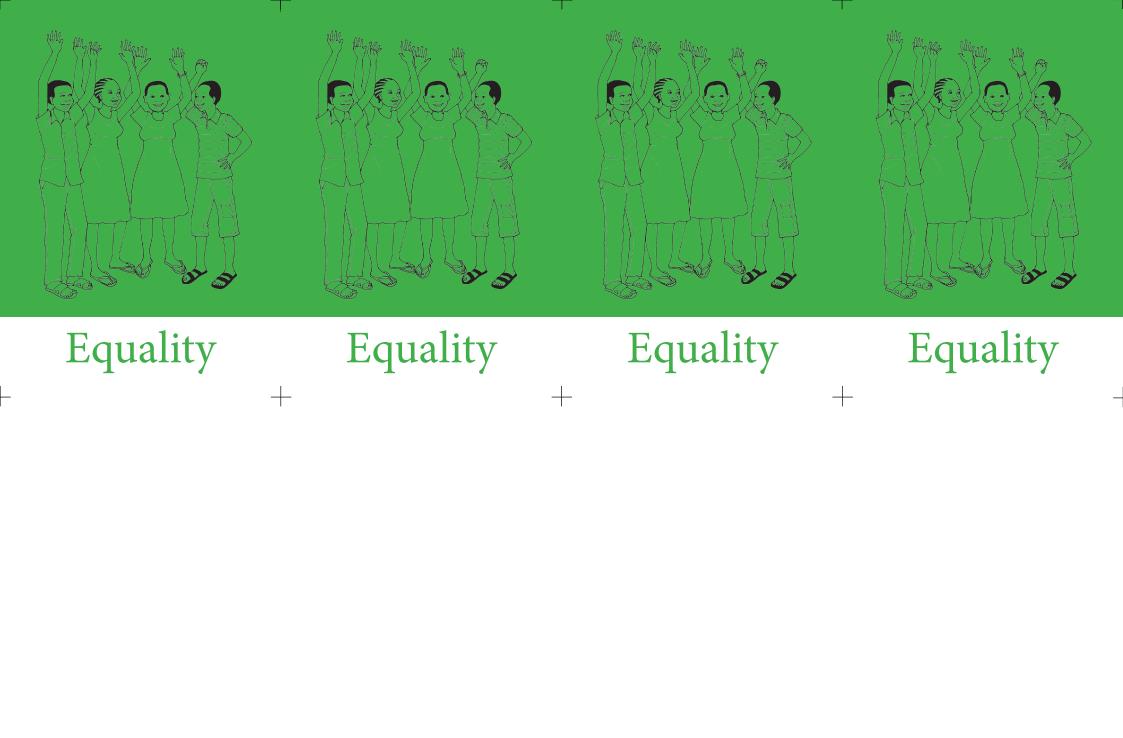
Describe a man who treats his wife well. How does he act?

#### **GREAT** Answer

Communication, mutual decision-making, respect and/or continued courtship.

## Team Role Play

One person plays a brother and one person plays a sister. The brother and sister disagree about how to spend some money they have been given by their uncle at the market. They discuss and come to a mutual agreement.



Do families and communities benefit when girls and boys finish school? How? What can we, as young people, do to encourage all girls to finish school?

#### **GREAT** Answer

Girls who finish school are likely to get pregnant when they are 18 or older and her body is ready. Thus, the children and family will be healthier, educated. Girls' education benefits the whole family.

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## Team Role Play

One person plays a young woman who is 15. Another person plays her brother who is 18. With your team, do a short role play about the brother talking to his family about how to help his sister stay in school.

## Question

What would brothers miss out on if their sister gets married before finishing school?

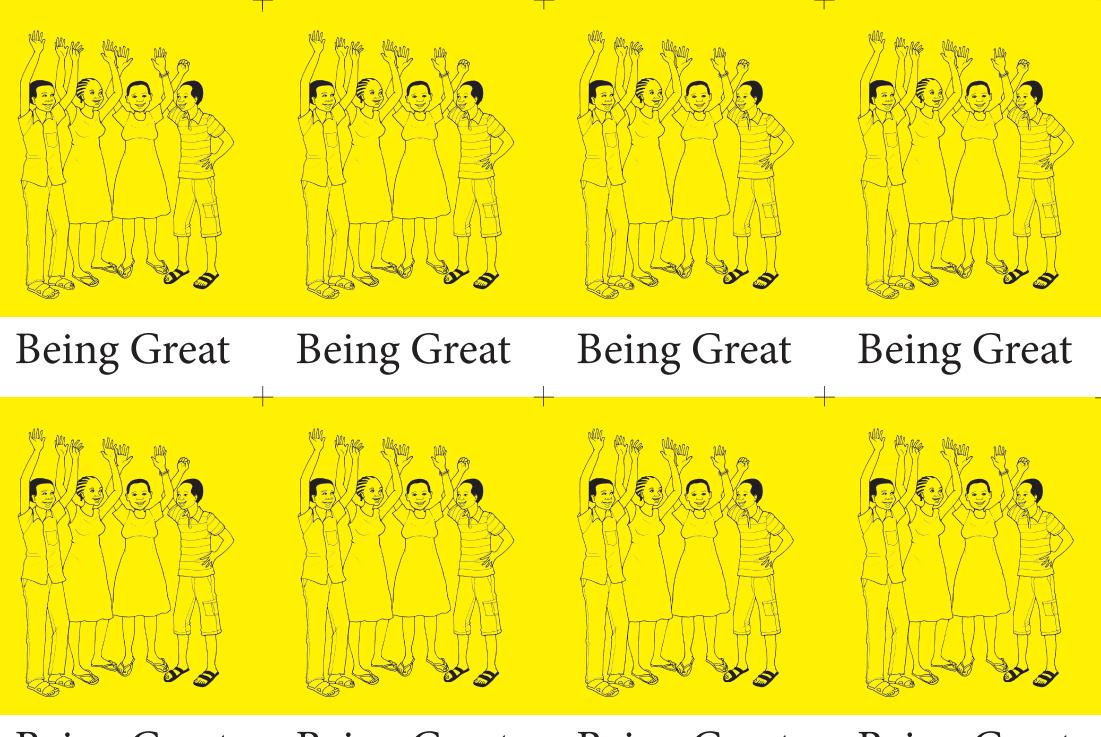
#### **GREAT** Answer

Years of fun and friendship; support at home; and peace of mind because a sister who finishes school may be less vulnerable in the new family.

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## Complete this sentence

"The thing I find the most confusing about the opposite sex is...."



Being Great Being Great

Being Great

Being Great

What kind of spouse do you want to be when you are grown?

#### **GREAT** Answer

Respectful, loving, trustworthy, peaceful or communicative characteristics are appreciated in husbands and wives.

#### Question

What kind of brother or sister do you want to be?

#### **GREAT** Answer

Respectful, supportive, peaceful and/or communicative brothers and sisters are appreciated.

#### Question

What does this proverb mean? 'Olam ma mit pe cek kiriyo.' How can it relate to your life? (TRANSLATION: The Olum fruit doesn't ripen twice.)

#### **GREAT** Answer

It could mean that it is important to make a thoughtful decision about a relationship.

#### Question

Who can give you good advice about when and how to have a healthy relationship? When will you seek the advice?

#### **GREAT** Answer

Uncles, aunts, older brothers & sisters, parents, teachers, youth centre leaders, and/or religious leaders.

#### Question

It is important to select a partner wisely. What characteristics will you look for in your partner?

#### GREAT Answer

Talking well together and/or sharing a mutual activity of interest help to maintain a strong relationship. It is also good to look for a partner who can express emotions and does not use violence.

#### Question

Do you think that selecting a partner with whom you enjoy talking helps to create a peaceful home? Why?

#### **GREAT** Answer

Talking together is a secret to strong and mutually respectful relationships. Talking together continues for a lifetime.

#### Team Role Play

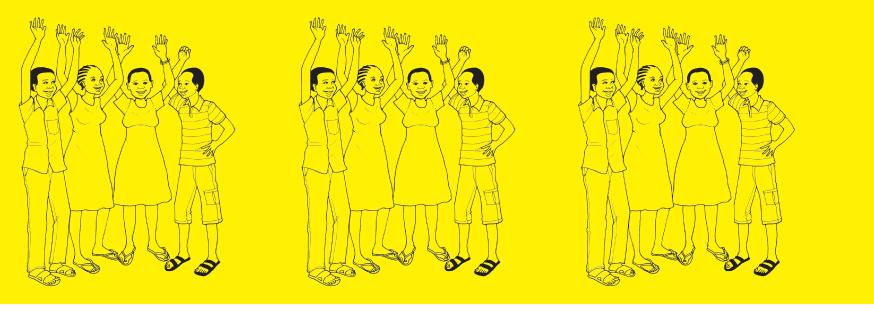
Do a short role-play of a wangoo/ wii-gadi where an elder gives advice to young men on how to respect women.

#### Question

If you get married, will you show love to your spouse? For how long?

#### **GREAT** Answer

There are many ways to show love that cost nothing, such as listening to their opinions and making decisions together, giving foot rubs, and saying nice words. Such expression of love never needs to end.



# Being Great Being Great Being Great + + + + +

What message would you send to our community about respecting girls and boys and giving them equal chances to grow up healthy and great?

#### **GREAT** Answer

Encouraging girls to complete school, promoting non-violence against women, and/or creating safe spaces in the community for girls and women.

#### Read this statement aloud

Ask everyone who agrees with this statement, "Couples should plan the number of children they want to have before they get pregnant". Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

Mutual agreement about having children helps both people make plans and avoid unwanted pregnancy.

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#### Question

People say, "Lewic weko icamo awola." How can making your own plans and speaking up for yourself help you have a healthy relationship in the future? (TRANSLATION: Being shy makes you eat something which is a taboo, so be assertive)

#### **GREAT** Answer

Speaking up for your feelings and needs helps the other person understand and respect you.

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All Play



All Play

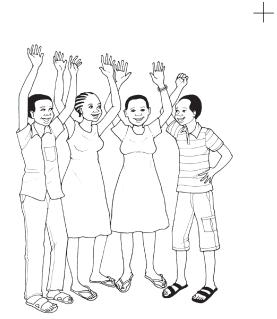


All Play

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All Play



All Play

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All Play

#### Fun All Play Cards

Lead the audience in a body stretch to relax.

#### Fun All Play Cards

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Lead the audience in a stretch that helps people move.

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#### Fun All Play Cards

Lead the audience to clap 10 times as loudly as possible.

#### Fun All Play Cards

Lead the audience in a short traditional dance.

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#### Fun All Play Cards

Do something as a team to make everyone laugh.

#### Fun All Play Cards

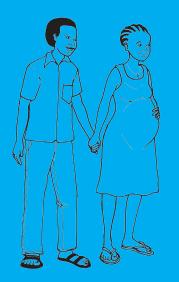
Make your own short team role play that gets people to laugh.

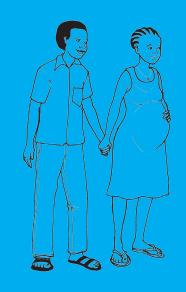
#### Fun All Play Cards

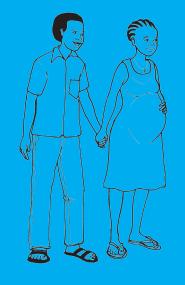
Perform a short team role play.

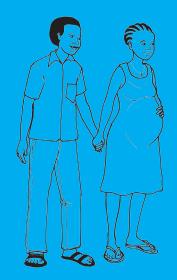
Fun All Play Cards

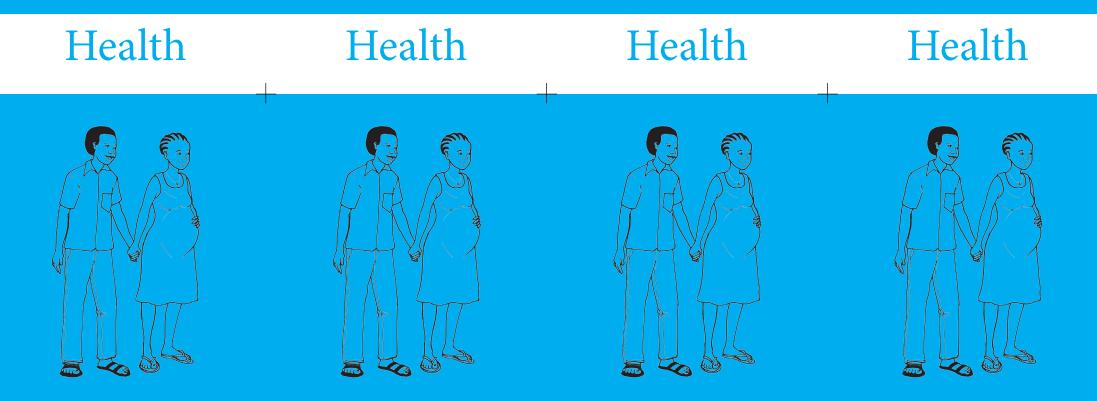
As a team, whistle as loudly as you can.











### Health

## Health

### Health

### Health

#### Team Role Play

Two people play a young couple who have one child. The couple discusses when to have their next child and how to space the birth.

#### **GREAT** Answer

It is best to wait at least 2 years after birth before trying to get pregnant again. To space births, visit a health worker to learn about contraception options.

#### Question

Many men agree for their wives to use contraception. Why?

#### **GREAT** Answer

Men who agree for their wives to use contraception understand that it is good for the health of their wives and children to space births. They also gain a stronger relationship and trust by making mutual decisions about plans, and do not fear that their wives will be promiscuous. Men who go together with their wives to learn about contraception options also understand that side effects go away after a few months and that all methods are safe.

#### Question

When should you tell your spouse if you want to have children and how many children? A) During the marriage proposal, B) Early in the relationship, C) After pregnancy.

#### **GREAT** Answer

B: Early in the relationship. Discussing if each person wants children, how many, and when, helps the couple understand each other and make joint decisions. This is part of a healthy relationship and peaceful home.

#### Question

of contraception.

Any 3 of the following answers: pills,

Name 3 effective modern methods

#### **GREAT Answer**

injectables, implants, IUD, condoms.

#### Question

Team Role Play

Can a man get a woman

"withdrawal")?

pregnant if he removes his

man part from her woman part

before he ejaculates (also called

**GREAT** Answer

Yes. Sometimes even before ejaculation,

contains sperm. Although many people

use this method to prevent pregnancy, it

is not as effective as modern methods.

fluid comes out of the penis that

Young couples need to be informed about healthy timing and spacing of pregnancy. When will you go to a health centre with your partner to learn the information and options?

#### **GREAT** Answer

This depends upon each couple. Everyone who shares a commitment is congratulated.

#### Question

Giving a baby breast milk only and no other food or liquids for the first six months of life prevents pregnancy. When does a woman with a young baby need to start using a method of contraception?

#### **GREAT** Answer

When the baby eats or drinks anything other than breast milk, when the baby turns six months, or when the mother's monthly bleeding returns.

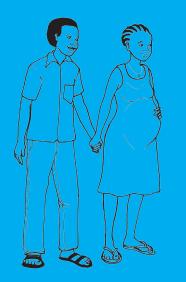
#### Read this statement aloud

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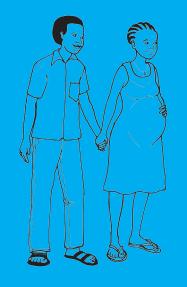
"It is best to wait 2 years after having one child before trying to become pregnant again." Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

True. This is best for the health of the mother and children. Smaller families also allow all children to attend school and inherit land.







## Health

## Health

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## Health

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Do you respect a man who protects his partner and family by going to the health centre to learn about contraceptive options? Why do you think this helps to make a peaceful home?

#### GREAT Answer

It is important for a husband to learn about contraceptive options and make a joint decision with his wife. A man who goes with his wife to the health centre gains knowledge and respect.

#### Question

Imagine that you and your spouse have decided to wait for a few years to try to have a child. The family asks when a child will come. What would you do? A) Try to get pregnant as soon as possible, B) Couples can talk with the family about why you decided to wait, C) Offer to care for a relative's child.

#### **GREAT** Answer

B) Couples can talk with their families to help them understand their decision.

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#### Team Role Play

One person plays a husband who has a 1 year old child. Other team members play his relatives who want him and his wife to have more children soon. He talks with his relatives about plans that he and his wife have made to not try to get pregnant again until the baby is at least 2 years old.



Safety

Safety

Safety

Do you agree or disagree with this statement: "When you feel angry or sad, first share your feelings with a close friend or partner." Explain your answer.

#### **GREAT** Answer

Sharing feelings helps us get support and solve problems peacefully.

#### Read this statement aloud

"These days a peaceful home can mean that both men and women share decisions". Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices. [You may include people in the audience].

#### **GREAT** Answer

Sharing decisions shows respect, and strengthens the relationship. It also takes the pressure off one person.

#### Team Role Play

One person plays a husband and one person plays a wife. Other team members play relatives. The husband and wife disagree about the wife taking a job which will earn her more money than her husband. The couple seeks advice from relatives to find a peaceful solution.

#### **GREAT** Answer

Violence of any type harms the relationship and family. All problems can be resolved without violence. This helps the couple respect each other, protect the relationship and their family.

#### True or False?

Beating a wife does not affect the children.

#### **GREAT** Answer

False. Children can become fearful, stressed, and sick when they see their mother beaten. Also, these children learn to use violence to solve problems when they grow up.

#### Question

Do men need sex to survive?

#### **GREAT** Answer

No. Both men and women enjoy sex, but everyone can survive without sex.



#### Team Role Play

Two people play parents of a young child. The child does not go inside when told. The parents try nonviolent discipline methods to correct the child.

#### Question

Do you think that words can be violent? Give a way of correcting a child without using any violent words.

#### **GREAT** Answer

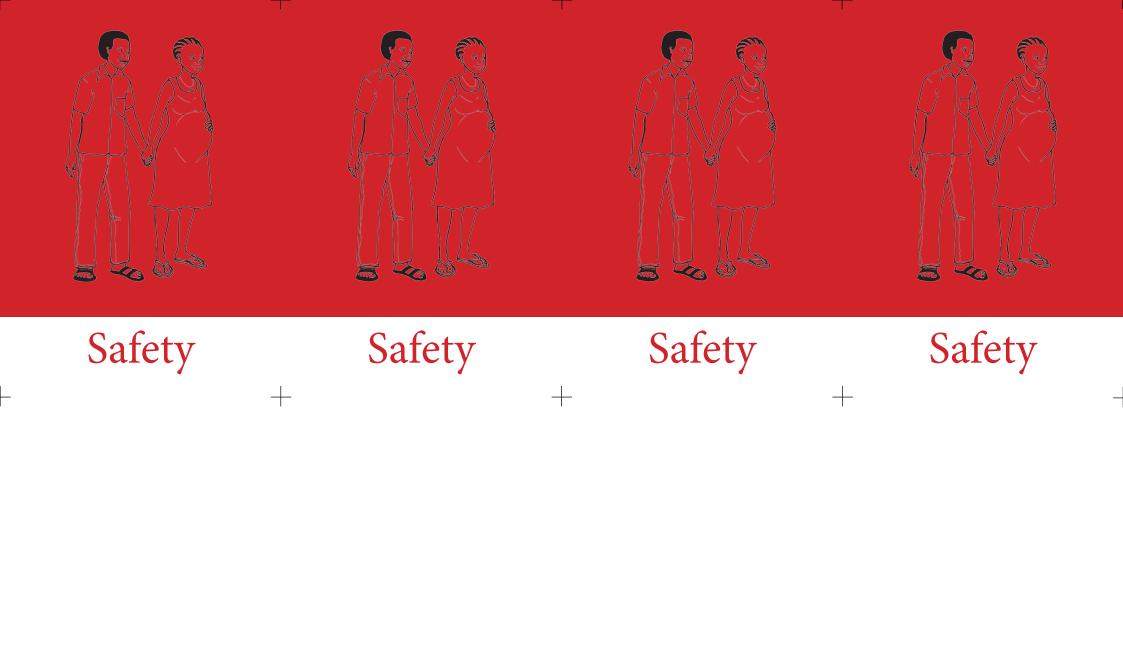
Children can be corrected without violence by giving the child alternatives to do, saying things such as, 'When you do that, it makes me upset' or 'When you do that, you might hurt yourself.'

#### Question

Are children who see violence at home more likely to use violence later in life?

#### **GREAT** Answer

Yes. Children who see or hear violence at home learn to use violence to solve problems their whole life.



#### Team Role Play

One person plays a young husband who gets drunk with money taken from home. The other people play his friends. They try to solve the problem.

#### Question

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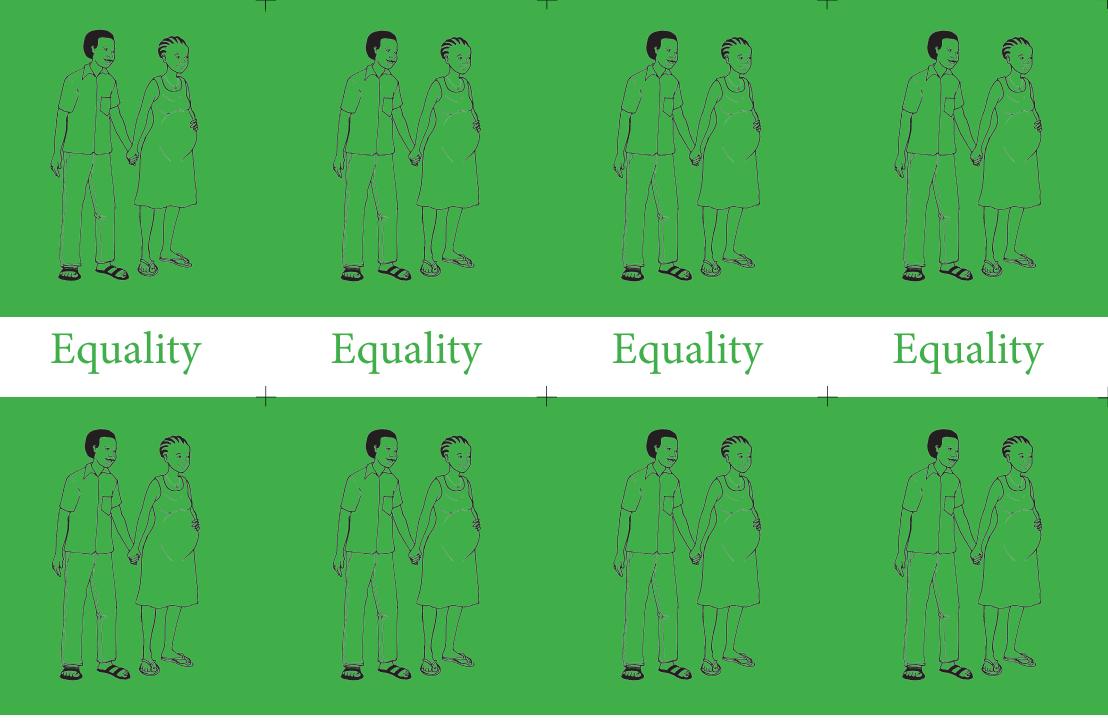
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Do people who get drunk sometimes do things they regret later? What risky things can happen when a man goes home drunk and wants sex?

#### GREAT Answer

Yes, people often regret their actions when they get drunk. When drunk, risky actions can include: Violence, forced sex, no condom use leading to unplanned pregnancy, and/or sexually transmitted infections including HIV.

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## Equality

Equality





Usually the man makes decisions at home. What would happen if a man discusses things with his wife first, before he makes a decision?

#### **GREAT** Answer

There could be differences in when and how often his wife gets pregnant, the level of trust and mutual respect between him and his wife, and how much support goes to the children.

#### Question

Is it acceptable for a woman to communicate her sexual needs with her husband? Why?

#### **GREAT** Answer

A healthy relationship allows both people to openly express their feelings, hopes, and needs. It is the only way for both people to truly have mutual understanding and be a great spouse.

#### Team Role Play

One person plays a husband and one person plays a wife. The husband has come home to find that the child is not bathed. Usually he would get angry. This time, he tries a different approach to ask about the day and find out why. The husband and wife use open communication to discuss.

#### Question

Can a man protect and care for his family even if his wife earns more money than he does? Explain your answer.

#### **GREAT** Answer

A man can protect and care for his family through his presence (staying close), love, and communication. When a woman earns more money than her husband, it strengthens the family if the couple has trust, mutual respect and communication.

#### Question

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Imagine that a husband helps his wife with household chores. How does this benefit the relationship? What can you do to share chores at home?

#### **GREAT** Answer

When a man shares chores, it makes the woman feel like a true partner. This builds trust and respect. She also gets more time to focus on the relationship. It is especially beneficial when the woman is pregnant and breastfeeding a baby.

#### Read this statement aloud

"Children benefit when their fathers help with child care tasks." Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

Fathers who care for children develop a strong bond with their children. They also teach children useful skills, selfassurance, and model communication and respect to women.

#### Team Role Play

Two people play a young couple with a son and a daughter. Do a short role play about equal treatment of the son and daughter by showing equally tender care when they get hurt.

#### Question

Is it more acceptable for boys or girls to express their feelings? Why?

#### **GREAT** Answer

Girls are allowed to express feelings while boys are taught to keep their feelings inside. This can be harmful for boys when they grow up. They may be more likely to express frustration and feelings through alcohol and violence.





## Equality

## Equality

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Girls can grow up to become educated, successful and give back to their parents. Would raising a daughter equal to a son make you feel proud as a parent? Why?

#### **GREAT** Answer

This depends upon each parent. Everyone who shares ideas is congratulated.

#### Read this statement aloud

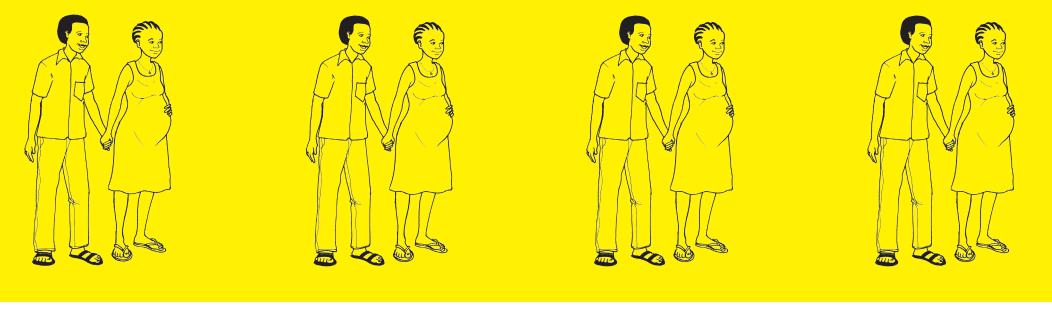
"It is the man's responsibility to prevent pregnancy and plan for healthy timing and spacing of pregnancy." Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

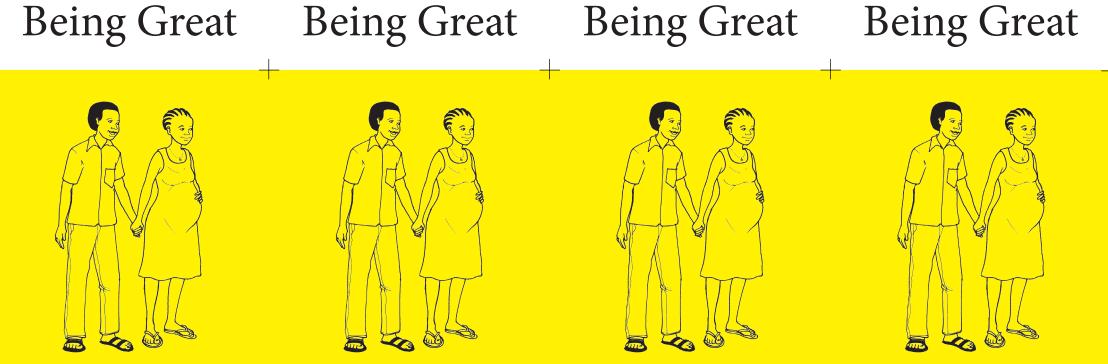
#### **GREAT** Answer

It is the couple's responsibility – both husband and wife. It takes both people to decide on the method and successfully use a method.

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Being Great Being Great

Being Great

Being Great

Imagine that you overheard someone talking about you as a parent. What would you like to hear?

#### **GREAT** Answer

Peaceful, loving, and/or hard-working may be valued characteristics.

#### Team Role Play

One person plays a husband and one person plays a wife. They discuss hopes for their sons and daughters in the future, and make a plan to achieve that future.

#### Team Role Play

One person plays a mother who wants her young daughter to grow up and get married. Another person plays the father who dreams of his daughter being educated. How do they discuss their hopes?

#### Read this statement aloud

"A newly married couple should share their hopes and expectations for the relationship with each other." Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

Open communication increases mutual understanding, and helps both people in the couple reach their hopes and expectations.

#### Question

Do you want to be a role model for your children on good communication between a husband and a wife? How will you do this?

#### **GREAT** Answer

Everyone who makes a commitment to resolve conflict peacefully through mutual respect and dialogue is congratulated.

#### Question

When is the last time you helped your spouse with chores? When will you do this again?

#### **GREAT** Answer

Everyone who makes a commitment is congratulated.

#### Question

Is it acceptable to continue courting a spouse the whole marriage? What are some ways to continue without spending money?

#### **GREAT** Answer

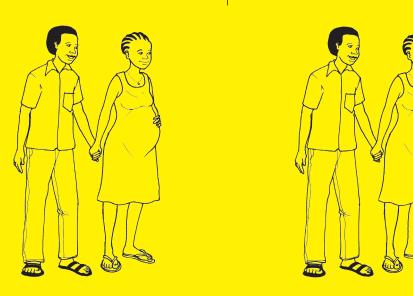
Continued courting through romantic gestures or dialogue can keep love and respect at the forefront of the relationship. Some ways to show love without spending money are foot rubs, cooking special foods, writing poems, or sharing a walk. Be creative!

#### Question

Digging and cultivating land requires hard work, time and fertilizer to continue to yield good crops. What happens to your relationship when you no longer fertilize it with open communication?

#### GREAT Answer

Relationships that are not nourished with ongoing communication can stop growing.



# Being Great Being Great +

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Do you think that talking about sex can make it more pleasurable for the couple? Why?

#### **GREAT** Answer

Talking about sex helps both partners to share and understand mutual needs. This can make sex more intimate and pleasurable!

#### Question

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What is one thing a couple gives up if they do not wait 2 years after having one child before trying to become pregnant again?

#### **GREAT** Answer

Any of the following answers: 1) time to spend with each child, 2) money for each child's food and care, 3) money for the each child's school fees, 4) peace of mind for the mother's health.

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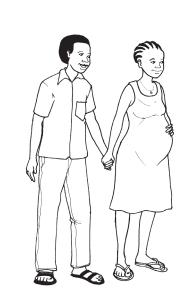




All Play

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All Play

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All Play

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All Play







#### Fun All Play Cards

Lead the audience in a song.

Fun All Play Cards

Lead the audience in a body stretch to relax.

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Fun All Play Cards

Lead the audience in a stretch that helps people move.

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#### Fun All Play Cards

Lead the audience to clap 10 times as loudly as possible.

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#### Fun All Play Cards

Lead the audience in a short traditional dance.

#### Fun All Play Cards

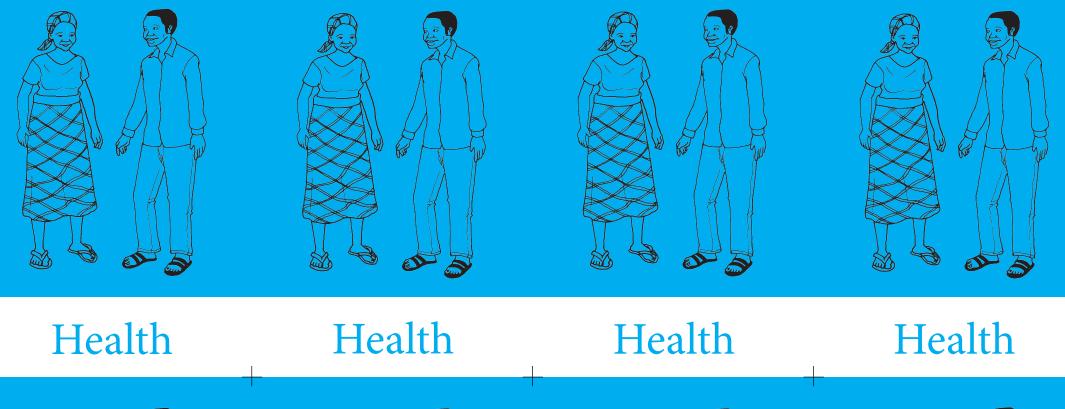
As a team, do something to make the audience smile.

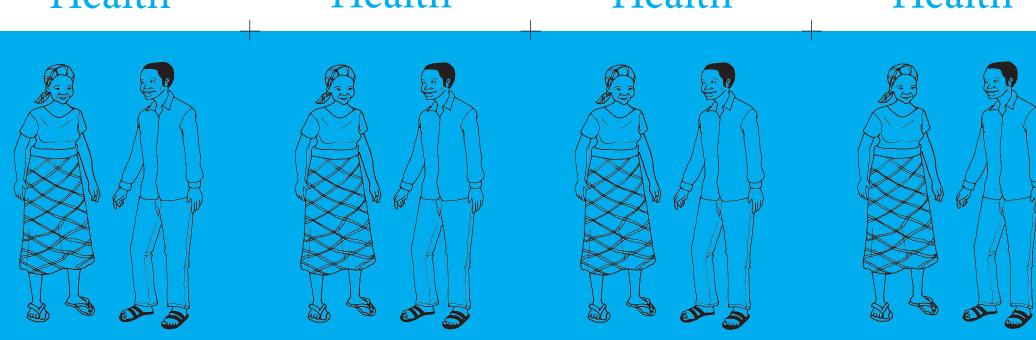
#### Fun All Play Cards

Do something as a team to make everyone laugh.

#### Fun All Play Cards

Make your own short team role play that gets people to laugh.





### Health

### Health

### Health

### Health

#### True or False ?

Sharing your values and expectations with young people does not help them make healthy decisions. Why?

#### **GREAT** Answer

False; Young people form their own values based on those of their parents and other elders. When they know your values and expectations, they make healthier decisions.

#### Question

Some elders say that boys should learn how to have a healthy relationship before getting married. Do you agree or disagree? Why?

#### **GREAT Answer**

Teaching boys about healthy relationships before marriage helps them make thoughtful decisions and avoid problems later. For example, some elders say that boys who are taught to avoid getting drunk, violence and bringing other women home, have peaceful homes in the future.

#### Question

Young people in our community need your encouragement to grow up healthy. What can you do to help young people feel confident about body changes they experience during puberty?

#### **GREAT** Answer

As adults, there are many things we can do to make young people comfortable about body changes such as having them talk with uncles and aunties, inviting them to ask questions and seek help, and sharing our own experiences with growing up.

#### Question

How can you know what a young person is thinking and feeling about body changes during puberty?

#### **GREAT** Answer

This is simple! Just ask him or her. If you are not comfortable, ask an uncle or auntie to ask them.

#### Team Role Play

One person plays a maternal uncle. Another person plays a nephew who is being teased because of his fast growth during puberty. The nephew is concerned. The uncle advises the boy at the wang-oo/ wii-gadi, and reassures the boy that it is normal but not a sign that he is a man.

#### Question

At what age should elders advise young people about having healthy relationships? Explain your answer.

#### **GREAT** Answer

Teach them before they have a relationship.

#### Question

What age it is healthy for a woman to become pregnant?

#### **GREAT** Answer

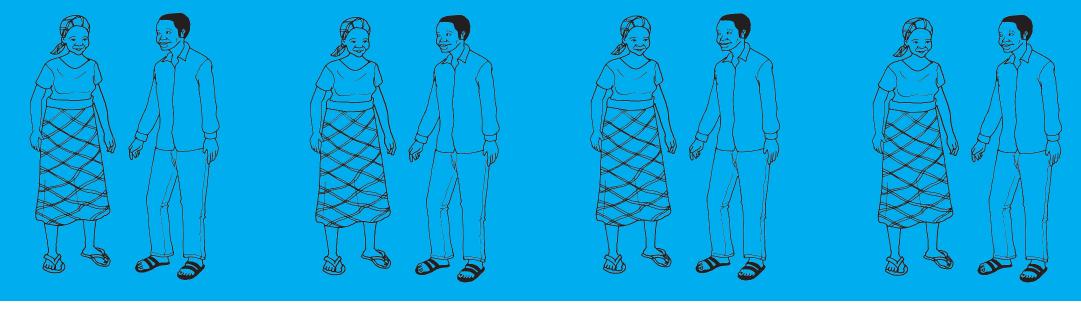
After 18 years of age.

#### Question

After a couple has had a baby, how long should they wait before trying to get pregnant again?

#### **GREAT** Answer

It is best to wait 2 years before trying to become pregnant again.



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## Health

## Health

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Whose responsibility is it to space childbirths for the health of the family? Why?

#### **GREAT** Answer

It is the couple's responsibility – both husband and wife. It takes both people to decide on the method and follow the method.

#### Read this statement aloud

"It is acceptable for a husband to go with his wife to a health centre to learn about child spacing".

Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

Spacing births helps to protect a family's health and financial resources. A husband who learns about options and makes a joint decision with his wife about child spacing gains knowledge and respect.

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#### Question

Does any method of contraception cause a woman to be unable to get pregnant in the future?

#### **GREAT** Answer

No. No modern method of contraception causes infertility. Several months after stopping any method, a woman could get pregnant again if she and her partner are healthy.



Is it acceptable for a man to continue courting his wife the whole marriage? How can this prevent violence in the home?

#### **GREAT** Answer

Continued courting through romantic gestures or dialogue keeps love and respect in the relationship. This helps to keep the marriage and family strong and peaceful.

#### Question

What is the first thing a man should do when he comes home to find a chore has not been done?

#### **GREAT** Answer

Ask why. This can help him understand the situation. Or, he can help with the chore.

#### True or False?

Children who see violence at home are more likely to use violence later.

#### **GREAT** Answer

True; Seeing or hearing parents use violence teaches children that violence is the appropriate way to act. However, violence does not lead to respect.

#### Question

What is one way to correct (discipline) a child without using violence?

#### **GREAT** Answer

- Give alternatives to the child to do.
- Talk and listen.
- Praise desired behaviour.
- Take time-out.

#### Question

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In this community, who can help a young woman who is beaten by her husband?

#### **GREAT Answer**

Elders, aunts, maternal uncle, clan leaders, religious leaders, police and others.

#### Read this statement aloud

"Together we can protect girls in our community from defilement." Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

When community members work together great things can be done! For example, our community could appoint certain aunties whom any girl can go to for protection. Or we could ask girls to always move out with a friend. Or we could improve safety in public places.

#### Question

When a husband is violent to his wife there are bad consequences. The wife can get hurt, stressed and lose respect for the husband. What will you do if you learn about a husband beating his wife?

#### **GREAT** Answer

Seek the counsel of elders, LC1, clan leaders, religious leaders and/or police.

#### Question

What do you think about this statement, "Violence in the home is only a family matter and others should keep quiet"?

#### **GREAT** Answer

Violence in one home can affect the whole community by hurting community health and productivity. To have a peaceful and prosperous community, it cannot remain a family matter.



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## Safety

## Safety

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#### Team Role Play

One person plays a man who often gets drunk. Other people play his relatives who help him make a new plan for his life.

#### Question

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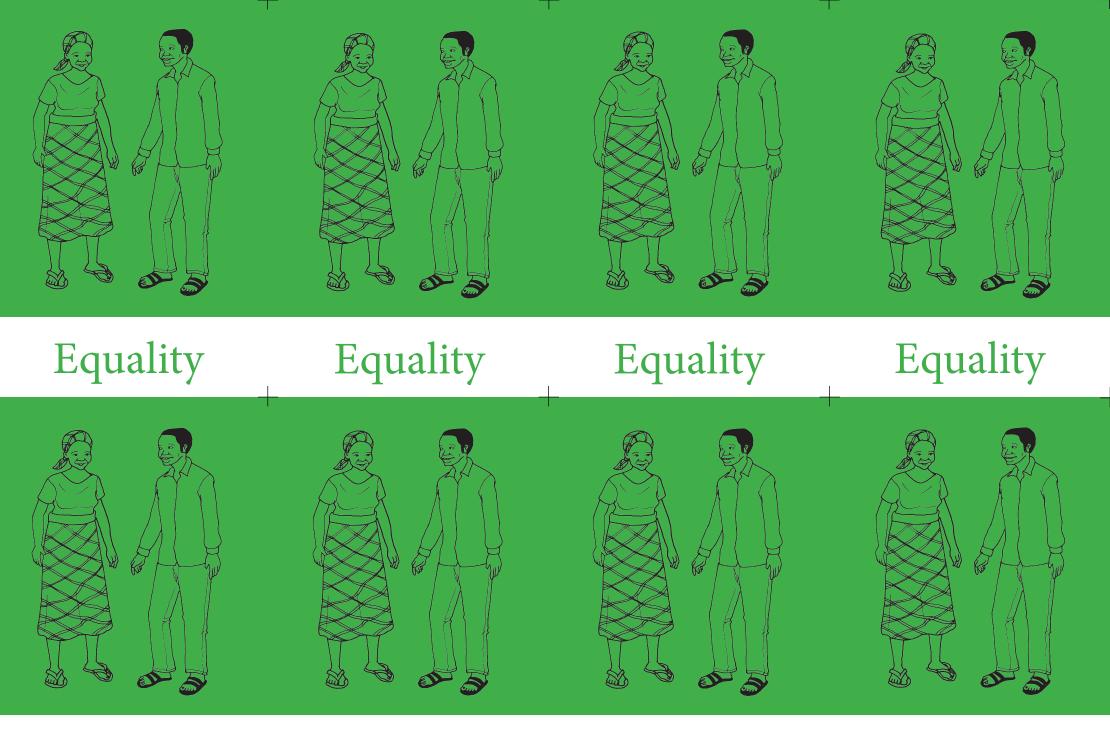
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What are two risky things that can happen if someone has sex when drunk?

#### **GREAT** Answer

People often regret what they do when drunk. Some risky things can include: Violence, forced sex, no condom use, unplanned pregnancy and sexually transmitted infections, including HIV.

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### Equality

## Equality

## Equality

## Equality

Usually men make decisions at home. Imagine that now men and women could make mutual decisions in the home. What would be different?

#### GREAT Answer

Women and men bring different but important perspectives to family decisions. Joint decisions benefit children's health and education, healthy child spacing, and creating feelings of trust and mutual respect.

#### True or False?

Men can learn to care for children just as well as women. Explain your answer.

#### **GREAT** Answer

True. Caring for children is a learned behavior. Like anything learned, practice and patience are important.

#### Read this statement aloud

"These days a healthy and peaceful home can mean that both men and women share chores and decisions". What do you think?

#### **GREAT** Answer

Men and women who talk, listen to each other and make mutual decisions respect each other and avoid misunderstanding. Sometimes sharing chores can also bring more peace and free time for both men and women.

#### Team Role Play

One person plays a husband and one person plays a wife. The husband wants to use extra money to buy a radio. The wife wants to use it for shoes for the children. They discuss until they come to mutual agreement.

#### Question

Boys and girls usually do different chores. What are some of these different chores? Is this due to natural ability or taught because of social expectations?

#### GREAT Answer

Boys usually dig, tend animals and sweep the compound. Girls usually cook, clean the home, and fetch wood and water. These roles are taught. However, it is beneficial for boys and girls to help each other.

#### Question

Imagine a brother who helps his sister with chores. Can this help both the brother and his sister succeed? Why?

#### **GREAT** Answer

This can help both. The boy develops strong and respected character which will benefit his future work and family life. The girl gains time for school work.

#### Question

Some girls are married early, before they finish school, for the bride price. What are benefits to the family when the daughter marries after completing school?

#### **GREAT** Answer

1) Pride in having an educated child; 2) Healthy and educated grandchildren/ nieces/ nephews; 3) Peace of mind because her marriage will be stronger and peaceful; 4) Support she will bring back in the future.

#### Read this statement aloud

"An educated girl who also knows housework brings respect to her family when she marries". Then ask those people who agree to move to one side of the game board and those who disagree to go to the other side. Ask them to explain their choices.

#### **GREAT** Answer

Girls' education benefits the whole family. A girl who finishes school is likely to get pregnant after marriage, when her body is ready, and be productive. The children and family will be healthier, educated and better off. Educated women also feel proud and respected for taking good care of their homes and families.



## Equality

# + Equality

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Our community benefits when girls and boys finish school. This helps the next generation will be educated and successful. What will you do to advocate for keeping boys and girls in school?

#### **GREAT** Answer

Elders or leaders could visit homesteads where children have left school, call community meetings with parents, or give public recognition for families whose children finish school.

#### Question

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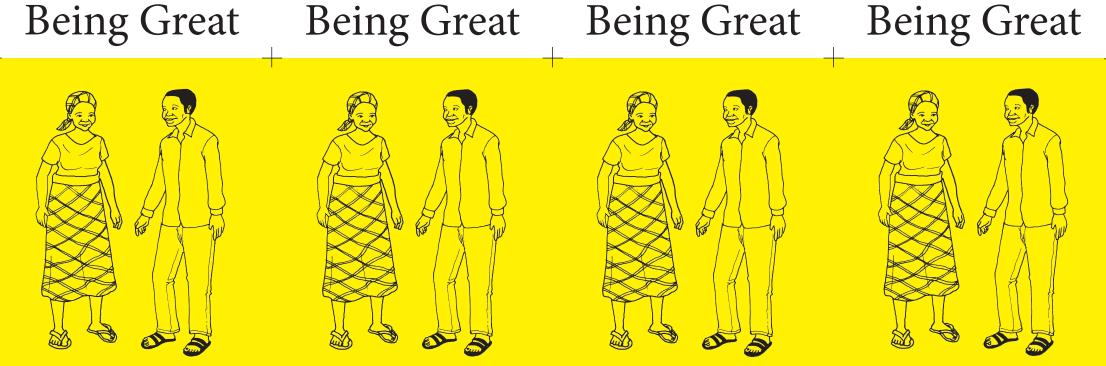
Some girls miss school due to monthly bleeding. What can parents or community members do to help all girls go to school every day?

#### **GREAT** Answer

Ensure that schools have clean, functioning toilets separate for girls, with a place for washing and changing rooms; encourage schools to give pain reliever and sanitary materials; and/or help community groups make sanitary materials.

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Being Great Being Great

Being Great

Being Great

Are role models for young people important? When can role models in this community share experiences and give advice?

#### **GREAT** Answer

Yes. Role models teach young people about possibilities, desired ways of behaving, and even how to overcome difficulties. Everyone who shares ideas about when role models can talk with young people is congratulated.

#### Question

What cultural traditions do you hope that young people will carry on and keep alive?

#### **GREAT** Answer

Any answer is acceptable, including: wang-oo/ wii-gadi, dances, celebrations.

#### Question

In the future, what would you want your children to remember about you as a community elder?

#### **GREAT** Answer

Any answer is acceptable, including: Promoting peaceful communication, protecting women and girls, advising young people.

#### Question

With age comes wisdom. What advice will you give to young people to have a healthy and peaceful marriage and home?

#### **GREAT** Answer

Any answer is acceptable, including: Mutual respect, open communication, non-violence, or continued courtship.

#### Question

Do you think that boys who listen and talk openly with sisters can grow up to have a peaceful home? Explain your answer.

#### GREAT Answer

Boys who communicate well with sisters develop the important skill of communication. This will help him communicate with his wife in the future and have a peaceful family.

#### Question

When is the last time you praised your children? When will you do this in the future?

#### **GREAT** Answer

Everyone who makes a commitment is congratulated.

#### Question

Can elders influence young people to grow up safe, equal and healthy? How can you do this?

#### **GREAT** Answer

Yes. Share experiences and expectations early and often!

#### Team Role Play

One person plays a father of a 13 year old boy. Another person plays the son. The boy asks his father if he can fetch the water in the evenings. He explains that this will protect his sister from moving at night, and give her time for studies. What does the father say?

#### **GREAT** Answer

Encourage the father or audience to support the boy for helping the family.



# Being Great + Being Great

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Boys love to get advice from trusted adults at the wang-oo / wii-gadi. Can this tradition be used to teach boys to respect girls and future wives? How?

GREAT Answer Share experiences and give advice.

#### Question

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Do you think that only someone who is always perfect can give advice? Explain your answer.

#### **GREAT** Answer

No. Sometimes the most meaningful advice comes from a person who has made mistakes and is trying to change. The most important factor is care and concern.

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