

A Night Out

A sexual health, risk taking awareness educational resource

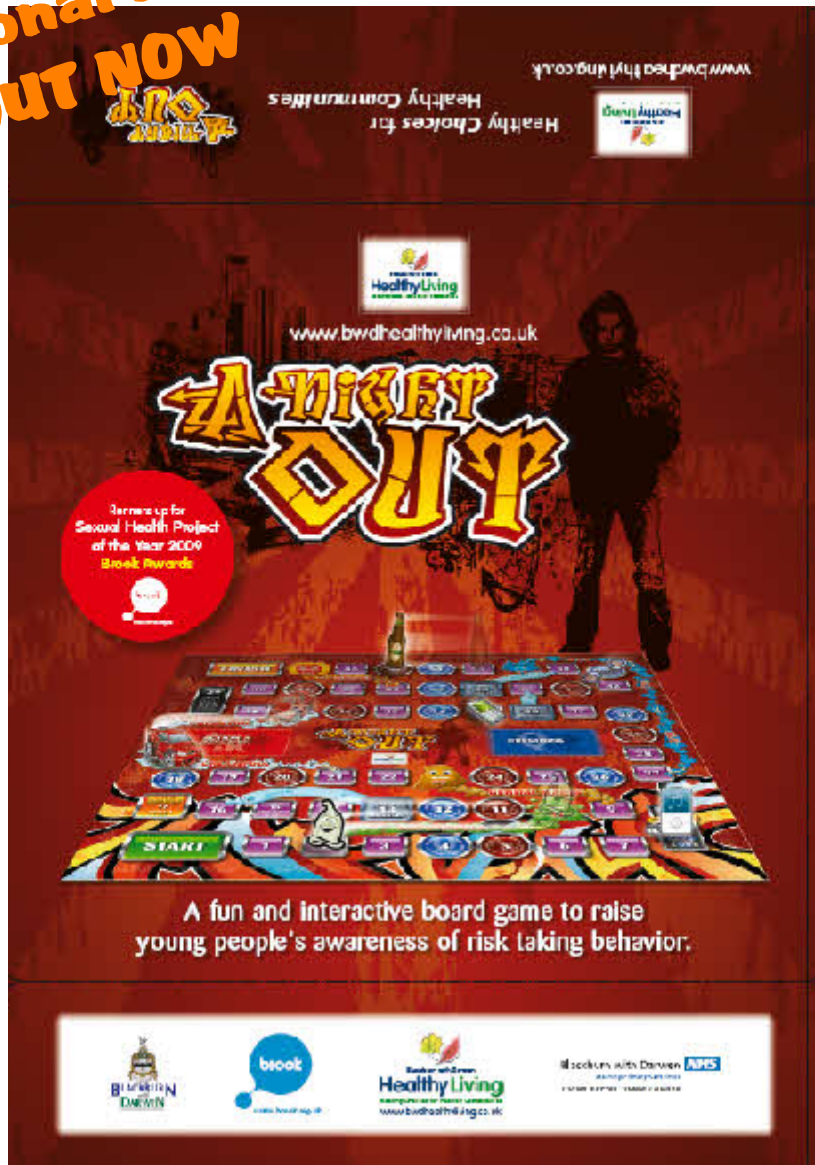


Blackburn with Darwen

Healthy Living

Healthy Choices for Healthy Communities

**Sexual Health
Educational Resource
OUT NOW**

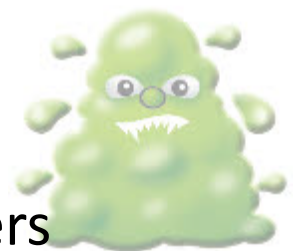


Short listed for the Sexual Health Project of the Year 2009

Brook Awards

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Blackburn with Darwen Healthy Living successfully applied for funding to run a youth health project in the Whitebirk and Shadsworth area of Blackburn. Both these wards are ranked 184 most deprived in England, they also have the highest rates of teenage pregnancies, significantly worse than the national average and have a health deprivation and disability score of 145 out of 32,482 wards in England. The project was led by BwD Healthy Living who worked in partnership with Brook and Blackburn with Darwen Young People Service to work with N.E.E.T (not in education, employment or training) young people on a project which focused on issues around sexual health. Alongside this we also worked with Connexions in order to engage N.E.E.T young people who lived in the Shadsworth area.



Game Rules & Helpful Information

A fun and interactive board game to raise young people's awareness of risk taking behavior.

Blackburn with Darwen Healthy Living, Norwich Street, Blackburn BB1 6NZ
Tel: 01254 292650 Fax: 01254 292651 Charity No:1122978

This game has been designed to inform young people that there are consequences to the decisions they make, whether it be around unprotected sex, drinking and taking drugs, or anti-social behaviour. The game challenges the young people into making choices on how they would react to different situations; depending on the answer they give they face a different consequence.

We worked on the design of the board game for several weeks focusing on how the game would be played, and what elements we wanted to incorporate into the game in order to make it young people friendly. We looked at the style, the playability, the duration the game should be played for, the number of players, but most importantly we wanted to introduce the element of competition into the game so there would be an overall winner. Some of the other games the young people looked at had no competitiveness, so there was no end to the game which the young people thought was 'boring' and eventually tired of playing the game.

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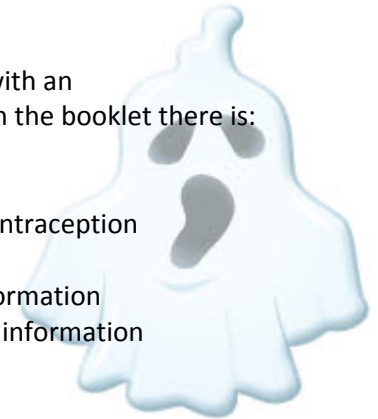
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The Rules

1. The game is played with 4-6 players and a facilitator.
2. Each of the players selects a counter to play with and places these on the starting point.
3. Each player takes turns in spinning the condom spinner. The spinner will show how many spaces forward, can be moved with the maximum being 4.
4. If the spinner lands on "0" then the player stays where they are until their next go.
5. When a player lands on a square with a condom behind it, the picture of the condom points to where you can move forward to.
6. If a player lands on one of the STIs (Sexually Transmitted Infections) - **Gonorrhoea, Genital warts, Chlamydia, HIV** or **Herpes**, they have to follow the arrows down to the space it leads them to.
7. If a player lands on a "Question" circle, the facilitator picks up a "Question" card and asks the player to answer it. If the player answers correctly, they can spin again and move forward accordingly. If however the player gets the answer wrong they stay where they are until their next go.
8. If a player lands on a "Fiction and Fact" circle the facilitator picks up the card and asks the player to answer the question. Depending on the answer given by the player, they will face different consequences. The consequences are shown as abbreviations i.e. GUM which means you refer the player to the GUM service and they have to move to that space, or move back 2 spaces.
9. If the player lands on a **GUM** (Genital Ulcer Medicine) space, they get an STI test, but they can move forward 4 spaces.
10. If the player is sent to the **Police Station** they miss 2 go's
11. The winner of the game is the one who gets to the finish square first.

The board game comes with an accompanying booklet. In the booklet there is:

- The rules
- Information on STI's
- Different forms of contraception
- Sex and the law
- Dugs and alcohol information
- Useful web sites and information



There are also the playing counters included in the box, which has been completed to a very high standard with a durable glossy finish. The educational resource is designed to instigate positive discussions about sexual health and risk taking behaviour. It is mainly designed to play in a youth environment but can be used within a school setting. It is not important for the member of staff to have sexual health or drugs and alcohol training as all the information needed is provided within the booklet.



STIs (Sexually Transmitted Infections)

Chlamydia

What it is: Chlamydia is the most common bacterial STI in the UK and is on the increase. Women aged 20-24 and men aged 20-34 are at the greatest risk.

Symptoms: Up to 70% of women and up to 50% of men infected with Chlamydia have no symptoms, because of this a substantial number of infections remain undiagnosed. Where there are symptoms, women may have a discharge, pain when passing urine, heavy periods or bleeding between periods, lower abdominal pain or abdominal pain during vaginal sex. Men may notice discharge from the penis and/or burning when passing urine.

How it is treated: Chlamydia is easily treated with antibiotics. However, if left untreated it can cause pelvic inflammatory disease (PID), which can lead to infertility. New methods of testing for Chlamydia are now available which will allow easier and more widespread screening of the infection.






Gonorrhoea

What it is: Gonorrhoea is similar to Chlamydia but less common. Women aged 16-24 and men aged 20-24 are at the greatest risk.

Symptoms: Symptoms of Gonorrhoea are different for men and women. Most women do not have any symptoms. The main symptom for men is a discharge from the penis and burning pain on passing urine. Gonorrhoea passed on during oral sex does not usually cause symptoms. For Gonorrhoea to be more common in heterosexual men and may cause an irritation or discharge from the anus.

How it is treated: Gonorrhoea is treated with antibiotics.

Information available from www.hivinfo.org.uk

Drugs

Amphetamines



Speed is the street name for a range of stimulants such as amphetamine, methamphetamine, lisdexamfetamine and cocaine. Amphetamines are stimulants that help you to keep the muscles awake for the effects of amphetamine but in high doses they can be harmful to your heart. They increase blood pressure and heart rate and can lead to stroke, heart failure and even death. They can also lead to psychosis and other mental health problems.

How it is treated: Amphetamines are treated with a combination of medication and therapy. The most common medication used is methylphenidate. This helps to reduce the symptoms of amphetamine withdrawal. Therapy is also used to help with the psychological effects of amphetamine use.

What it is: Speed is a class of drug that is used to help you to stay awake and alert. It is often used by people who work long hours or who are studying. It can also be used to help with ADHD (Attention Deficit Hyperactivity Disorder).

Symptoms: The main symptoms of speed are increased energy, alertness and a feeling of euphoria. Other symptoms include increased heart rate, high blood pressure, dry mouth, and difficulty sleeping. In high doses, it can cause hallucinations and paranoia.

How it is treated: There is no specific treatment for speed. The best way to deal with the effects of speed is to stop using it. If you are struggling to stop, you should seek professional help.

What it is: Cocaine is a powerful stimulant that is often used in combination with amphetamine. It is a highly addictive drug that can cause serious health problems.

Symptoms: The main symptoms of cocaine are increased energy, alertness and a feeling of euphoria. Other symptoms include increased heart rate, high blood pressure, dry mouth, and difficulty sleeping. In high doses, it can cause hallucinations and paranoia.

How it is treated: Cocaine is treated with a combination of medication and therapy. The most common medication used is bupropion. This helps to reduce the symptoms of cocaine withdrawal. Therapy is also used to help with the psychological effects of cocaine use.

Information available from www.hivinfo.org.uk



There are Action and Reaction cards included with the resource. The aim of these cards is to give the players the opportunity to answer a series of Scenarios. The player will be given several potential answers and depending on the answer there will be different consequences.



Your condom falls of during sex, do you?

- a) Put it back on - **Visit G.U.M.**
- b) Use another one until you've finished then seek advice on emergency contraception and STI testing - **Spin Again**
- c) Carry on without one, the damage is done - **Move Back 2 Spaces**



There is also several question cards included with the resource. The aim of these cards is to challenge the young people understanding of sexual health and risk taking behaviour. Whilst playing the resource the young people have to successfully answer the questions to navigate through the board game.



Name one way of catching Herpes

Through **unprotected vaginal, anal or oral sex.**
It can be **transmitted from mother to baby.**
Touching someone's genitals with the virus then touching your own can transmit it as well.

www.nhs.uk/conditions/Herpes-simplex-virus/Pages/Introduction.aspx?url=Pages/What-is-it.aspx