

SEXUAL HEALTH GAME SHOW

Sexual health
Sexual violence
Gender-based violence
Contraception
Sexually transmitted infections (STIs)
HIV / AIDS
Sexuality
Women
Reproductive health

✓ To assess learners' knowledge of various **sexual health** topics, including **sexual and gender-based violence, contraception, sexually transmitted infections, HIV/AIDS** and reproductive anatomy/physiology.

🕒 45 Mins

★ **Game Grid** (provided)
Teacher's Question & Answer Grid (provided)

PROCEDURE

PRIOR TO CLASS

1 Copy the following Game Grid onto the board.

ANATOMY AND PHYSIOLOGY	CONTRA-CEPTION	SEXUAL AND GENDER-BASED VIOLENCE	STIs	HIV/AIDS
10	10	10	10	10
10	10	10	10	10
20	20	20	20	20
20	20	20	20	20
30	30	30	30	30
30	30	30	30	30
40	40	40	40	40
50	50	50	50	50

IN CLASS

2 This game (loosely based on the US-based game show *Jeopardy!*) challenges learners to answer questions on **sexual health, sexual and gender-based violence, contraception, sexually transmitted infections, HIV/AIDS** and reproductive anatomy and physiology.

3 Explain that the column headings indicate subject areas, and the numbers listed below denote the point value assigned to each question. The questions escalate in difficulty as the point value increases, with the 50-point questions being the most difficult.

4 Divide the class into two teams. Explain the rules of the game to the learners as follows:

a. Flip a coin to see which team goes first. The first player on that team selects a topic and question value, for example by saying "I will take Contraception for 10 points".

b. The teacher then reads the corresponding question on the grid, and crosses out the block on the board so that the topic/value cannot be selected again.

c. If the learner gets the answer right, the next player from the same team can select another question to answer. If the team mate gets the answer wrong, play switches to the opposing team, who then select a topic/value to answer.

d. The teacher tallies up the points scored by each team, and the team with the highest score wins. Teachers can offer a small prize for the winning team to incentivise participation.

5 After the game debrief the class with the following questions:

- What questions were the easiest? Which were the most difficult?
- Which topics do you feel you need to know more about?
- What resources may help you in answering the questions you didn't know the answer to?
- Is there any topic area related to sexual health that you would have liked to add?

TEACHER TIPS

👤 General

The teacher can adapt the content and topic area to be appropriate to the context and knowledge level of the learners. The format of this game can be used as a revision tool after completing any module. The game can be used to address a wide range of topics on **sexual health**.

⚡ Making the Link with Gender & Violence

This exercise is useful in reinforcing knowledge that will help learners to make healthy and informed decisions about their sexuality. It also helps learners to engage with substantive information about violence against **women** and girls. The information conveyed by this exercise can be used to empower learners with knowledge about **sexual rights** and **sexual health**.

💡 Assessment Ideas

Learners can be tasked to set their own questions for a new game. To reduce the research burden on learners, a simplified grid (for example with fewer topic areas and with only one row per question value) can be used. This allows learners to assess their own knowledge gaps, to research and craft questions that may fill these.

📄 Variations

The format of this game can be used as a revision tool after completing any module.

References:

Adapted from:
PATH Games for adolescent reproductive health: An international handbook. www.path.org

TEACHER'S QUESTION & ANSWER GRID

	ANATOMY AND PHYSIOLOGY	CONTRACEPTION	SEXUAL AND GENDER-BASED VIOLENCE	STIs	HIV/AIDS
10	<p>QUESTION: Name the pear-shaped organ within which a baby develops</p> <p>ANSWER: The Uterus</p>	<p>QUESTION: True or False? A girl can't get pregnant if she douches, takes a bath, or urinates immediately after sex.</p> <p>ANSWER: False</p>	<p>QUESTION: True or False? The Domestic Violence Act in South Africa allows same-sex partners, or people who live together (but are not married) to apply for a protection order against domestic abuse.</p> <p>ANSWER: True</p>	<p>QUESTION: Do the Pill and the patch protect you from sexually transmitted infections?</p> <p>ANSWER: No they do not. They protect against pregnancy, but not against STIs.</p>	<p>QUESTION: Can you get HIV from a mosquito bite?</p> <p>ANSWER: No. Studies have shown that there is no risk of transmission of the HI Virus through any insects.</p>
10	<p>QUESTION: When do boys start producing sperm?</p> <p>ANSWER: At onset of puberty.</p>	<p>QUESTION: Is it possible to get pregnant the first time you have sex?</p> <p>ANSWER: Yes. Every time one has sex (including the first time) there is a chance to become pregnant/ cause a pregnancy.</p>	<p>QUESTION: How old do you have to be to consent to sex under South African law?</p> <p>ANSWER: 16 years old.</p>	<p>QUESTION: True or False? Just like chickenpox or measles, once you have had an STI you can't get it again.</p> <p>ANSWER: False. You can get some STIs more than once, and some (like herpes) stay with you for life.</p>	<p>QUESTION: Can you get HIV from oral sex with an infected person?</p> <p>ANSWER: Yes you can. Although the risk of contracting HIV through oral sex is much lower than through other types of sex, it is still possible. Use a latex barrier when giving/receiving oral sex.</p>
20	<p>QUESTION: What are the names of the two parts of the penis</p> <p>ANSWER: The shaft and the glans</p>	<p>QUESTION: The Emergency Contraceptive Pill (the 'Morning After Pill') works best if taken within ___ of unprotected sex?</p> <p>ANSWER: 72 hours (3 days)</p>	<p>QUESTION: Can someone who has been drinking or taking drugs consent to sex?</p> <p>ANSWER: No. The Sexual Offences Act describes certain conditions under which someone cannot consent to sex. Being under the influence of drugs or alcohol is one of those conditions.</p>	<p>QUESTION: Is it safer to use two condoms than one?</p> <p>ANSWER: No. The friction between them increases the risk that one will slip off, and/or that one or more of them will break.</p>	<p>QUESTION: True or False? You can get medication to prevent HIV from the state for free if you have been raped.</p> <p>ANSWER: True. You don't even need to have opened a case with the police - you just need to report the incident at a health care facility that is equipped to provide you with medication to prevent HIV. It is free of charge.</p>

QUESTION & ANSWER GRID

	ANATOMY AND PHYSIOLOGY	CONTRACEPTION	SEXUAL AND GENDER-BASED VIOLENCE	STIs	HIV/AIDS
20	<p>QUESTION:</p> <p>What term describes the release of a mature egg (ovum) from the ovary?</p> <p>ANSWER:</p> <p>Ovulation</p>	<p>QUESTION:</p> <p>Name one natural contraception method.</p> <p>ANSWER:</p> <p>Coitus Interruptus/ Withdrawal method; Fertility Awareness Method; Abstinence</p>	<p>QUESTION:</p> <p>Does the Domestic Violence Act provide protection from intimate partner violence for people in dating relationships (including teens)?</p> <p>ANSWER:</p> <p>Yes. You do not have to be living together or married to apply for a protection order under DVA conditions.</p>	<p>QUESTION:</p> <p>True or False?</p> <p>There are no risks associated with anal sex.</p> <p>ANSWER:</p> <p>False. Anal sex places you at high risk of injury, STIs and HIV (although there is no risk of pregnancy).</p>	<p>QUESTION:</p> <p>Can you get HIV from vaginal sex with a woman who is infected?</p> <p>ANSWER:</p> <p>Yes. HIV can be present in vaginal fluid and can enter the penis through the urethra (the hole at the tip) or through cuts or abrasions on the skin of the penis.</p>
30	<p>QUESTION:</p> <p>Name the duct in the penis through which semen passes.</p> <p>ANSWER:</p> <p>Urethra</p>	<p>QUESTION:</p> <p>Name one contraceptive method that is used by both sexes.</p> <p>ANSWER:</p> <p>Condom – there is a male condom and a female condom.</p>	<p>QUESTION:</p> <p>Name three types of violence that the Domestic Violence Act protects against.</p> <p>ANSWER:</p> <p>Any of – physical abuse; sexual abuse; emotional/verbal/psychological abuse; financial abuse; harassment; stalking.</p>	<p>QUESTION:</p> <p>True or False?</p> <p>You can get an STI from oral sex.</p> <p>ANSWER:</p> <p>True. During oral sex you can give your partner an STI, and can get one from them.</p>	<p>QUESTION:</p> <p>True or False?</p> <p>If you've only ever had sex with one person, you don't have to worry about HIV.</p> <p>ANSWER:</p> <p>False. You don't know how many people your partner may have been with.</p>
40	<p>QUESTION:</p> <p>What is the cell produced by fertilisation called?</p> <p>ANSWER:</p> <p>Zygote</p>	<p>QUESTION:</p> <p>What is the most effective way of preventing pregnancy?</p> <p>ANSWER:</p> <p>Abstinence. Although there are many reliable methods for preventing pregnancy, none are as effective as not having sex at all.</p>	<p>QUESTION:</p> <p>Name two reasons why someone would be reluctant to report sexual or domestic abuse to the police.</p> <p>ANSWER:</p> <p>The fear of not being believed; being blamed for the abuse; fear of reprisal by the offender; not aware of what constitutes domestic or sexual abuse; too ashamed to tell anyone what has happened; know the abuser well and fear consequences of reporting.</p>	<p>QUESTION:</p> <p>Do you need to get checked for an STI if your partner has it, but you have no symptoms at all?</p> <p>ANSWER:</p> <p>Yes. It is important to get treatment even if you have no symptoms because some STIs (for example, Chlamydia) often do not present symptoms. If you don't get treatment you can pass the infection back and forth between you, with serious consequences.</p>	<p>QUESTION:</p> <p>True or False?</p> <p>If women have sex with other women they are not at risk for HIV?</p> <p>ANSWER:</p> <p>False. No conclusive evidence that HIV cannot be transmitted between women (studies have not focused on this population). These women are at risk of sexual violence and HIV can be passed on in this way.</p>

TEACHER'S QUESTION & ANSWER GRID

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ANATOMY AND PHYSIOLOGY	CONTRACEPTION	SEXUAL AND GENDER-BASED VIOLENCE	STIs	HIV/AIDS
<p>QUESTION:</p> <p>What is intersex?</p> <p>ANSWER:</p> <p>Intersex is a term for people who have biological sex organs that are not considered standard for either males or females.</p>	<p>QUESTION:</p> <p>Under South African Law, at what age can you get confidential contraception?</p> <p>ANSWER:</p> <p>12 years old</p>	<p>QUESTION:</p> <p>Why is it important to report a rape to the police and/or a healthcare facility as soon as possible after it has happened?</p> <p>ANSWER:</p> <p>There are two critical issues: forensic evidence may be lost by waiting, and the effectiveness of certain medications given after rape to prevent HIV & STIs diminishes significantly after the first 36-72 hours. Survivors should also not bath, shower, eat, drink or change clothes to avoid destroying evidence.</p>	<p>QUESTION:</p> <p>True or False?</p> <p>The HPV (Human Papilloma Virus) is linked to cancer.</p> <p>ANSWER:</p> <p>True. Genital herpes caused by HPV (Human Papilloma Virus) is one of the most common STIs. It has been linked to certain cancers (including cervical cancer). Anyone who has sex is at risk of HPV, though risk can be lowered by using condoms.</p>	<p>QUESTION:</p> <p>Do antiretroviral drugs (ARVs) prevent an infected person from passing the virus on to other people?</p> <p>ANSWER:</p> <p>No. Antiretroviral drugs don't prevent transmission of the virus to others. ARV treatment can keep viral load down, but HIV is still present in the body and can still be transmitted.</p>

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<p>QUESTION:</p> <p>True or False?</p> <p>A female baby is born with all the eggs (ova) that she will ever have.</p> <p>ANSWER:</p> <p>True. Female babies are born with around one million eggs that will be released or self-destruct over her reproductive lifetime.</p>	<p>QUESTION:</p> <p>Is it possible to become pregnant after having sex during your period?</p> <p>ANSWER:</p> <p>Yes. A woman can become pregnant when she is ovulating (releasing an egg from the ovary). If a woman's menstrual cycle is very short (21 days or less between menstrual periods), she could be ovulating during her period or shortly after. Therefore, having unprotected sex during her period could put a woman at risk of pregnancy.</p>	<p>QUESTION:</p> <p>Is consensual sexual activity among young people aged 12-15 criminalised under South African Law?</p> <p>ANSWER:</p> <p>Not anymore. A Constitutional Court case, decided in October 2013, declared the provisions that criminalised this activity unconstitutional. Whereas previously, children in this age group engaging in penetrative sex and where there was an age gap of more than two years between them could be reported to the police and prosecuted, this can no longer happen. Non-consensual sexual activity and sexual activity between a child and someone older than 16 remains criminalised.</p>	<p>QUESTION:</p> <p>Name three symptoms of an STI.</p> <p>ANSWER:</p> <p>Unusual discharge from the penis/vagina; genital itching; burning sensation when peeing; rash or sores in the genital area; pain during sex; pain or swelling in the genital area; sore throat; swollen glands; fatigue (unexplained); night sweats</p>	<p>QUESTION:</p> <p>Is HIV and AIDS the same thing?</p> <p>ANSWER:</p> <p>No. HIV is the name of the virus – Human Immunodeficiency virus. The term AIDS is short for Acquired Immune Deficiency Syndrome. An HIV-infected person is said to have an AIDS diagnosis when HIV has weakened their immune system to the extent that they either have, or are at high risk of getting, certain diseases that are uncommon in persons with a healthy immune system. Not all HIV-infected persons develop AIDS. Effective HIV treatment can interrupt proliferation of HIV and keep a person from developing AIDS.</p>
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