



FlipIT TOOL

**REPSSI**

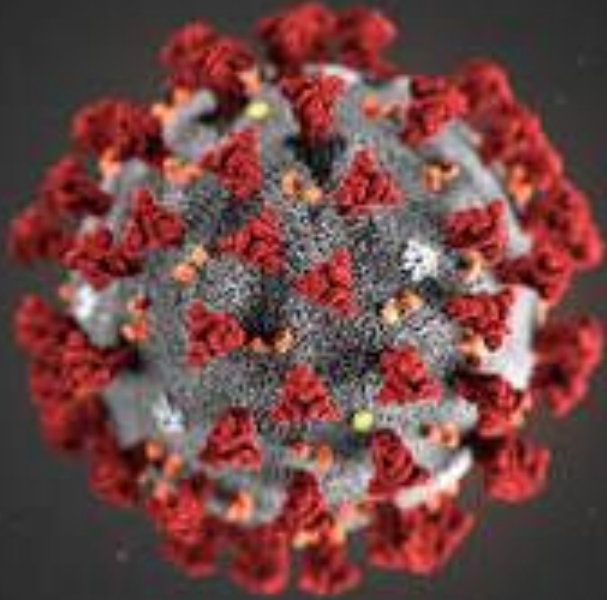
Psychosocial Wellbeing For All Children

**APSSI**
Africa Psychosocial Support Institute

A division of REPSSI



Back Ground



- The outbreak of the coronavirus pandemic has led to the disruption of routine and critical programmes and activities that stimulate children's growth and development and enhance their psychosocial and mental wellbeing.
- As a parent or caregiver, you find yourself locked down together with your children.
- You have to help them to adjust and adopt new and unfamiliar social habits such as social distancing, restricted movement in and out of their neighbourhood as measures to control the spread of the coronavirus.



Back Ground Ctd.



- The situation presents an opportunity for you to talk to your children about fundamental and important issues such sexual and reproductive health and rights, sexuality, HIV, ART, disclosure, adherence, stigma, sex and sexuality, menstruation, wet dreams, prevention of HIV re-infection.
- Many parents find it awkward to discuss sex and sexuality with their children so to make this easier REPSSI has developed a set of tools that you can use to facilitate discussions with your children on these issues.
- The one tool is known as FlipIT.
- FlipIT is a card game in the form of a quiz to facilitate discussion and learning providing accurate factual information around adolescent sexual and reproductive health and rights.



The FlipIT Tool



There are enough cards to fill 3-6 two hour sessions.

The cards are suitable for children between the ages 10 – 18 years.



Preparing the Cards



- You can get the FlipIT tool on the REPSSI website
- You may not be able to print out the cards but you can look at them and discuss them with your children



Instructions



- Read the introduction to the game
- Allow time for discussion of answers



Right Answers



- Please note that the answers at the back of the cards are not necessarily the only answers to the questions.
- It may be that your child provides an alternative or better set of answers.
- In these cases - please consider what you think is the best answer - even if it does not come from the back of the card.



Discussion



- Getting the answer right is not the only aim of the game.
- What is perhaps more important is the discussion that each card might prompt.
- Take time to discuss /debate / deepen the conversation.

REPSSI

A leading African Psychosocial Support Organization



REPSSI is an African psychosocial support organization, based in South Africa and working in 13 countries of East and Southern Africa. We build capacity in psychosocial support for partner organizations, governments and individuals. For nearly 20 years we have conducted research, developed resources, delivered innovative training including accredited certificate and diploma qualifications.

APSSI

Afrocentric Wellness Solutions



The Africa Psychosocial Support Institute (APSSI), which was launched in 2018, fosters professionalism and excellence in Mental Health and Psychosocial care and support (MHPSS) services by offering innovative, quality psychosocial support (PSS) education, research, programming resources and technical guidance. APSSI's delivery channels are:

- * Accredited training programmes;
- * Short Trainings,
- * Consultancies;
- * Research and
- * Thought Leadership.



REPSSI RESOURCES



REPSSI has a selection of FREE downloads with manuals and Power Point presentations. Please go to www.repssi.org
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Regional Psychosocial Support Initiative

