



# Flip IT

A quiz game  
designed to raise  
awareness about  
Adolescent Sexual  
and Reproductive  
Health and Rights





**Psychosocial Wellbeing For All Children**

REPSSI (the Regional Psychosocial Support Initiative) is the leading African psychosocial support organisation. REPSSI's vision is that all girls, boys and youth enjoy psychosocial and mental wellbeing. REPSSI has strong partnerships with regional economic blocks, governments (particularly the ministries responsible for social services, education and health), development partners, international organisations and NGOs in thirteen countries of East and Southern Africa. The best way to support vulnerable children and youth is within a healthy family and community environment. For fifteen years REPSSI has provided technical capacity enhancement to its partners to strengthen communities' and families' ability to promote the psychosocial wellbeing of their children and youth.

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**Email: [knowledge@repssi.org](mailto:knowledge@repssi.org) Website: [www.repssi.org](http://www.repssi.org) Telephone: +27 11 998 5820 Postal address: PO Box 1669, Randburg, 2125, Johannesburg, South Africa**



# Acknowledgements

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Illustrations: Carole Howes

Layout: Candice Turvey-Green, Spiritlevel



# Introduction

**A**cross Southern and East Africa, the region where REPSSI operates, children and youth meet as part of support groups or clubs. The overarching objectives of REPSSI's support group intervention – the Youth emPower Toolkit are: 1) to provide a forum for sharing and support leading to **improved psychosocial wellbeing** of group members and 2) to support **adolescent sexual and reproductive health and rights** of the group. This particular tool – FLIP IT – has as its objective the facilitation of discussion and learning and to provide helpful information around sexual and reproductive health and rights.

## TOOL SUMMARY

*Other tools in this toolkit include:*

TOOL	ABSTRACT	SESSIONS 1-2 hours	AGE (years)	TARGET GROUP	THEMES
<b>AUNTIE NOMSA CARDS</b>	Auntie Nomsa – Addressing the Sexual and Reproductive Health and Rights for Young HIV + Adolescents – allows any facilitator - even if he or she is not very knowledgeable or comfortable answering questions about sex and sexuality - to provide accurate and relevant information with the help of a “script”.	4	10-24	all children	HIV, ART, disclosure, adherence, stigma, sex and sexuality, menstruation, wet dreams, prevention of HIV, re-infection
<b>CARING AND SHARING – disclosure</b>	A tool to support disclosure of HIV status	3	10-24	children living with HIV	Disclosure and stigma
<b>CELEBRATE YOUR LIFE – adherence</b>	A set of picture codes exploring and supporting adherence. Each picture code has set of prompts to facilitate discussion on adherence related topics as well as key messages.	3	10-24	children living with HIV	Adherence, treatment, resistance,
<b>LET’S TALK TO OUR CHILDREN – a community raising awareness conversation around ASRHR</b>	A set of prompts and key messages designed to raise awareness amongst community members are leaders around ASRHR, ending with the development of an action plan to raise awareness around ASRHR. Not designed for use with youth but for those who support these youth.	3	Adults	caregivers of all children	ASRHR

TOOL	ABSTRACT	SESSIONS 1-2 hours	AGE (years)	TARGET GROUP	THEMES
TREE OF LIFE	Tree of Life – a psychosocial tool based on Narrative therapy practices that uses tree parts as a metaphor for different aspects of our lives. The tool can help trained counselors and paraprofessionals facilitate conversations with children about their lives in a way that helps them also share stories of hope, shared values and connections to those around them, as well as to those who have died.	4	10-24	all children	PSS
HERO BOOK	An art and narrative therapy based intervention in which children and youth explore their ability to have power over problems in their lives.	3	10-24	all children	PSS
TRACING BOOK	Guides a person living with HIV to develop a patient-held file / journal that tracks ongoing wellness / illness and communicates health status to key support persons. In the Tracing Book individuals living with HIV are able to literally track and trace their health status which might for example include skin rashes, side effects to medication, infections as well as their emotional wellbeing or worries.	4	10-24	children living with HIV	Side effects, ART, adherence
MY SPECIAL INTELLIGENCES	Some of us get good grades at school and some of us don't but this is not to say that some people are intelligent and others are not. The latest research (Howard Gardner, 2001) tells us that there are 9 different kinds of intelligence all of which are important to succeed in life. For example, some people are good with numbers and at mathematics but not so good at making friends or dancing or singing. In this activity you will find out what your special intelligences are.	2	10-24	all children	Multiple intelligences
		29			

## Objective of FLIP IT:

To facilitate discussion and learning and to provide helpful information around sexual and reproductive health and rights

## Participants:

10-24 year olds and parents / caregivers / teachers

## Time required:

1-3 hours - depending on how long participants want to play for and number of cards / topics they want to discuss

## Background and introduction

- In a recent study, teens who benefited from perceived from parental guidance and who reportedly had a “good talk” with parents in the last year about sex, birth control, and the dangers of STDs were two times more likely to use condoms at the last time they had sex than teens who did not talk to their parents as often.<sup>1</sup>
- When parents and youth have good communication, along with appropriate firmness, studies have shown youth report less depression and anxiety

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1 <http://www.advocatesforyouth.org/the-facts-parent-child-communication>

and more self-reliance and self-esteem. They also report older age of first intercourse and lower frequency of sex during adolescence than their peers.<sup>2</sup>

- And teens who report having good conversations with their parents about sex are more likely to delay sexual activity, have fewer partners, and use condoms and other contraceptives when they do have sex.<sup>3</sup>
- Children (who did not have a “good talk” about sex) are also more likely to report emotional distress, lower self-esteem, school problems, drug use, and sexual risk behaviors.<sup>4</sup>
- Parents really make a difference when we talk with our kids. In fact, teens often name their parents as the biggest influence in their decisions about sex.
- Teens who reported previous discussions of sexuality with parents were seven times more likely to feel able to communicate with a partner about HIV/AIDS than those who had not had such discussions with their parents.<sup>5</sup>
- Research also shows that parents rather than community health centers, classes, hospitals, private doctors, television, or friends than are the preferred source of information about contraception.<sup>6</sup>
- **However even though parents are the primary source of information about sexual and reproductive health for their children, few effective programs that help parents positively influence their children’s sexual behavior yet exist. Parents often don’t know what to say to children about sex and sexuality, they feel embarrassed and awkward and find these matters to be taboo.**
- REPSI offers this quiz / card game as a focused tool to support parents and caregivers to provide helpful information and psychosocial support to teenagers regarding sex and sexuality.

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2 <http://www.advocatesforyouth.org/the-facts-parent-child-communication>

3 <https://www.plannedparenthood.org/parents/talking-to-kids-about-sex-and-sexuality#sthash.DP7NbVZt.dpuf>

4 <http://www.advocatesforyouth.org/the-facts-parent-child-communication>

5 <http://www.advocatesforyouth.org/the-facts-parent-child-communication>

6 <http://www.advocatesforyouth.org/the-facts-parent-child-communication>

# Instructions

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## PREPARING THE CARDS

The cards have been printed 1 cards per A4 page

You need to print them and then fold them in half so that the back of the card with the answer is on the back and not visible, if you can it is good to glue the front to the back

- Read introduction to the game
- Divide into teams of 1 – 4 people
- Shuffle cards and place cards with questions facing up in a pile
- Decide who goes first and first team chooses top card and reads out the question
- Allow time for discussion of answer in teams and then first team answers out loud
- Then allow other teams to answer out loud
- Someone (anyone) then turns card over and reads out correct answer
- By way of vote all participants decide which team or player provided best answer and this team / player is awarded a point (keep a record of points per team / player)– allow time for discussion – why a certain answer is correct
- If more than one team provides the best answers, they each get a point
- Once all cards have been used up, scores are counted and the winner is the team or player who has the most points.

## RIGHT ANSWER/S

Please note that the answers at the back of the cards are not necessarily the only answers to the questions. It may be that a player or team in fact provide an alternative or better set of answers. In these cases - when it comes to voting for the best answer - 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!







What does  
puberty mean?

**Answer**

**Puberty is when a  
child's body matures into  
an adult and reproduction  
becomes possible.**





Name one physical change  
that happens to a girl  
during puberty.

**Answer**

**Gets taller**

**Breasts get bigger**

**Hips widen**

**Hair under arms**

**Hair around genitals**

**Monthly periods**

**(menstruation)**

**Discharge from vagina**

**Sweats more**

**Pimples**





Give one physical change  
that happens to a boy  
during puberty?

**Answer**

**Hair on face, under arms and  
around genitals**

**Sweats more**

**Pimples**

**Chest and shoulders get wider**

**Voice breaks and deepens**

**Penis and testes get bigger**

**Produces sperm**

**Can ejaculate**

**Wet dreams**





What is a wet dream?

Answer

When a boy ejaculates sperm  
whilst still asleep sometimes  
after an erotic dream.

This is normal.







What emotional changes  
happen to boys and girls  
during puberty?

**Answer**

**Some girls and boys feel:**

**Confusion**

**Gets upset and angry easily**

**Feels no one understands them**

**Some boys and girls desire an**

**intimate relationship**

**Confidence**

**Desire to belong**





What is teenage pregnancy?

Answer

When a girl who is still in her teens (13-19) becomes pregnant.





What are STIs?

**Answer**

**Sexually transmitted infections.  
Infections that are passed from  
one person to another during  
sexual activity.**





Why must both partners  
in a relationship be  
treated for STIs?

**Answer**  
So one partner does not  
infect the other







How many STIs  
can you name?

Answer  
HIV  
Herpes  
Gonorrhea  
Pubic lice  
Chancroid  
Chlamydia  
Genital warts  
Syphilis





How are STIs spread?

**Answer**

**By having unprotected sex  
with a person who already  
has an STI.**





What are the signs that  
you have an STI?

**Answer**

**Sores on genitals**  
**Rash on genitals**  
**Swollen genitals**  
**Discharge from penis or vagina**  
**Itching on genitals**  
**Pain in genitals**  
**Pain when urinating**  
**Swollen glands**





Why is it that if you have an STI you are more likely to become infected with HIV?

**Answer**

**STIs act like a door for HIV to enter the bloodstream**







What does HIV stand for  
and why is it called that?

Answer  
Human  
Immunodeficiency  
Virus

..because it's a virus in humans  
that negatively affects the  
immune system





What part of the body  
does HIV attack?

**Answer**  
The immune system  
Cd4 cells  
White blood cells





How is it possible to be  
HIV well?

**Answer**  
**You eat healthily**

**You exercise**

**You take your medication as it  
is meant to be taken**





Who needs to go for an  
HIV test?

**Answer**

**Anyone who is sexually active**

**Anyone who is possibly  
exposed to HIV, e.g.,  
if you share blood at the  
scene of an accident**







How can you get HIV  
other than through sexual  
intercourse?

**Answer**

A mother with HIV can pass  
the virus to her baby during  
pregnancy, delivery  
or childbirth

Via contact with infected blood  
for example at an accident





Can you tell if a person has  
HIV just by looking  
at them?

**Answer**

**No a person with HIV can be  
and look very healthy and a  
person who doesn't have HIV  
can look and be very sick**





Why is a female more likely to become infected with HIV during sexual intercourse?

**Answer**

Because their vaginas have a larger surface area for infected body fluids to enter the bloodstream than the penis has.





What is abstinence and why is it important?

**Answer**

**The decision not to have sex at this stage of your life.**

**It is one way to prevent HIV infection.**







What is contraception?

**Answer**  
The use of methods to  
prevent pregnancy.





If a girl or woman is taking the contraceptive pill, why should they still use a condom when having sex?

**Answer**

**The contraceptive pill will prevent pregnancy but not HIV infection.**





How does the  
contraceptive pill work?

### Answer

It stops a woman's ovaries from releasing an egg every month  
Different contraception pills work differently: e.g. by suppressing ovulation (meaning your eggs stays in your ovaries); by thickening cervical mucus (making it harder for sperm to move); and by thinning the lining of the uterus (making it harder for an egg to attach there).





What form(s) of  
contraception can prevent  
the spread of HIV and  
some STIs?

Answer  
Male condom  
Female condom







What are male condoms?

**Answer**

A thin rubber sheath worn on a man's penis during sexual intercourse as a contraceptive or as a protection against infection.





How many times can a  
male condom be used?

Once, twice, up to  
10 times?

Answer  
Once only





Is it important to use a condom if both partners have HIV?

**Answer**

**Yes because without protection you can re-infect each other causing the HIV in your bodies to get stronger**





What are female  
condoms?

**Answer**

A pouch inserted into the  
vagina to prevent pregnancy.  
Gives females control to reduce  
the risk of pregnancy and  
sexually transmitted infection.







What is the main advantage of a female condom for females?

**Answer**

It gives the female control over contraception (preventing pregnancy) and the risk of sexually transmitted infections including HIV.





Can you use Vaseline or  
an oil based lubricant  
with a male condom?

Answer  
No





What is a sugar daddy?

**Answer**

An older man who provides money, gifts, or food to a younger girl in exchange for sex.

Sugar daddies and sugar mommies are sometimes called "Blessings."





What does sexual orientation mean?

**Answer**

Refers to the gender to which a person is attracted; the fact of being heterosexual, homosexual, or bisexual.







What does gay mean?

**Answer**  
A male who is sexually  
attracted to other males





What does  
lesbian mean?

**Answer**  
A female who is sexually  
attracted to other females





What does  
straight mean?

**Answer**  
A male or female who is  
sexually attracted to others  
of the opposite sex





What does  
bi-sexual mean?

**Answer**  
A male or female who is  
sexually attracted to both sexes  
(male and female)







What does LGBT  
stand for?

Answer  
Lesbian  
Gay  
Bisexual  
Transsexual





What is an abortion?

**Answer**

The termination of a human pregnancy, most often performed during the first 28 weeks.





How many weeks after conception (when the female egg is fertilized by the male sperm) is it safe to have an abortion?

**Answer**  
**20 weeks according to Marie Stopes Clinics**





What does GBV stand for and what is it?

**Answer**

**Gender based violence.**  
Any act of violence based on a person's gender that results in, or is likely to result in, physical, sexual or psychological harm or suffering to the victim.







What do parents, caregivers and children and youth need to be good at to talk openly about sex and sexuality?

Answer  
Communication  
Trust  
Respect  
Empathy  
Love





Why can looking at porn be harmful to the sexual and reproductive health of children.

**Answer**

Because it shows sex in the absence of love, trust and respect which might lead children and youth to believe this is normal and the way things should be.





What does ASRHR stand for?

**Answer**  
**Adolescent Sexual  
Reproductive Health  
and Rights**





How do alcohol and substance abuse affect ASRHR?

**Answer**

If people are under the influence of alcohol and drugs, or if they are with people who are under the influence of drugs or alcohol, they are more at risk to have their sexual and reproductive health and rights violated or violate other people's rights







How does peer pressure affect ASRHR? Give an example.

**Answer**

Peers (people of the same age range) often put pressure on children and youth to do sexual things. For example a group of girls tease another girl for being a virgin and put pressure on her to have sex.





How does culture and traditions affect adolescent sexual reproductive health and rights? Give a positive and a negative example.

### Answer

**Negative example:** In some societies there are traditions of child marriage and female genital mutilation which are passed down through generations.

**Positive example:** In some African cultures older people formally teach young people about sexuality based on culture and traditions.





Where do children and youth learn  
about sex and sexuality?

**Answer**

**Peers, parents, caregivers,  
teachers, the media.**





What is sex?

**Answer**

Sex means different things to different people.

Above all it, is a healthy and natural activity.

You have the right to decide what sex means to you.

Sex is not just penis-vaginal intercourse. Sex is pretty much anything that feels sexual, e.g., kissing, fondling, masturbating, thinking, imagining sexual activities or intercourse.







What is solo sex?

**Answer**

**The stimulation of one's own genitals  
with the hand for sexual pleasure.**





Why is solo sex safer than sexual intercourse regarding HIV?

**Answer**

**Because it does not involve the exchange of body fluids.**





What is gender?

**Answer**

**Gender describes the difference in the way that males and females are expected to behave - their dress, the work they do, how they relate to others etc. These difference are created by our culture and not by nature.**





Name 3 reasons why people have sexual intercourse?

**Answer**

People have sexual intercourse for many different reasons depending on their circumstances, e.g., to have children, to express love, to feel pleasure.







What is sexual abuse?

Answer

Sexual abuse is undesired sexual behavior by one person upon another.





What does the term  
"No means no" mean?

**Answer**

It means that during or before sex if  
a person says "no" or "no more" their  
wishes must be respected.





**What is intimacy?**

**Answer**

**Intimacy means a feeling of closeness and trust.**





What is safe sex?

**Answer**

**Sex using protection (e.g., a condom) to keep one safe from sexually transmitted infections including HIV and to prevent pregnancy.**

**Sexual activity during which one feels emotionally and physically safe.**







Name 2 real names of the  
male sex organs.

Answer  
Penis  
Scrotum  
Testicles





Name 2 real names of the  
female sex organs.

Answer

Labia

Vulva

Vagina

Clitoris

Cervix

Uterus





What is circumcision?

Answer

Male circumcision is the removal of the foreskin (or part thereof) from the human penis.





**What is female genital mutilation?**

**Answer**

**Female genital mutilation (FGM), also known as female genital cutting is the ritual removal of some or all of the female external sex organs.**







What are ARVs and what are they used for?

**Answer**  
**Anti retro virals.**

**They are used to manage HIV infection and to strengthen the immune system in people who are HIV positive.**





How do anti-retrovirals work?

Answer

They stop HIV from making  
copies of itself.





What does “building resistance to ARVs” mean?

**Answer**

It means that if you don't take the ARVs as prescribed, they don't work properly and lose their power to fight the HIV.





What is rape?

**Answer**

**Unlawful sexual activity and usually sexual intercourse carried out forcibly, without consent or under threat of injury against the victim's will.**

**Sex with a person who is beneath a certain age (around 16 years depending on country).**







If you are raped name one thing to do with your clothing that you should not do?

**Answer**

You should not throw away the clothing you were wearing at the time of the rape because you may be destroying physical evidence that might help identify the rapist





What medicines should you take immediately after a rape?

**Answer**

Post exposure prophylaxes should be administered within 72 hours after the potential exposure to HIV. It can be obtained at a clinic

"Morning after" pill to prevent pregnancy. This does not prevent HIV and should be taken within 72 hours after unprotected sex

Antibiotics to prevent other STIs





**What is a relationship?**

**Answer**

**An arrangement or a bond between  
2 people or more**





What are the qualities of  
a good relationship?

Answer  
honesty  
trust  
caring  
mutual support  
kindness  
understanding  
good communication







Why is it important to be in a good relationship when you have sex with someone?

**Answer**  
because you feel safer

because its easier to know if the other person has other sexual partners





What does gender identity mean?

**Answer**

**Gender identity refers to whether you identify yourself as male, female, neither or both.**





What is ejaculation?

**Answer**

Ejaculation is the release of semen from the penis. When a man is sexually stimulated the brain sends signals to the genital area through nerves in the spinal cord to make the pelvic muscles contract and shoot out the semen.





What is a sugar mommy?

**Answer**

A sugar mommy is an older woman who is often richer than the younger men or boys with whom she has sexual relations. The younger men are sometimes called ben10s (ben tens).







What is porn?

### Answer

Pornography is the portrayal of sexual subject matter for the purpose of sexual arousal. Pornography may be presented in a variety of media, including books, magazines, postcards, photographs, sculpture, drawing, painting, animation, sound recording, writing, film, video, and video games.





**Psychosocial Wellbeing For All Children**

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