

YOLO
YOU ONLY LIVE ONCE





INTRODUCTION

This game, **YOLO**, supports the health and well-being of youngsters during the exiting and turbulent phase of life on the eve of adolescence.

YOLO is a tool for teachers, either adults or peers, to provide comprehensive sexual and reproductive health education.

The exclusive illustrations (30 double items) give rise to questions, discussion and informative talks about physical, psychological,

emotional and social items during puberty. **YOLO** can be used in lessons Biology and Social Studies or Human Rights. Either played partially or multiple times, it always offers new conversations. Most important in **YOLO** is an inspiring, open-minded and joyful atmosphere, leading to a respectful handling of each other's values and standards.

YOLO is the abbreviation of **You Only Live Once**, which seems the life motto of the spontaneous and impulsive reacting target audience. They feel themselves invulnerable, they laugh at future and life. To enhance their health and safety and to encourage them to take

responsibility for themselves, their partners and the next generation is the goal of this game.

GENERAL INFORMATION

The United Nations stated already ten years ago that in many communities the young become sexually active at an ever younger age and simultaneously marry later in life. In a rapidly changing world a legion of 1.2 billion teenagers on their way to adulthood is therefore exposed to growing risks in the area of sexual health. The UN urged, and still urges, better sexual guidance, before the youngsters become sexually active. The 2015 UNESCO report gives us clear evidence that

comprehensive sexuality education has a positive impact on sexual and reproductive health, notably contributing towards reducing sexually transmitted infections, HIV and unintended pregnancy. Evidence has confirmed that sexuality education does not hasten sexual activity but on the contrary can delay sexual debut and also has a positive impact on safer sexual behaviors, including condom use.

REFERENCES AND FURTHER READING

International Technical Guidance on Sexuality Education,
An evidence-informed approach for schools, teachers and health
educators; UNESCO 2009:

<http://unesdoc.unesco.org/images/0018/001832/183281e.pdf>

COMPREHENSIVE SEXUALITY EDUCATION, A GLOBAL REVIEW;
UNESCO 2015:

<http://unesdoc.unesco.org/images/0023/002357/235707e.pdf>

PRE-CONCEPTION CARE

YOLO spends extra attention to healthcare before life. After all, the period before pregnancy - the preconception phase - is crucial for a healthy pregnancy and a safe motherhood. A healthy pregnancy diminishes neonatal mortality and morbidity and paves the way for good growth and development. Good preconception care starts with awareness to take responsibility for the next generation. It is based on a set of worldwide and scientifically sound recommendations regarding environment, lifestyle, nutrition and health.

INSTRUCTIONS ON HOW TO PLAY YOLO

Number of players 2 – 8, one teacher.

Play the game according to the instructions before discussing the pictures.

Appoint someone to clean up after the game is over, making sure that the game is repacked completely in the box.

Shuffle the cards and place them upside down on the table.

Choose who will start first;

he or she selects two cards and turns them over.

- Do the two pictures belong together and do they form a pair? You may keep this pair and select another two cards: turn them over again.
- Are the two pictures totally different? Turn the cards upside down again and return them to their original spot.

Now it is the next person's turn to select two cards.

When all the cards have been matched into their respective pairs, the game is finished.

The player with the most pairs of cards is the winner!

Game over?

That's what you thought!



INSTRUCTION FOR THE TEACHERS/ GROUP LEADERS.

After the game has been played as above, the teacher/group leader should help the players and stimulate a structured discussion about the matched cards:

Description: What do you see on the picture, do you get the illustrated information.

Exploration: Do you recognize the given joyful, risky or hazardous situation, the confusing, good or bad feelings.

Discussion leading to a personal conclusion: Why should and how would you enhance the healthy experience or avoid the dangerous circumstances of the pictures. Would you act like the people in the picture or do things differently?

The designers of **YOLO** assume and consider the teacher being well informed on the subjects in discussion. The designers also require an open-minded and joyful atmosphere, leading to a respectful handling of each other's values and standards. The players should have the opportunity to utter their fantasies and feelings and to exchange their experiences, fears, hopes and expectations in a safe environment. Talking with and listening to each other, communication and mutual understanding, are the first steps in receiving the correct information. By self formulating a conclusion this advise will be internalized and have a greater impact on a person's sexual health.

Be aware that the game is playful, a bit naughty, contemporary and universal.

The teacher should know that all kind of serious and less serious questions about life, love and sexual related issues could bring up difficult topics. Everyone has absorbed certain beliefs and habits concerning sexuality from their families, cultural background or religion. Everyone is confronted with questions about sexuality at some point in their life.

The teacher should be prepared at least at the following questions:

- How can I show that I like the girl without being too cheeky or brutal?
- How could I start to ask if she uses the pill?
- Should I bring a condom with me? When should I start asking and mention the word condom?
- I think I had sex without protection, will I be pregnant or have a sexually transmitted disease?
- Where can I go with my doubts, fear and questions? Will they believe me?
- Should I take this drink or present from him?

The teacher should encourage the youngsters to be assertive and stimulate them to be honest to themselves and their partners. Remember that the teacher's instructions are of great importance to the players, there is a bottom-line in sexual behavior:

- **Both boys and girls should avoid unsafe sex in order to protect themselves and their partner.**
- **Both boys and girls must learn to say NO when they don't want to have sex.**
- **They should avoid risky situations like using alcohol and drugs, or being a girl alone in a group of boys.**

THE 30 DOUBLE PICTURES

Every picture is about an important issue in the field of sexual and reproductive health and rights (SRHR). You will find pictures about the change of bodies and hormones during puberty, about boys and girls falling in love and about the joy and fun of sex but also about the risks: unsafe sex or sex with the wrong person or rape and unintended or too early pregnancy. There are pictures

about lifestyle, drugs, relations, feelings, communication, sexual rights, dreams and future expectations, gender items, defining boundaries, sexually transmitted diseases. Discuss the items one by one. You can play the game partially and multiples times.

You could use the brief description adjacent to the numbers on the next pages.



THEMES OF THE PICTURES

- 1. During puberty your body will change** from a boy into a man, from a girl into a woman.
- 2. Hormones.** The boy will have his first ejaculation, the girl her first menstruation.
- 3. The awakening of feelings for 'the other',** flirting boy and girl, both will feel a bit unsure.

4. Sex is exciting and full of moments of joy. Flirting and enjoying love, not always necessary immediately having intercourse, but really making love and being together joyfully.

5. About being responsible for the feeling of the other person you're making love with – does it feel okay for you? The boy listens to the girl's heart beat, the girl listens to the heart of the boy.

6. Responsibility for safe sex: boys and girls to the person they have sex with. Boy hands over a condom to his friend, a girl hands over a condom to her friend.

7. Sex is nice and can give joy and happiness, but it is important to have safe sex. Boy hands over the contraceptive pill to the girl, the girl hands over a condom to the boy. Combining both methods during intercourse, so-called 'double Dutch', is most safe to avoid Sexually Transmitted Diseases (STD) and unintended pregnancy.

8. What to do if you have an unintended pregnancy? Should you keep your baby or should you not keep your baby. What are your options and what is your responsibility for a next generation as both boy and girl.

9. Having unsafe sex you could catch a STD, AIDS or become pregnant. When you have unsafe sex you could catch a sexually transmitted disease, HIV or unintended pregnancy.

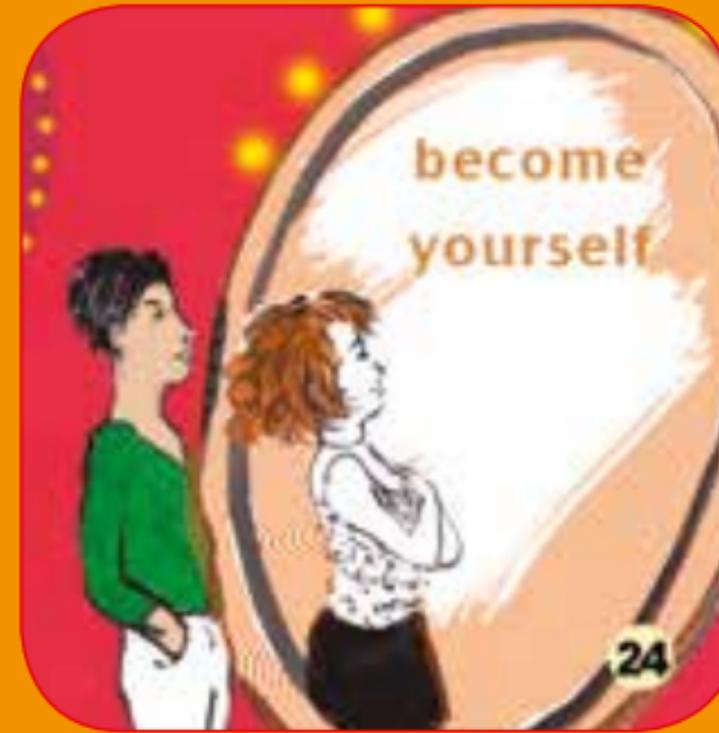
10. What do the sexual reproduction organs look like in the bodies of men and women. Sexual reproduction organs of a man, woman.

11. What to do if you're not well. Look for information, ask someone for help. A doctor and a nurse are legally bound to keep your information secret.

12. Wrong intentions. Someone looks nice and gentle but can you always trust a good looking person? What you see is not always what you get, have you heard about charming and seducing pimps or about sugar daddies?

13. Sexual harassment, rape, sexual abuse. Don't do to a girl what you do not want to happen to your sister/mother/aunt/girlfriend.

14. International Child-rights from the United Nations. Indecent assault, or violation of a child until 16 years of age is a serious crime according to the UN Child-Rights.



15. Alcohol & drugs: stay alert. Alcohol and drugs: stay alert about drinking and using drugs when you're having sex.

16. Boys and girls should have an equal say. Boys are usually much stronger physically, sugar daddies are more powerful because of their money and status. Anyone who really loves you will accept a 'No' for answer and will wait until you are ready to act as you both want.

17. Your feelings in puberty can be very strong and confusing: like group pressure (social peer) and loneliness.

18. Having feelings that seem different. Homo-erotic feelings, sex and gender issues.

19. Image. A boy with more girls is cool, a girl with more boys is a slut... Why? Is this fair?

20. Romance, erotics, porn: what is what? What are the differences, what is what. Porn: is that realistic, is that real life?

21. What is faithfulness? Faithfulness or love can hurt. Always take care of yourself, trust yourself.

22. What do you want, what does the other want. Do you know what the other person likes to do? Do not make assumptions, try to communicate with each other.

23. Guilt and shame. Although you both had a lovely time, you can have confusing feelings about shame and guilt; this is normal. Try to stay in contact with your inner self.

24. Dreams, hope and future. Boys dream of becoming a sports hero, very rich or.....? Girls dream of becoming a rock star or....? Try to become (to be) who you are.

25. A healthy lifestyle before conception and during pregnancy. In the two months before conception you, as future parents, should both refrain from alcohol, smoking and other drugs, and avoid environmental pollution and radioactive exposure. During pregnancy you, as expecting mother, should continue this healthy lifestyle. You should start the use of folic acid at least four weeks before you conceive and continue using it during the first ten weeks of your pregnancy.

26. Take your responsibility for the next generation. Are you mentally and socially prepared and fit to become 'father and mother'? Are you well-informed and advised about general and individual risks?

27. Education is the key for quality of life. Maternal education (girls going to school in their teenage years) advances the health of babies and the life expectancy of young children (e.g. five-year mortality).

28. A healthy lifestyle for girls and boys. To live a healthy life means: to do sports and live actively, eat enough fruit & vegetables, be social and empathic, try to lead a balanced life. Avoid alcohol, drugs, smoking & violence.

29. A safe environment for mothers and children.

Mothers, expecting mothers and children have the right to a safe environment, supported by family, friends, professionals and authorities. No violence, no dangerous domestic situations, with safe drinking water and hygiene.

30. Conception: a sperm fertilizes the egg-cell. In the first and most important ten weeks after conception, the embryo is 'shaped' to a fetus (of twelve 'pregnancy weeks'), which will grow and ripen until the baby is born after nine months: between 37 and 42 weeks of pregnancy.

BACKSIDE OF THE CARDS

Yes, I want / No, I do not want this

Live your life as you want to live it, be careful with yourself

YOLO – You Only Live Once!



COLOPHON

YOLO is financed by the Prins Bernhard Cultuur Fonds (Banning de Jong Fonds), the Rotarian Action Group Healthy Pregnancies/Healthy Children, private gifts, Marleen Engbersen Project Management and the WEB.foundation.

This version of the **YOLO** game is a first prototype and printed in a limited edition with the financial support of the Rotarian Action Group Healthy Pregnancies/Healthy Children (RAG HP/HC). The RAG HP/HC is focused on prevention during the period before pregnancy and provides information, expertise and encouragement to stimulate good conditions for mother and child. Focus areas of the Rotary Foundation coincide with important

factors in preconception care: peace, healthcare for mother and child, disease prevention, water and sanitation, education and economic development.

Special thanks to advisory team: Maaïke Batist, Christien Broecheler, Jan Lucas Ket, Gemma Pagano, Wanda de Wit

Concept: Marleen Engbersen

Printing: Koopmans Drukkerij, Hoorn (NL)

Graphic design: Daniëlle Mercx-Schaffelaars (www.ilpanda.nl)

Illustrations: Martina Vanda (www.martinavanda.com)



© Marleen Engbersen Project Management / WEB.foundation, 2017
www.webfoundation.nl

