

# Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

## Activity Overview

This activity was developed for educators to use within the classroom to reinforce the Ministry of Education's Healthy Living Strand: Human Development and Sexual Health Grade 7 curriculum (2019). *Please note: It is essential to complete the pre-teaching material prior to utilizing the activity for increased class participation and retention of information.*

## Activity Objectives

- The student will be able to demonstrate an understanding of factors that contribute to healthy development.
- The student will be able to demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.
- The student will be able to make connections that relate to health and well-being and how their choices affect themselves and others.

## Activity Structure & Suggested Format

- The activity is for Grade 7 and 8 students.
- Boys and girls should participate in the activity together, with a maximum of 30 students.
- Internet access, a laptop, and a projector are necessary to play this activity (or access via smartboard).
- The activity includes music at the beginning and throughout the game. Volume may need to be adjusted or muted for those students who are sensitive to sound.
- The Jeopardy Game should take approximately 60 minutes to complete. An optional scoreboard can be created on the blackboard or on paper. One student per group can be responsible for keeping the group's score.
- Play in groups; divide the class into two (2) groups. Have each group select a leader who will be responsible for picking the category, point value, and delivers the final answer for the group. The answer will be determined by the team as a whole.
- Prior to starting, review the ground rules with the class.
- Click "Let's Play" at the bottom of the screen to begin.
- Have the first group pick a category and a point value.
- Click on the chosen box for the question. The question and available answers will appear on the slide.
- The teacher will read the question aloud and allow the students to discuss an answer as a group (1-2 minutes).
- Allow the leader to answer the question. Click on the selected answer, then hit the checkmark. If correct, the team is awarded the points. If incorrect, the opposite team has a chance to steal. You will have to hit "Try again" to return to the question. Stealing is allowed with the exception of fact/fiction and true/false style questions.

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- The leader from the opposite team answers the question. If correct, the points are allotted. If incorrect, the facilitator will review the correct answer with rationale and additional information and no points are allotted.
- The last team to answer the questions incorrectly is next in turn to choose a category and point value. If the team answers the questions correctly, it is the opposite teams turn to select a category and point value.
- The point value will disappear from the board when that question is no longer available.
- Continue the game until all the questions have been answered. The team with the most points wins, if you wish to keep score.

## Game Information – Questions & Detailed Answers

Below you will find all the questions with their correct answers contained in the Jeopardy game. There is also additional information to explain the question and give the students further details about the topic.

## Safety and Prevention

**\$100: The only 100% effective birth control method is**

- a. Hormonal birth control (e.g., the pill)
- b. Condoms
- c. **Abstinence**

Abstinence can mean many things, it can mean making a decision not to engage in sexual intercourse, not participating in certain sexual activities or not engaging in any sexual touching. A person can choose abstinence at any time, even after they have had sexual intercourse (The Society of Obstetricians and Gynaecologists of Canada, 2019).

Hormonal birth control (the pill) is 99% effective if used correctly. Unfortunately, people forget or miss a pill, so that being said, the pill is about 91% effective (Planned Parenthood Federation of America, 2019). Condoms, if used correctly are 98% effective at preventing pregnancy. Again, people are not perfect, so condoms are about 85% effective (Planned Parenthood Federation of America, 2019).

**\$200: Condoms are \_\_\_\_ % effective in preventing pregnancy.**

- a. 100%
- b. 99%
- c. **85%**
- d. Condoms do not prevent pregnancy

The rate of effectiveness decreases when used by less experienced people. The most common error of condom use is not leaving a reservoir at the tip of the condom for semen to collect. This increases the risk of accidental breakage or spillage. What 85% means is that for every 100 women

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who use a condom every year, 15 will get pregnant (Planned Parenthood Federation of America, 2019). Nonoxynol-9 (vaginal spermicide) is not recommended as an effective means of Human Immunodeficiency Virus (HIV) or Sexually Transmitted and Blood-Borne Infections (STBBIs) prevention. The recommended STBBI and HIV barrier is a latex or polyurethane condom without N-9. If N-9 is used as an aid to contraception, there is an increased risk of genital lesions and risk of HIV transmission (Public Health Agency of Canada, 2003).

**\$300: When using a male condom, put these steps in the correct order:**

1. Pinch the air out of the tip.
2. Check the package for expiry date, and any rips or tears.
3. Hold the condom at the base of the penis while pulling out of the vagina.
4. Slide the condom off.

**Answer:**

1. **Check the package for expiry date, and any rips or tears.**
2. **Pinch the air out of the tip.**
3. **Hold the condom at the base of the penis while pulling out of the vagina.**
4. **Slide the condom off.**

The number one reason why condoms fail is that they are not put on properly. The second reason is that they are not used every time someone engages in sexual activity. Excess air should be removed from the condom before use, as it can cause breakage. Generally, it is recommended that a space of about 1cm be left at the top of the condom to collect semen, and if no space is left, there is a risk that the semen may run down the sides of the condom and leak out before the penis is withdrawn (Centers for Disease Control and Prevention, 2016).

**\$400: Condoms offer good protection from:**

- a. A variety of Sexually Transmitted and Blood-Borne Infections (STBBIs) during intercourse
- b. A variety of STBBIs during oral sex
- c. Pregnancy
- d. **All of the above**

The condom acts as a physical barrier preventing direct contact between the penis and vagina and/or anus. It prevents the exchange of body fluids and also traps the sperm in the condom so it cannot fertilize the egg. The condom should be put on before any skin-to-skin genital/oral contact occurs to reduce the risk of pregnancy and STBBIs (The Society of Obstetricians and Gynaecologists of Canada, 2019).

**\$500: Hormonal birth control methods (pill, Evra patch, Nuva ring) help prevent:**

- a. **Pregnancy**
- b. Sexually Transmitted and Blood-Borne Infections (STBBIs)
- c. **Both**

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Birth control methods do not prevent STBBIs. Birth control methods can be split into three groups. Hormonal methods are for females only and work by putting the ovaries to sleep. If eggs are not being released, pregnancy cannot happen. Barrier methods are available for both men and women in which they prevent pregnancy by stopping the sperm from entering the body. If used correctly, these two methods work well to prevent pregnancy, however only one method is 100% effective, which is abstinence (The Society of Obstetricians and Gynaecologists of Canada, 2019).

## Puberty

**\$100: What happens during menstruation?**

- a. An egg is released from the ovary
- b. The lining of the uterus leaves the body**
- c. A child is born

This happens once a month (on average) and is called a period. Females may begin puberty as early as 9 and as late as 16 years old. Keep in mind that everyone matures at their own pace. If a female has not started her period by age 16, she needs to mention it to her doctor. It doesn't mean that anything is wrong, but the doctor will check to make sure everything is developing as it should be (Always Changing, 2018-2019).

**\$200: Puberty affects your relationship with your friends and family.**

**True or false.**

Puberty can affect your relationship with both your friends and family. The hormones testosterone and estrogen are responsible for all the changes that males and females notice during puberty like rapid growth, mood swings, acne, penis/breast enlargement, sperm production and menstrual period. Females may begin puberty as early as 9 and as late as 16 years old. Males may begin puberty between the ages of 10 and 17. Males and females may:

- feel more grown up and feel like parents still are treating them like a child
- want more independence
- be interested in having a boyfriend/girlfriend
- experience conflict with parents (curfew, responsibilities, friends)
- want their own space. Don't want their younger siblings hanging around
- change their group of friends. They may feel like they can relate to some friends more than others (Caring for Kids, 2018)

**\$300: What is this organ? Pick one:**

- a. Penis
- b. Testicles**
- c. Vagina

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After puberty, the testicles produce sperm. Full-grown testicles make 2000 sperm cells every second. One testicle hangs lower than the other to prevent squeezing and discomfort (Always Changing, 2018-2019).

**DAILY DOUBLE: During ejaculation approx. 1 tsp. of semen leaves the penis. How many sperm are in one ejaculation?**

- a. 150 million-500 million
- b. 50 million-100 million
- c. 10 million -20 million

Semen is made up of seminal fluid and sperm cells. How many of those 500 million sperm need to find an egg to cause a pregnancy? **ONLY ONE.** Sperm can live in the female reproductive tract for 5 days: if a female decides to have sex on Monday and her body releases an egg anytime between Monday and Friday, pregnancy is possible. If someone chooses to be sexually active, condoms must be used correctly every single time with a hormonal method of birth control for protection against STBBIs and pregnancy (Always Changing, 2018-2019).

**\$400: How many openings does a female have in her private area? Pick one:**

- a. 2
- b. 3
- c. 1

The three openings include: the urethra, the vaginal opening, and the anus. The urethra is a very small opening and is the tube that drains urine from the body. The vaginal opening is a muscular tube leading from the external genital to the cervix. Menstrual blood leaves the body through this passageway. A penis is inserted into the vagina during sexual intercourse. The anus is an external opening from the rectum, which releases feces (Alberta Health Services, 2019).

Hymen: is a thin layer of skin that partially covers the opening of the vagina. The term, "pop the cherry" is slang for when the skin tears and bleeding is noticed, which can be caused a variety of ways, including intercourse. Some people believe that you are not a virgin if your hymen is stretched open. But having a hymen and being a virgin are not the same thing. Some people are born with hymens that are naturally open. In many young women who are physically active the hymen tears during physical activity and they are not even aware that it happened. So it is possible for the hymen to not be present and yet no intercourse has taken place (Planned Parenthood Federation of America, 2019).

**\$500: What is a splash pregnancy?**

- a. Pregnancy that happens when you least expect it
- b. Pregnancy that happens while swimming
- c. **Pregnancy that happens without intercourse**

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A splash pregnancy can happen when semen is spilled on or near the vagina, even though no intercourse has taken place. When a male is sexually excited, he produces pre-ejaculate. Through natural processes, sperm can make their way up (swim) into the vagina and fertilize an egg if one is present. This is not something that is common but definitely can and does happen (Alberta Health Services, 2019).

## STBBIs (Sexually Transmitted and Blood-Borne Infections)

**\$100: Which of the following sexual activities could result in a Sexually Transmitted and Blood-Borne Infection (STBI)?**

- a. Vaginal intercourse
- b. Anal intercourse
- c. Oral sex
- d. Naked below the waist hugging
- e. **All of the above**

Sexual activity is contact that allows body fluids to be shared. By avoiding skin-to-skin contact in the genital, rectal, and mouth areas, the exchange of bodily fluids cannot happen. Vaginal intercourse is when the penis enters the vagina. Anal intercourse is when the penis enters the anus. Oral sex is when a person touches another person's genitals or anus with their mouth, lips, tongue, or teeth. (Alberta Health Services, 2019)

**\$200: HPV is a common virus that can cause many types of cancer including cervical, penile, and genital warts.**

**True or false**

HPV (human papilloma virus) is spread person-to-person via oral, anal, vaginal intercourse and naked below the waist skin-to-skin contact. The Gardasil vaccine can prevent HPV infections and is available free to all students beginning in grade 7. If someone chooses to become sexually active, a condom may help, but if HPV is in a place that is not covered by the condom, such as the groin, scrotum or labia, a person can still become infected. There are treatments for HPV infection however there is no cure. That is why it is important to get vaccinated (The Society of Obstetricians and Gynaecologists of Canada, 2019).

**\$300: Which of the following statements is true?**

- a. HIV stands for human immunodeficiency virus
- b. Sexually Transmitted and Blood-Borne Infections (STBBIs) can be caused by a virus or a bacteria
- c. Some STBBIs are curable while others are not
- d. **All of the above**

Curable means that with proper treatment the infection will go away. The "curable" STBBIs are treated with antibiotics. Without treatment these STBBIs can cause sterility, infertility and in the case of syphilis,

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death. Infections can reoccur if they continue to have sexual activity without condoms. Chlamydia is the number one bacterial STBBI in 15-24 year olds. Non-curable infections can be treated but never go away (Windsor-Essex County Health Unit, 2016).

## **\$400: Where can teens go for information and testing for Sexually Transmitted and Blood-Borne Infections (STBBIs) and birth control?**

- a. Windsor-Essex Community Health Centre (Teen Health Centre)
- b. Kids Help Phone
- c. Family doctor/Nurse practitioner
- d. A and C**
- e. A and B

Teens are able to go to the Teen Health Centre, their family doctor/nurse practitioner, a trusted adult, or a neighbourhood clinic for information and testing for STBBIs/birth control. The Kids Help Phone is a Canadian service offering bilingual counselling, information and referrals, and volunteer-led, text based support to young people via text, phone, online chat. You cannot go the Kids Help Phone to receive STBBI testing or birth control.

## **\$500: What is the most common symptom of a Sexually Transmitted and Blood-Borne Infection (STBBI)?**

- a. Rash
- b. Nothing**
- c. Discharge
- d. Bumps

Most people have no symptoms; the only way to know for sure is to get tested. Occasionally some people will have symptoms like burning, itching, change in discharge, sores, bleeding between periods, and rashes. You cannot tell if someone has an STBBI by looking at them. Asking someone is not enough either (unless they have been tested). Most people who have STBBI's do not even know it because they do not have any signs or symptoms that an infection is present. Without treatment, STBBI's can cause sterility, infertility (chlamydia, gonorrhea), and in the case of syphilis, HIV, hepatitis B and C, death. It's important to talk to your partner about testing for STBBI's and prevention of pregnancy before having sex. If this conversation makes you or your partner uncomfortable, then you are not ready to have sex with that person (The Society of Obstetricians and Gynaecologists of Canada, 2019).

## **Relationships**

### **\$100: Consent is:**

- a. Asking for permission before starting any sexual activity
- b. Understanding what you are agreeing to
- c. Needed for every sexual activity every time

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## d. All of the above

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Consent means that partners agree to sexual activity and each person understands what they are agreeing to. Partners must give and get consent every time they choose to be sexually active. Consent can be withdrawn at any time. Just because someone does not say NO to something does not mean they have said YES. Consenting to one thing does not mean the person has consented to everything (The Society of Obstetricians and Gynaecologists of Canada, 2019).

## **\$200: A person can give consent for sexual activity when they are high and/or drunk?**

### True or False

A person cannot give consent or permission to sexual activity if they are high, drunk, feeling pressured, forced, threatened, and/or sleeping. Sexual activity without consent is sexual assault. If a person agrees to sex or sexual activity, but becomes unconscious or intoxicated by alcohol or drugs – the consent earlier does not count as a yes later. Sexual activity must stop, and the focus must be on keeping everyone safe. Consenting to one thing does not mean the person has consented to everything (The Society of Obstetricians and Gynaecologists of Canada, 2019).

## **\$300: Which of the following are examples of inappropriate sexual behaviour?**

- a. Touching someone's body without their permission/consent
- b. Making comments about someone's body parts
- c. Sexting
- d. All of the above**

Touching someone's body without their permission or consent is sexual assault. Making comments about someone's body parts is sexual harassment. Sexual harassment can be physical, verbal or emotional, and can take place online, in person, and/or on physical surfaces like a bathroom wall. Sexual harassment is illegal. Sharing a sexual photo/video without a person's consent could be illegal. The Protecting Canadians from Online Crime Act (Bill C-13) changed the way sharing sexual images and videos without consent is prosecuted under the Criminal Code of Canada. It is illegal to send sexual photos/videos of anyone who is or appears to be under the age of 18 years of age. This includes sending sexual photos/videos of yourself if you are under 18 years old (Kids Help Phone, 2019).

## **Daily Double: If you see inappropriate sexual behaviour, what can you do to stop it? Pick one:**

- a. Report to an adult
- b. Tell the person to stop
- c. Refuse to participate
- d. All of the above**

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**\$400: Select a characteristic of a healthy relationship:**

- a. Your partner respects your boundaries
- b. You feel scared when you're with your partner
- c. You don't tell lies or secrets about each other
- d. A and C**

Healthy relationships are not just about dating partners. Think about the people you choose to spend time with, friends, or dating partners. In your relationship:

- You can be yourself
- Your partner/friend listens to what you have to say
- You can agree to disagree
- Your partner/friend respect your boundaries
- You are honest with each other
- You share common interests
- You feel safe

Healthy relationships make us healthy, and unhealthy relationships can make us sick both physically and emotionally. For our physical and emotional health, it is important that we surround ourselves with healthy relationships.

Introduce the acronym **SHARE** that stands for Safety, Honesty, Acceptance, Respect, Enjoyment and Equality. All healthy relationships should contain at least these six qualities. Safety means that you do not worry that your partner will harm you physically or emotionally, and you are not tempted to harm them. You are able to change your mind about something, like having sex, without being afraid of how your partner will react. Honesty means that you do not hide anything from your partner and can say what you think without fear of being teased. Acceptance means that you both accept each other and appreciate each other's uniqueness. Respect is that you think highly of each other. You treat each other as equals. Enjoyment and equality mean that a healthy relationship is not just how two people treat each other - it also has to be fun! In a healthy, equal relationship, both partners should feel happy, confident, and safe.

**\$500: Chris asks Terry to use a condom. Terry does not like to use condoms and seems upset. Terry says, "I thought you loved me". What is Chris's best response?**

- a.) I guess it's ok, I know that you don't have a Sexually Transmitted Blood-Borne Infection (STBBI)
- b.) If you love me, you would respect my choice**
- c.) I do love you, so we don't have to use a condom this time
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STBBIs do not always have symptoms and the only way to find out is to be tested. Also, highlight the importance of a healthy relationship and the essential qualities that make up a healthy relationship.

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## Why Wait?

**\$100: If a person says he or she is abstinent, that means:**

- a.) He or she is choosing not to have intercourse (vaginal/anal)
- b.) He or she is choosing not to have oral sex
- c.) He or she is choosing not to have naked skin-to-skin contact with someone
- d.) All of the above**

Abstinence does not mean a person will never have sex. It means a person has chosen not to have any sexual activity right now (The Society of Obstetricians and Gynaecologists of Canada, 2019).

**\$200: Poor excuses teenagers use for having sex before they are ready include: peer pressure, holding on to a relationship, to keep from feeling lonely, and to show that they are an adult.**

**True** or False

Some other excuses teenagers may use for having sex before they are ready may include curiosity, "Ahh...I'm in love", to be popular, "I was drunk/stoned", to improve the relationship, to show that they are an adult, and "It just happened..." Remember, sexual activity without consent is sexual assault and sexual activity is an adult activity with adult consequences (Pedlow and Carey, 2004).

**\$300: Once someone has been sexually active, abstinence is:**

- a.) No longer a choice
- b.) Still a choice**
- c.) Neither a or b

A person can choose abstinence at any time during their life, even if they have already been sexually active.

**\$400: Select one thing that someone doesn't need to consider when making decisions around sex and sexual limits.**

- a.) Partners past sexual activity
- b.) Your partner's appearance**
- c.) Risk of pregnancy
- d.) Personal and family values
- e.) Emotional consequences

Things to consider when making decisions around sex and sexual limits include: your personal values, family values, your personal goals, religious beliefs, risk of STBBIs, risk of pregnancy and emotional/financial consequences (Alberta Health Services, 2019).

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**\$500: Jessie and Pat have been dating for a few months. Pat wants to be sexually active but Jessie does not feel emotionally ready. Put in order the best way Jessie can talk to Pat.**

- a.) Suggest another activity
- b.) Make communication clear
- c.) Say no

**Answer: C, B, and A**

## Fact or Fiction?

**\$100: Using two condoms during intercourse is more effective than using one.**

Fact or **Fiction**.

Two condoms are actually more likely to break because of the friction created during intercourse. Advise that there are female condoms. Ask students if it is ok for the female and male to use a condom at the same time. No, it is not safe. Never use two male condoms, or a male and female condom, at the same time (Kids Health from Nemours, 2019).

**\$200: If a person sends a revealing picture of themselves over the internet, even to a trusted person, he or she loses control of it forever.**

Fact or **Fiction**

There is no way of deleting pictures from cyberspace (Youth Diversion, 2015).

**\$300: HIV and AIDS are the same thing.**

Fact or **Fiction**

HIV and AIDS are two different things. HIV is the virus that is spread person to person and destroys the immune system. AIDS is the last stage of the HIV infection. During this time, a person's immune system is weakened and they are unable to fight off infections and can develop certain cancers (The Society of Obstetricians and Gynaecologists of Canada, 2019).

**\$400: If I am under 16 years old, I can get birth control without my parents knowing.**

Fact or **Fiction**

A person can get birth control without asking their parents. Condoms or spermicides can be purchased at pharmacies, and convenience stores. Condoms are free at the Windsor-Essex County Health Unit, the Windsor Essex Community Health Centre (WECHC), and the AIDS committee of Windsor. Birth control can be discussed and prescribed confidentially with a doctor or at a health

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clinic. The Teen Health Centre at the WECHC has a sexual health clinic for youth ages 12-24 years of age.

**\$500: Puberty is the time when people choose to be gay, straight, lesbian, or bi-sexual.**

## Fact or Fiction

Sexual orientation is not a choice. Most doctors today agree that sexual orientation is shaped at an early age, before any sexual experiences occur. Many gay men and women sense something different about themselves as early as age four or five. Most recognize their sexual orientation between 14 and 16 years for males and between 16 and 19 for females (Kids Health from Nemours, 2019).

The LGBTQ+ spectrum continues to evolve, and new identities are being recognized all the time.

## Additional Resources

If you are looking for further information pertaining to human development and sexual health, please visit our Educator's webpage. It contains credible information on a wide variety of topics related to your health curriculum.

Human Development and Sexual Health – [www.wechu.org/human-development-and-sexual-health](http://www.wechu.org/human-development-and-sexual-health)

All health-related content is available at [www.wechu.org/educators](http://www.wechu.org/educators)

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