

*Spin the wheel to decide which card to pick*



Make your own scenario or question 

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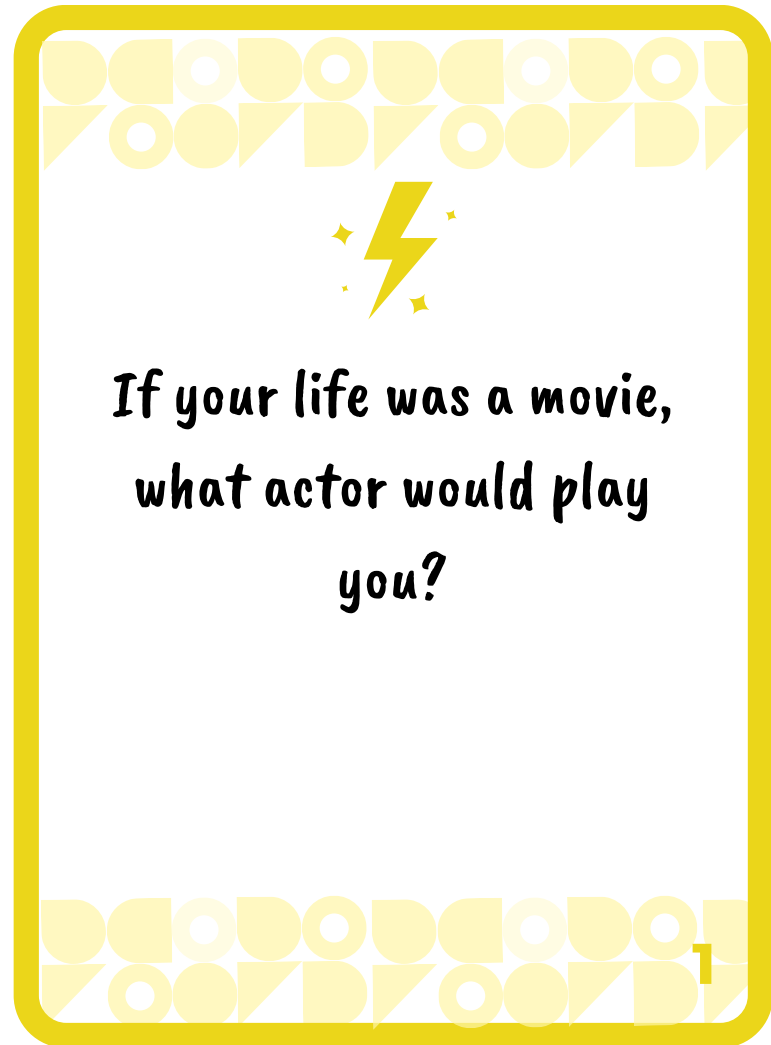
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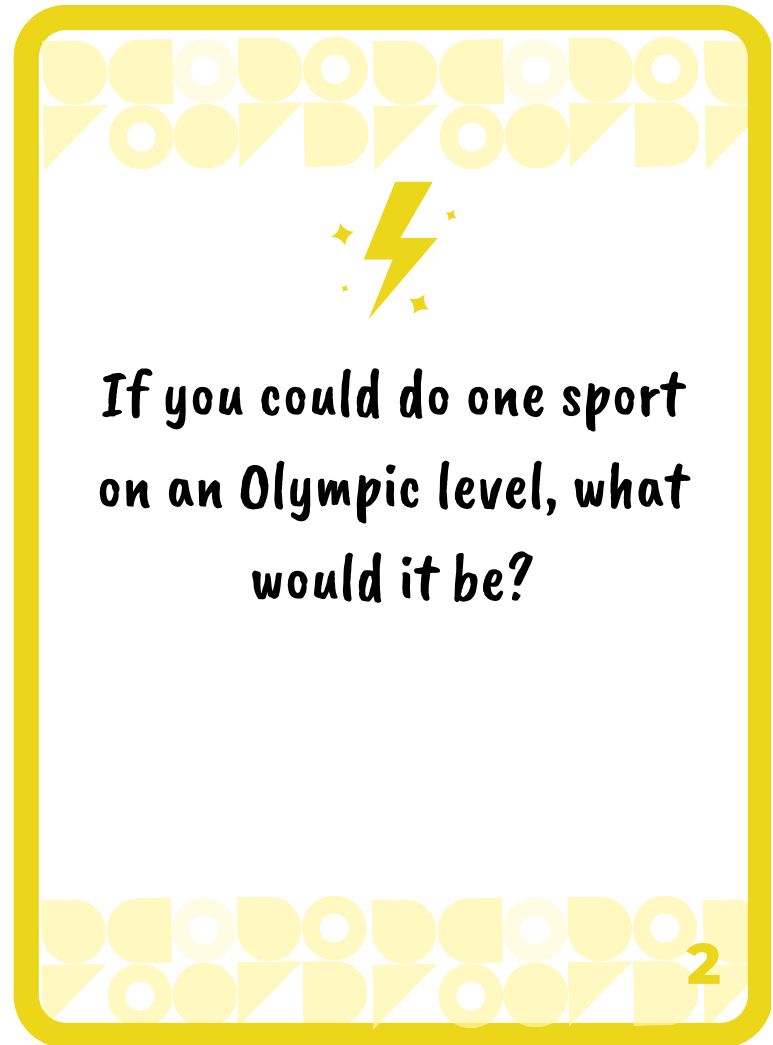
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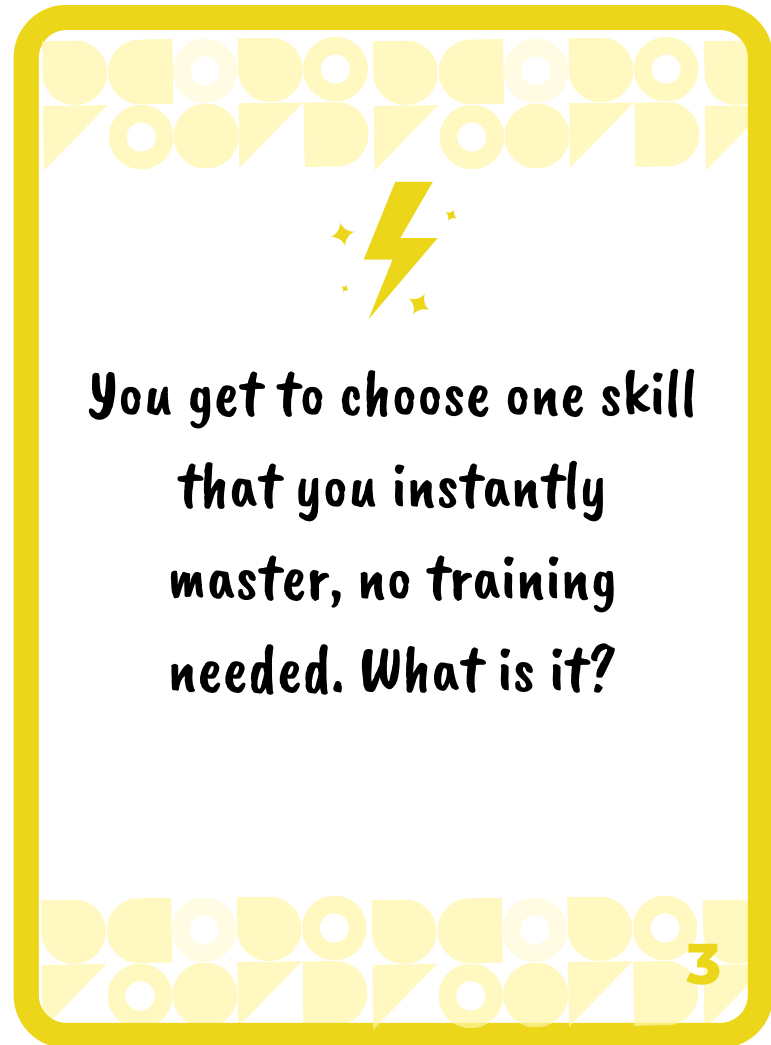
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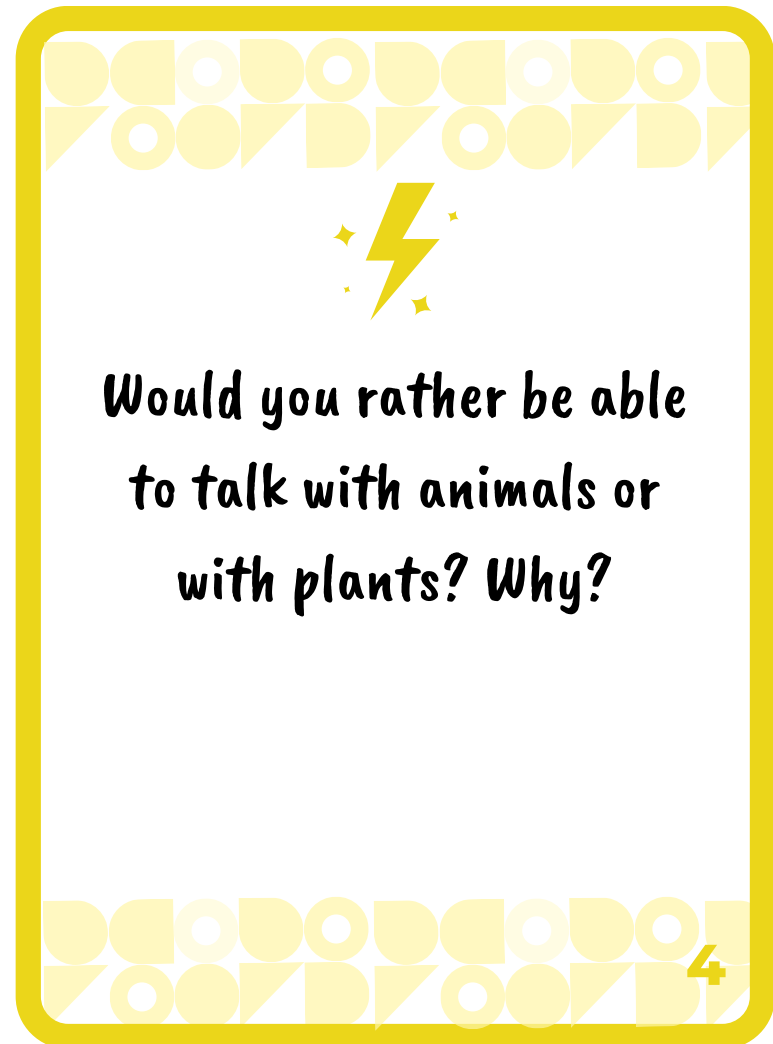


*Get to know each other*



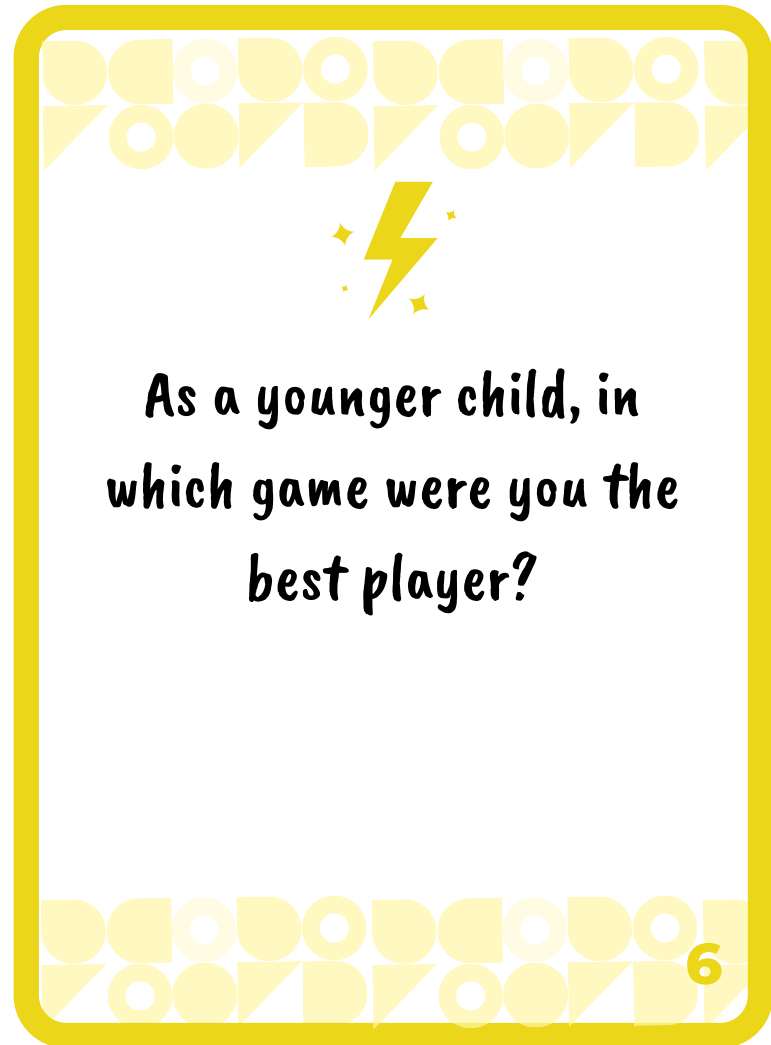


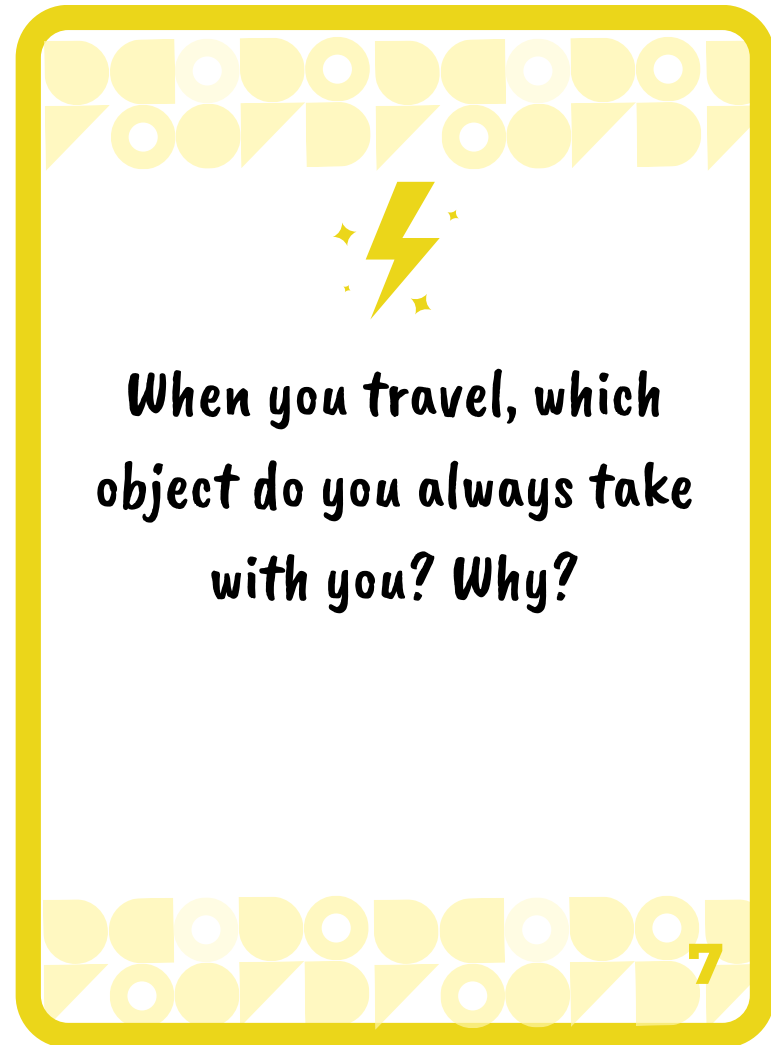




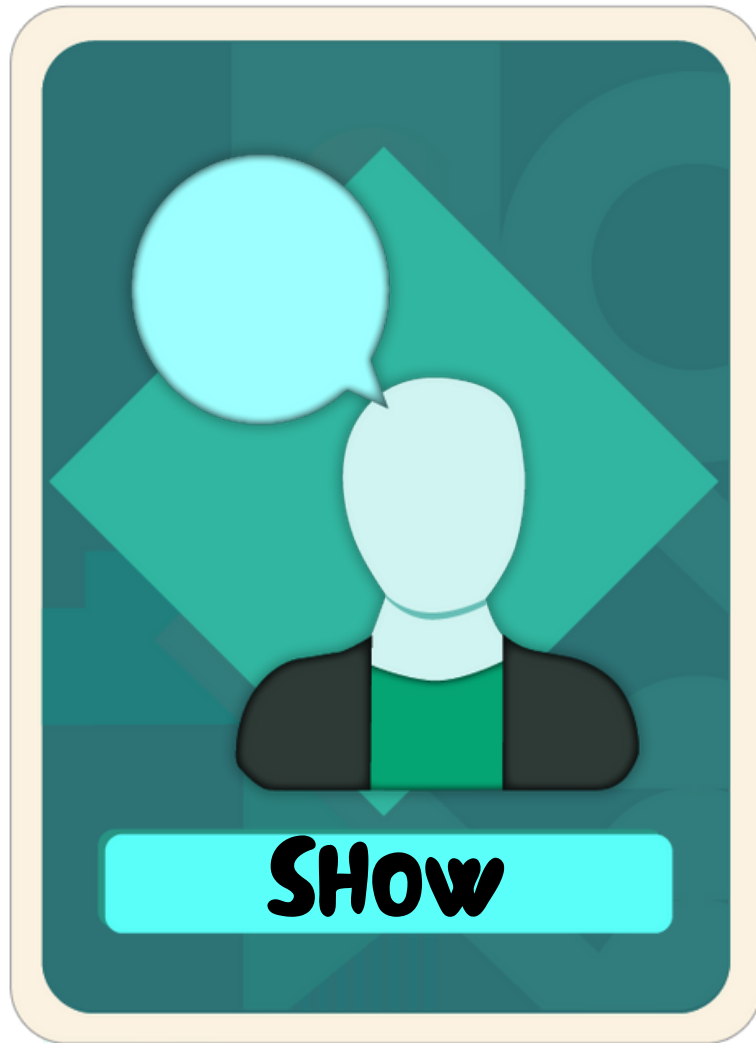








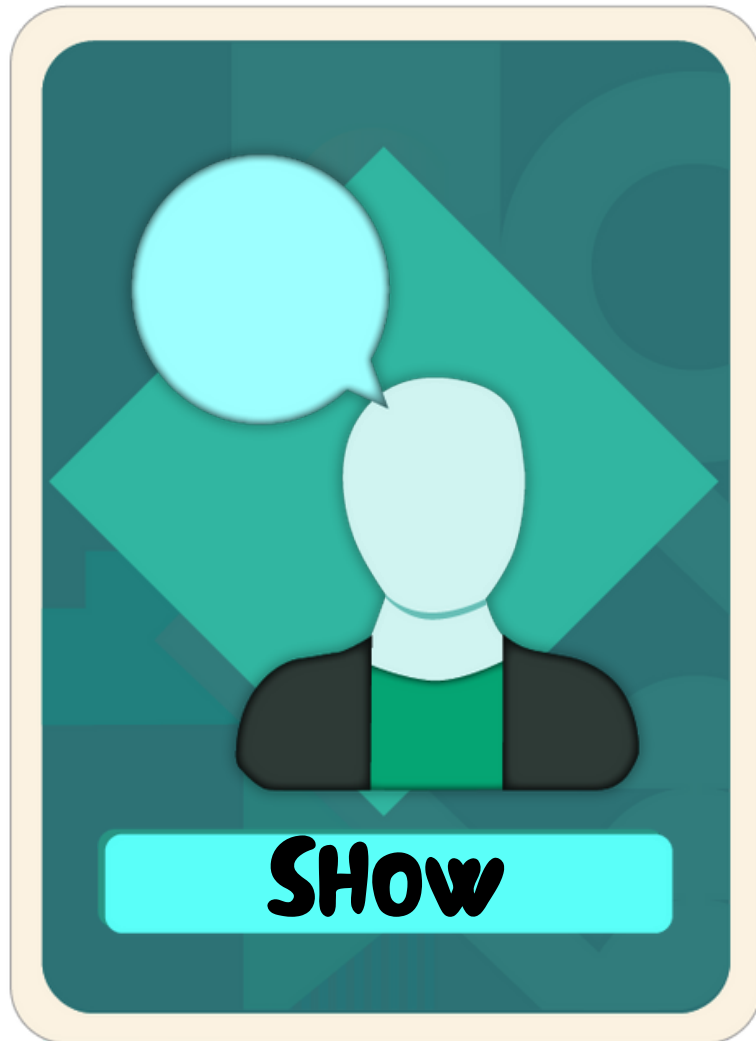




*Discuss or role play a scenario*

**Scenario:**  
Sigal had sex with her boyfriend. She misses a period and takes a pregnancy test. It comes back positive.

**Discuss:**  
What are Sigal's options? How might she feel and what kind of support might she need?



**Scenario:**



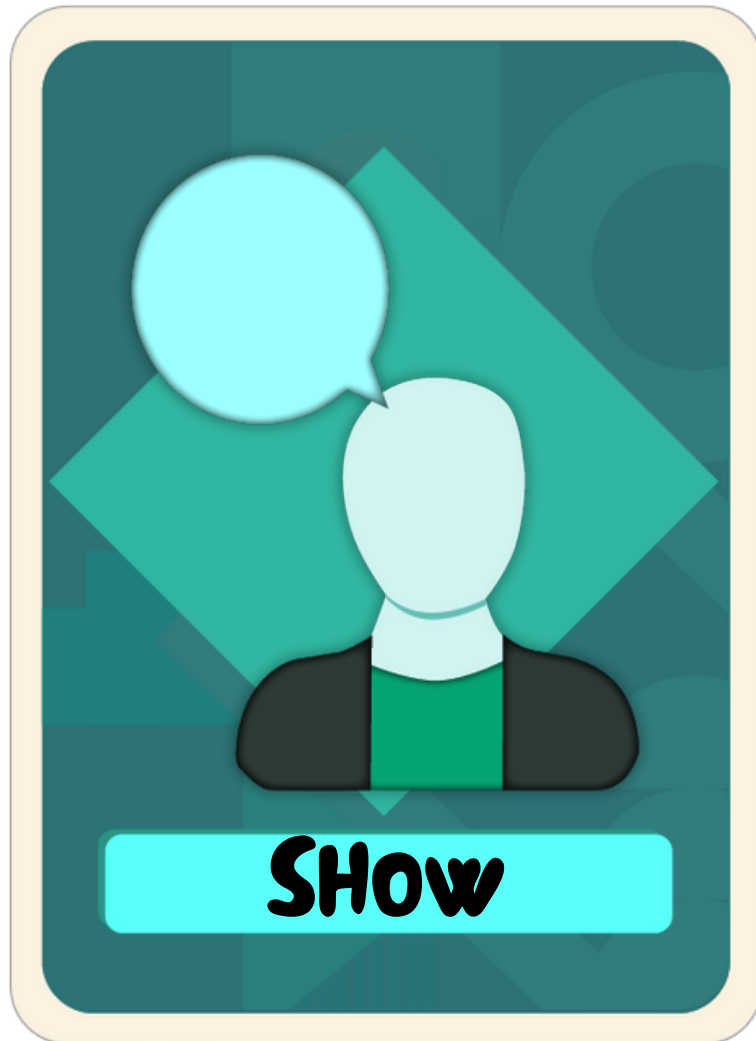
*Alex was born in the body of a woman. But Alex never feels like a woman and feels more like a man. When Alex talks with a health counselor, they suggest Alex might be transgender.*

**Discuss:**

*What does transgender mean?*

*Who can Alex go to for support?*

*What advice would you give to Alex in this situation?*




**Scenario:**

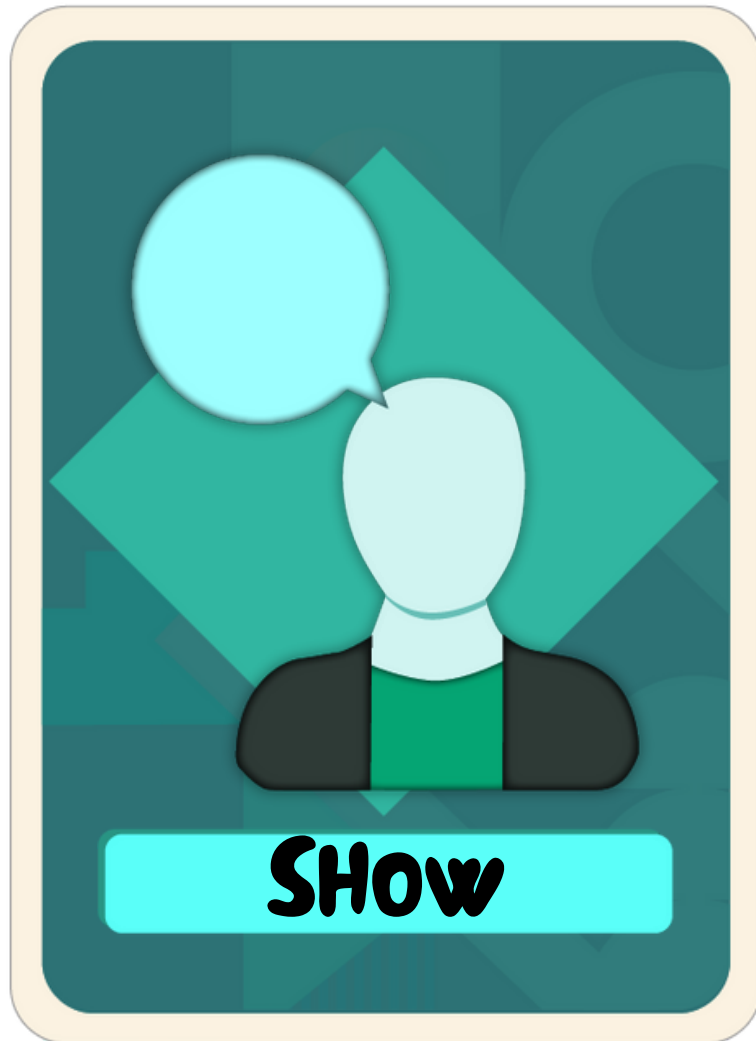
*Maria has been dating someone for a few weeks. The person she's been seeing wants to have sex. Maria doesn't want to at this moment, but she is afraid that if she says no, the person won't want to date her anymore.*

**Discuss:**

*When is it OK to say no? What would you do if you were Maria's partner?*



3



**Scenario:**  
*Philippe is kissing someone he likes. They start to have sex. But after a while, Philippe doesn't feel like going through with it.*

**Discuss:**  
*What can happen if you change your mind after you say yes?  
How should a partner react if one person changes their about about kissing or having sex?*

4



**Scenario:**

Sascha and Tim are in a relationship. Tim sometimes says mean things to Sascha that make her feel bad about herself. Tim always says sorry afterwards and tells Sascha that he loves her.

**Discuss:**

What should Sascha do?  
How could you support Sascha as a friend?  
How would you describe this relationship?

5







**Scenario:**

*Iyza has big breasts and a round belly. Emilia has small breasts, thick thighs and a flat belly. Joseph has skinny legs and a flat chest. Fabian has a round belly and muscular legs.*

**Discuss:**

*Is any body type better than another?  
Why is it important to celebrate our unique  
body types?*



**Scenario:**

*Ibrahim sometimes wakes up with an erection. He also has dreams dreams wherein he is attracted to girls.*

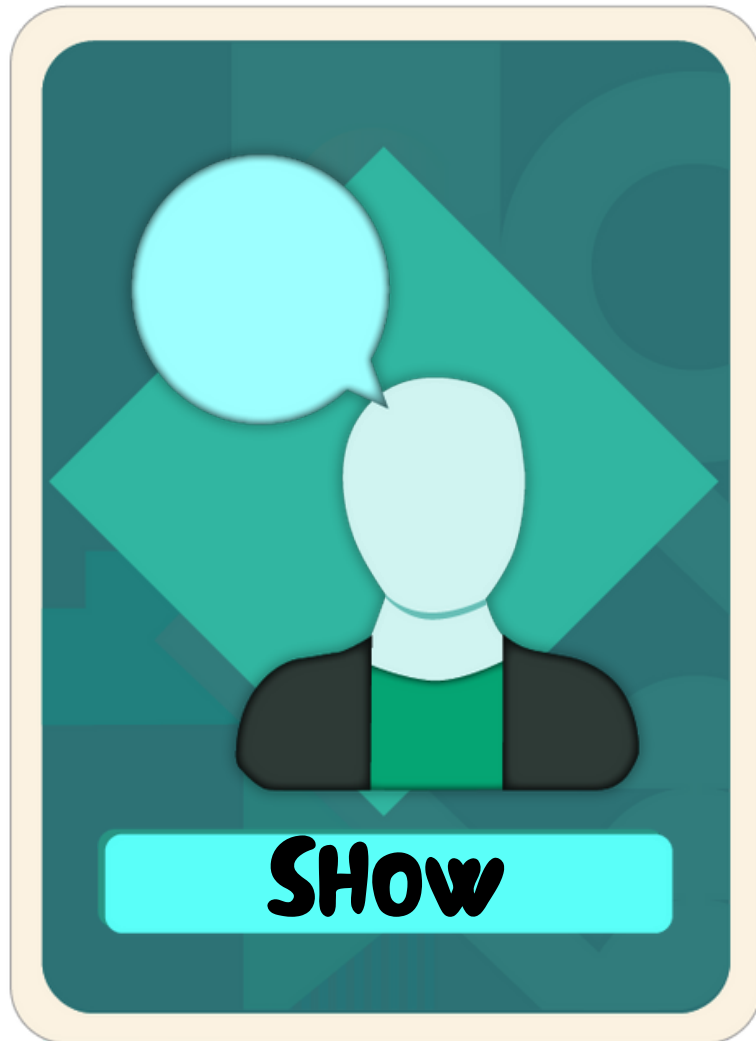
**Discuss:**

*What do you think is happening to Ibrahim?*

*What are other situations where erections happen?*



7



**Scenario:**  
Nisha and Zara are in a relationship. Zara likes having sex once a week, but Nish doesn't like it.

**Discuss:**  
What does a 'normal' sex life look like?  
Does everyone need to have a sex drive?  
Why is it important to communicate with ur partners about our sexual needs and desires?

8



**Scenario:**

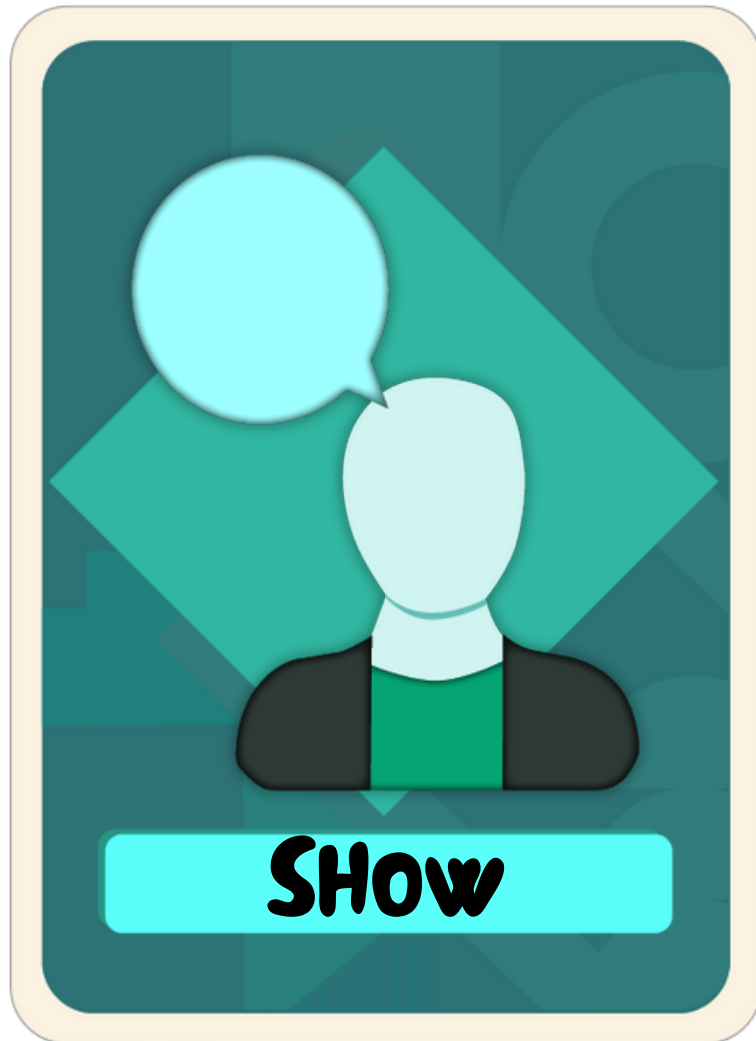
Tatiana and Dunya have been friends for a long time. Tatiana wonders if Simone has had sex yet, but she is afraid to ask.

**Discuss:**

Is it OK to ask someone else about their first time?

How can you talk to your friends about their sexual experiences?

9

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**Scenario:**  
*Kate and Diego are dating. She feels like they should deepen their relationship and start having sex. Diego however is against the idea.*

**Discuss:**  
*What do you think about this situation?  
How important is sex in a relationship?*

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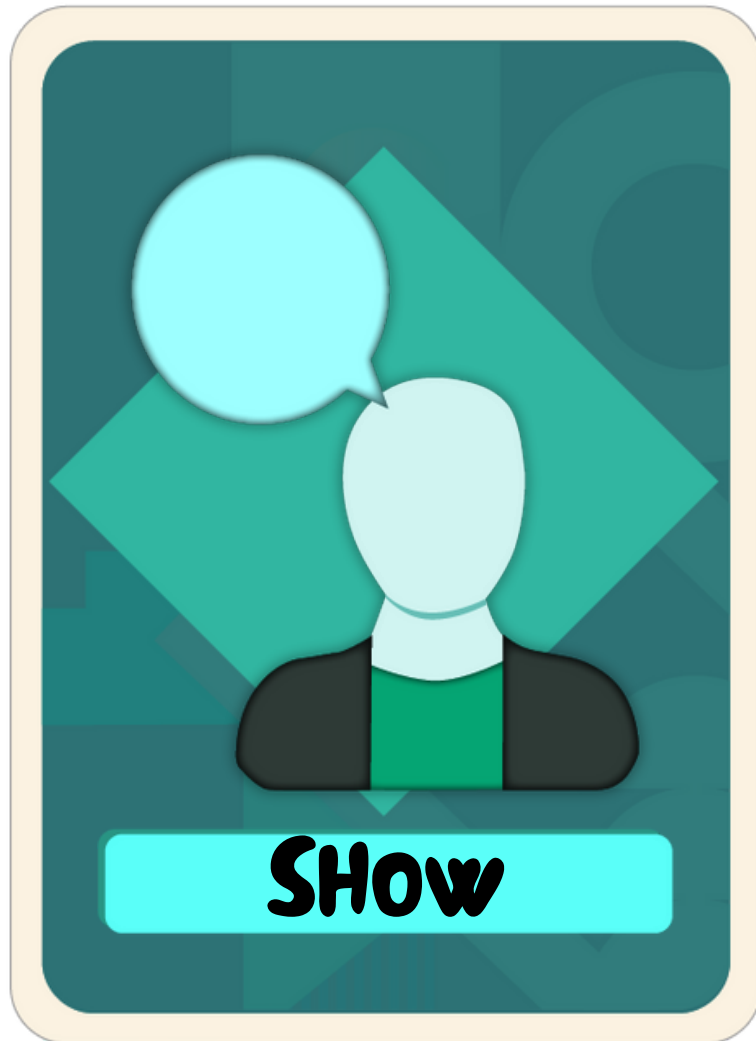
10



**Scenario:**  
*Clarice and Sean had sex. Clarice doesn't know if she enjoyed it or not. She doesn't know for sure if she climaxed and doesn't know what to answer Sean when he asks her if she liked it.*

**Discuss:**  
*Have you ever heard of this before?  
Is there something you should feel during sex?  
What answer would you give?*

11



**Scenario:**

*Amir is a teenager. He discovered self pleasure. Amir has questions about masturbation but he feels ashamed to ask anyone about it.*

**Discuss:**

*What would you tell Amir about masturbation?*



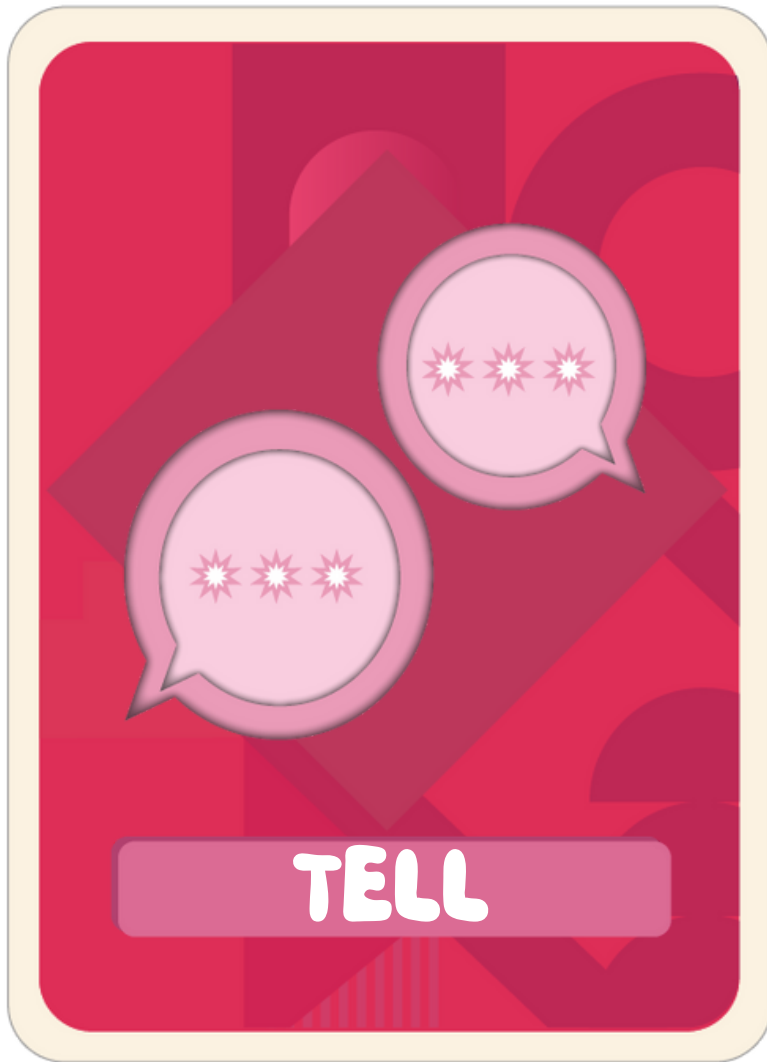
**Scenario:**

*Twin siblings Mo and Zakia have always been close and open with each other. They go through puberty together, and are able to talk about the different changes they are going through.*

**Discuss:**

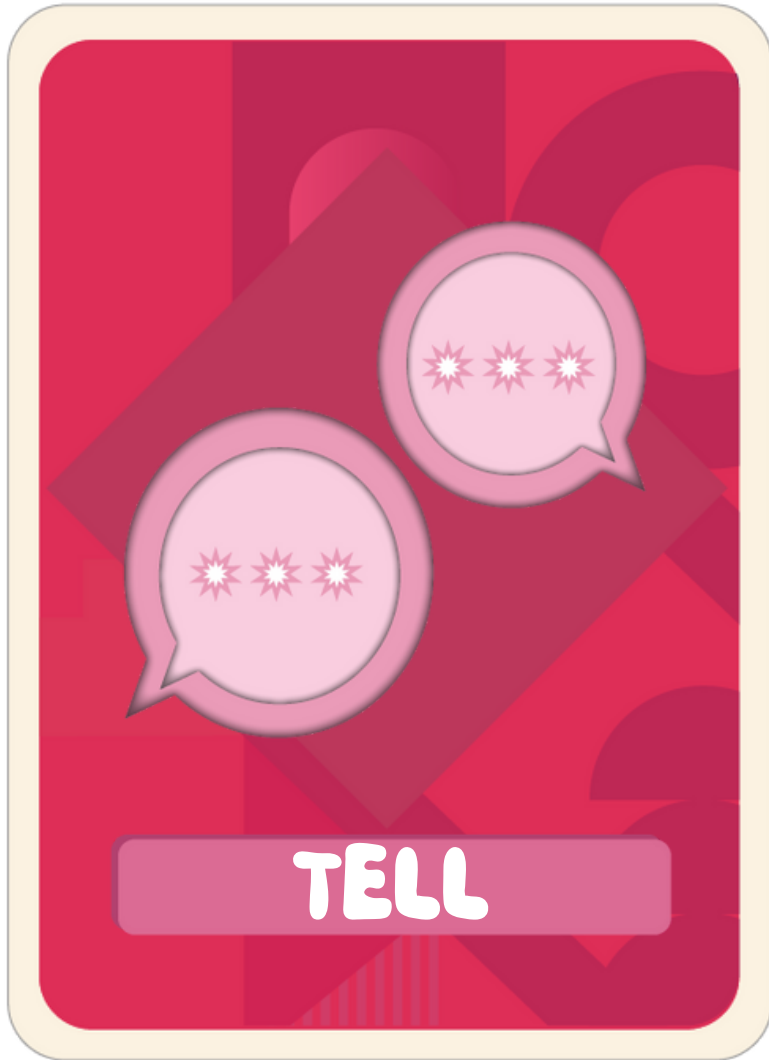
*What would you tell your sibling or close friend about the changes you experienced during puberty?*



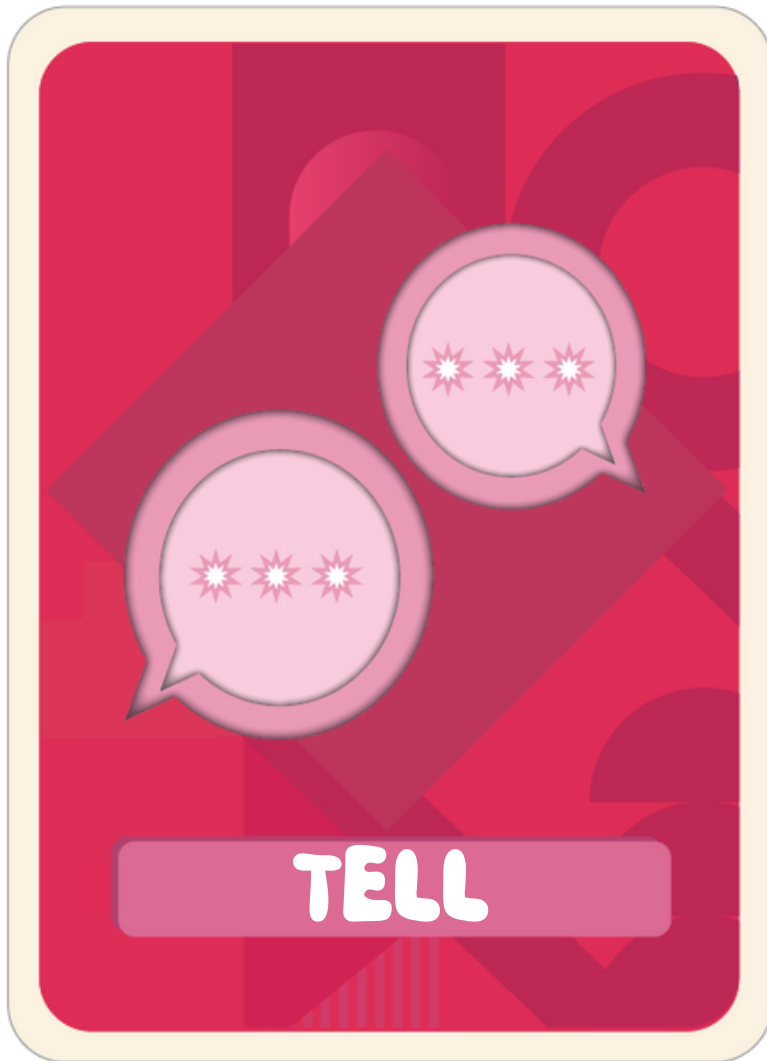


*Share your perspective*

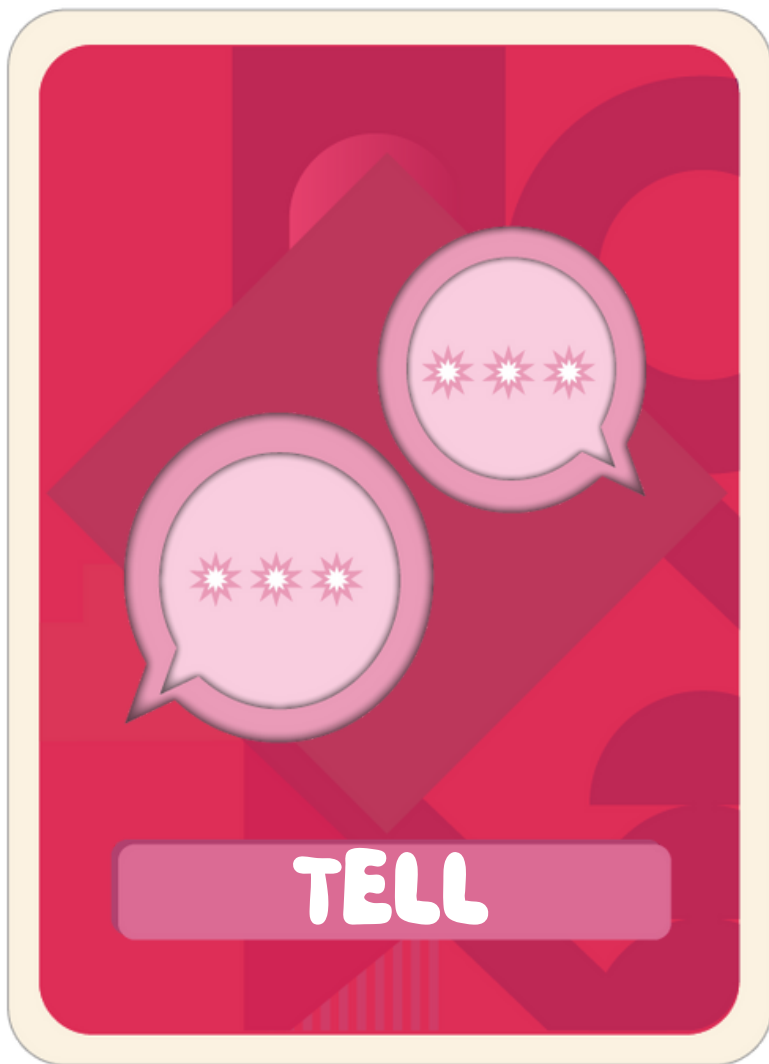



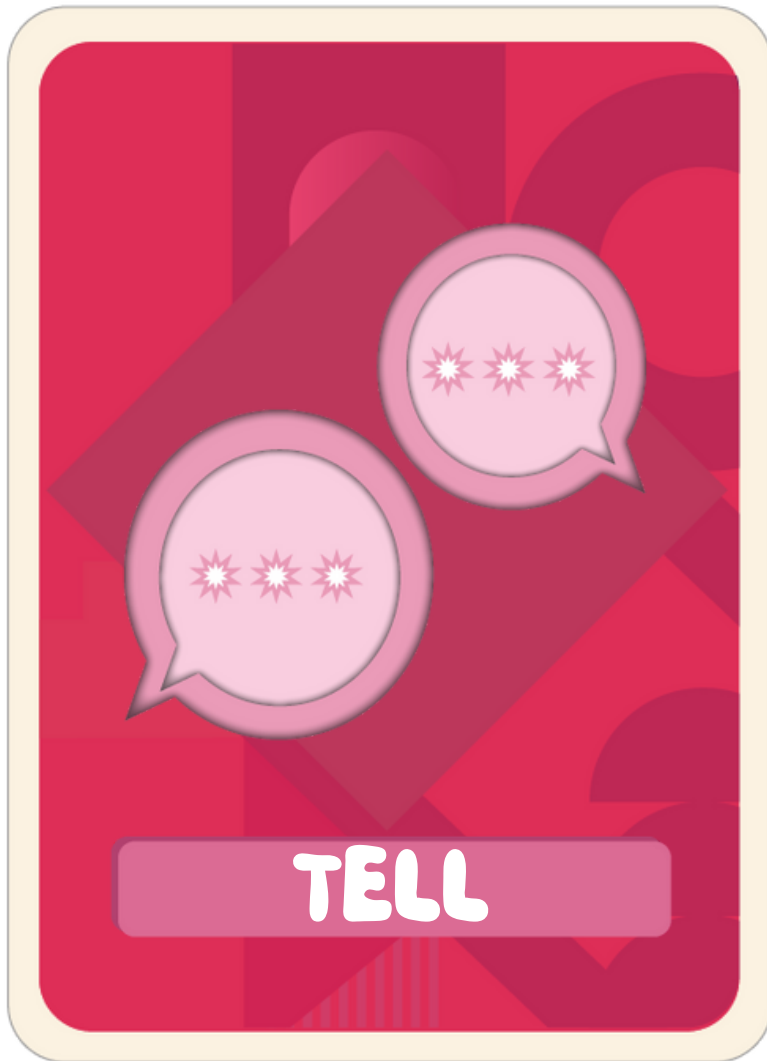











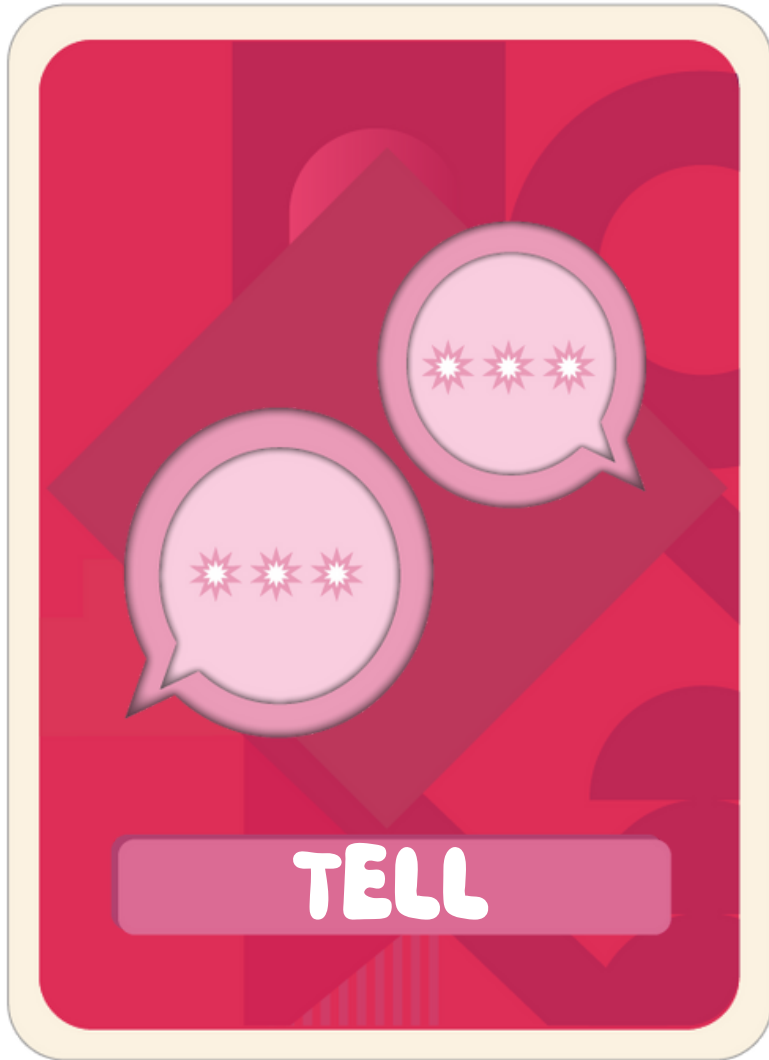


**Do you know what a Sexually Transmitted Disease or Infection is?**

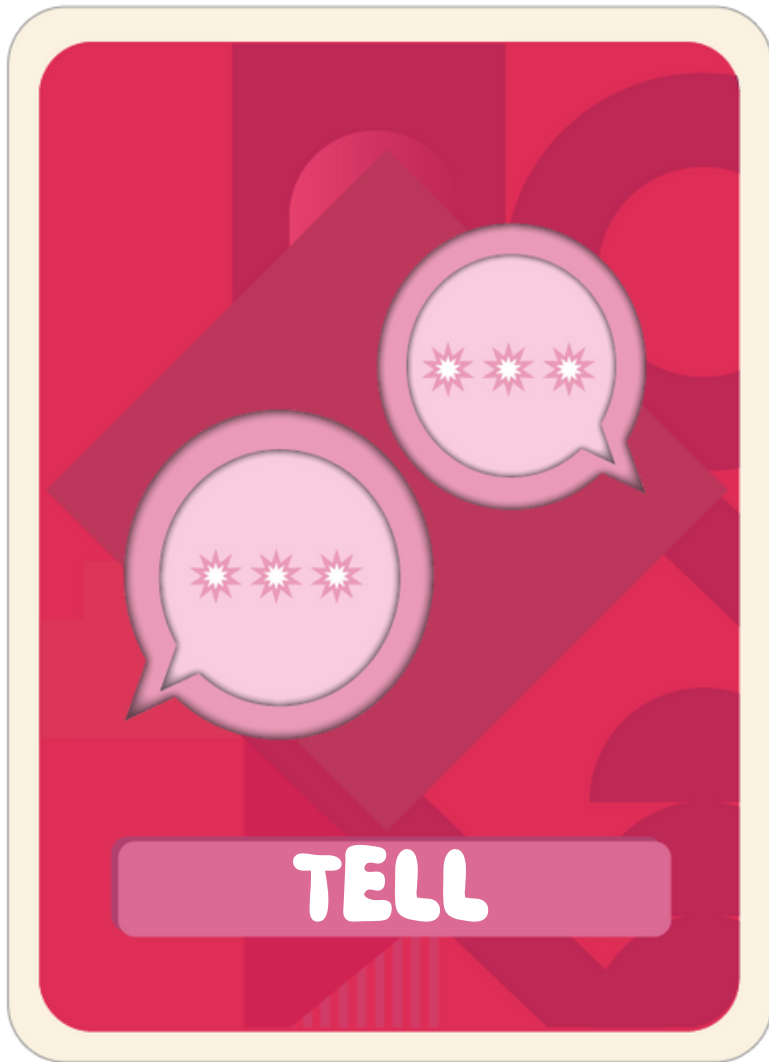
**How do people know if they have them? What can people do to not get them?**

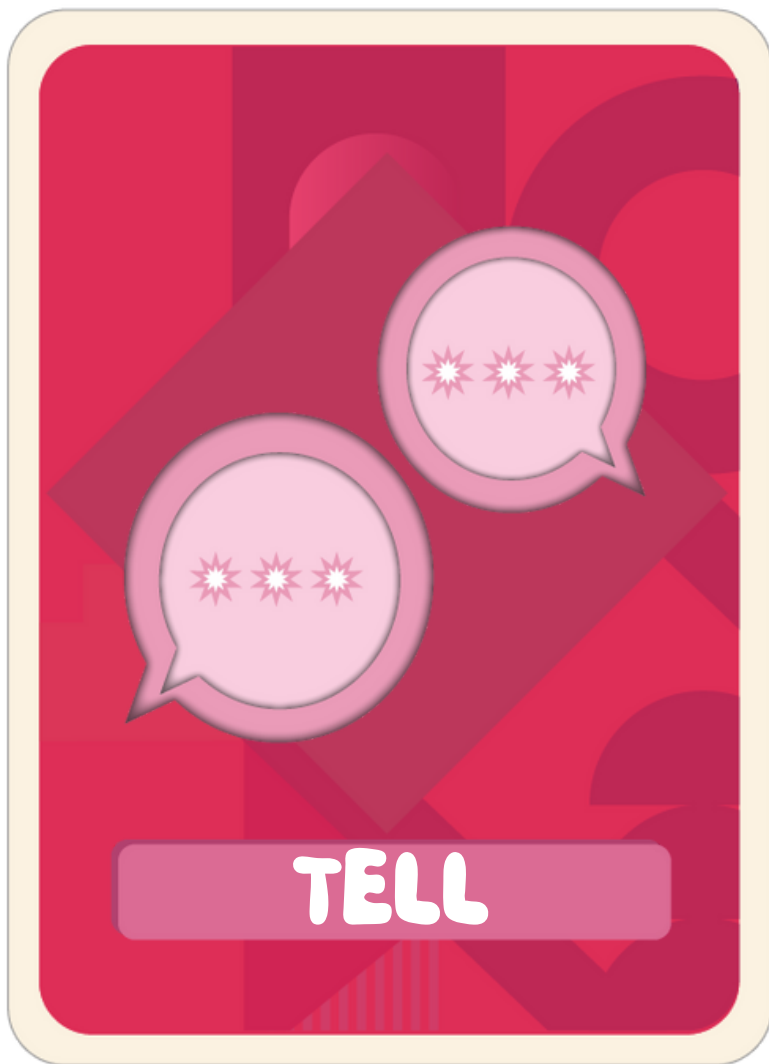


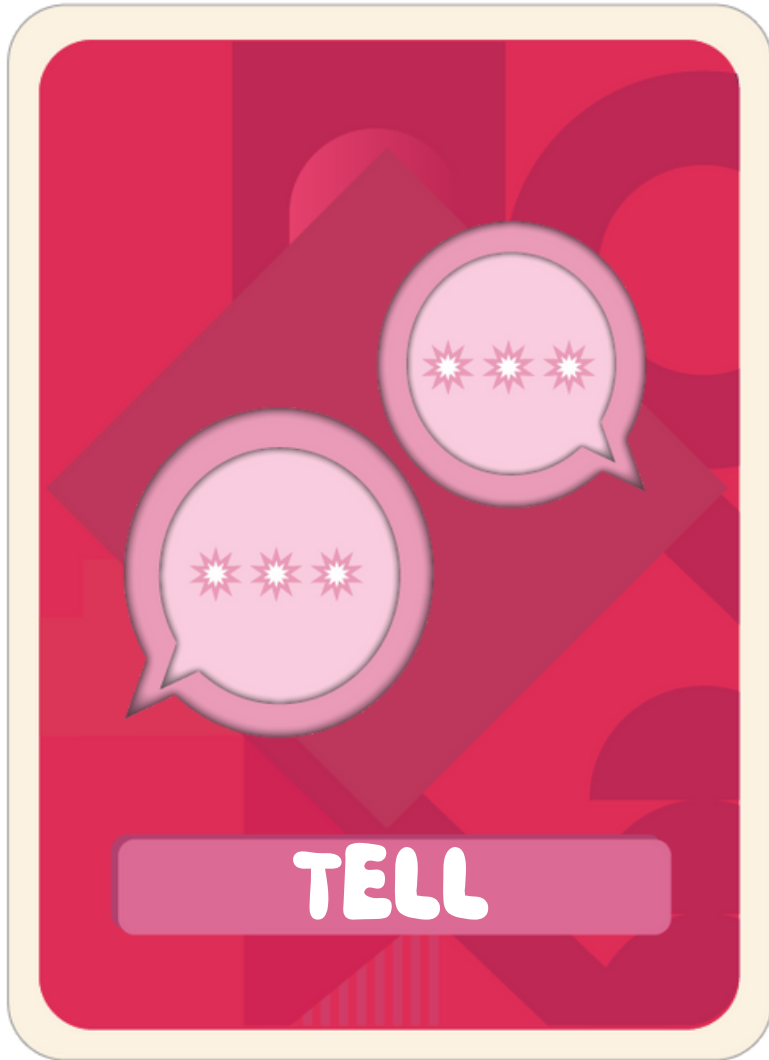
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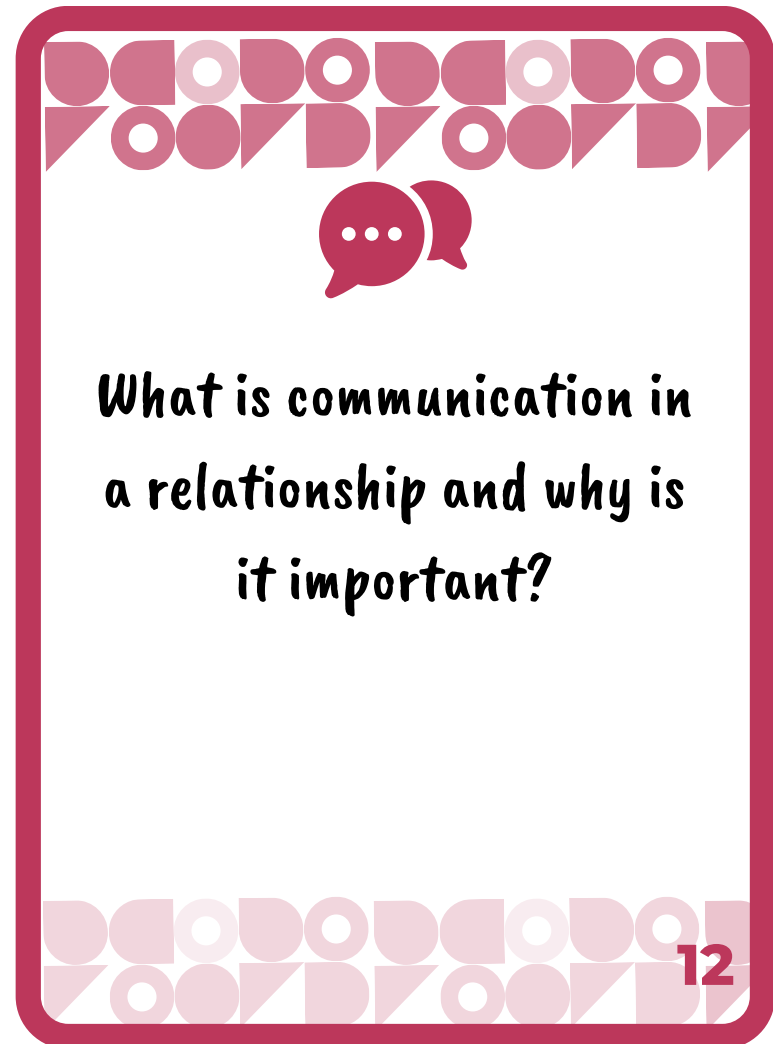
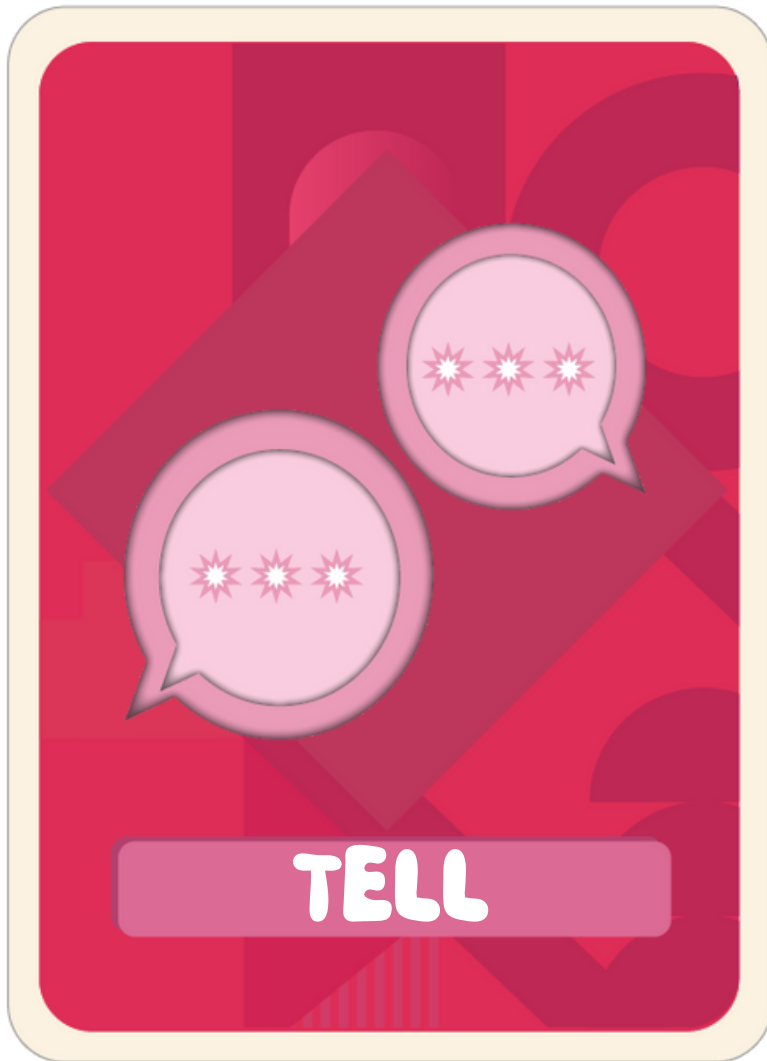




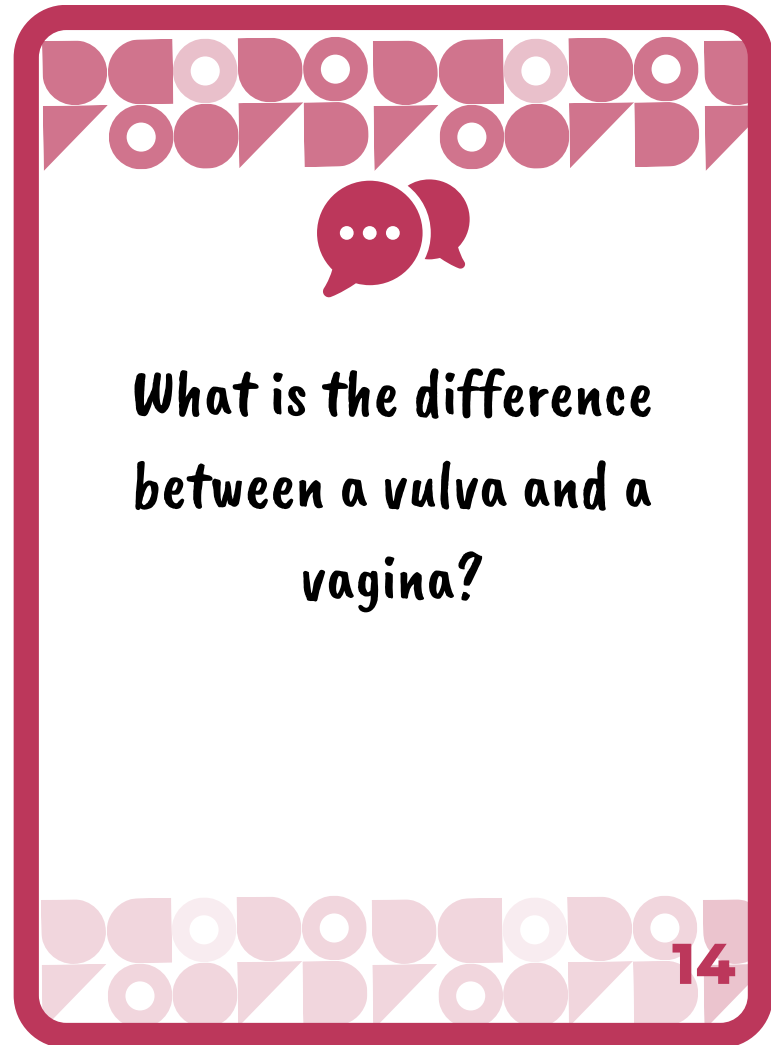
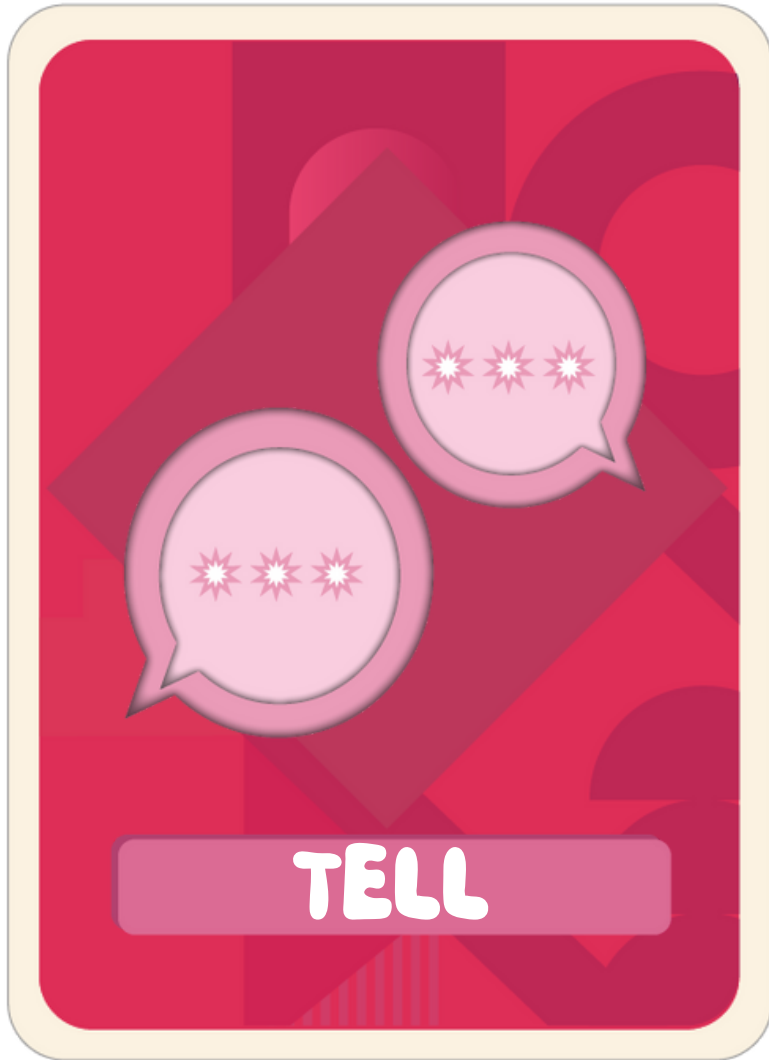


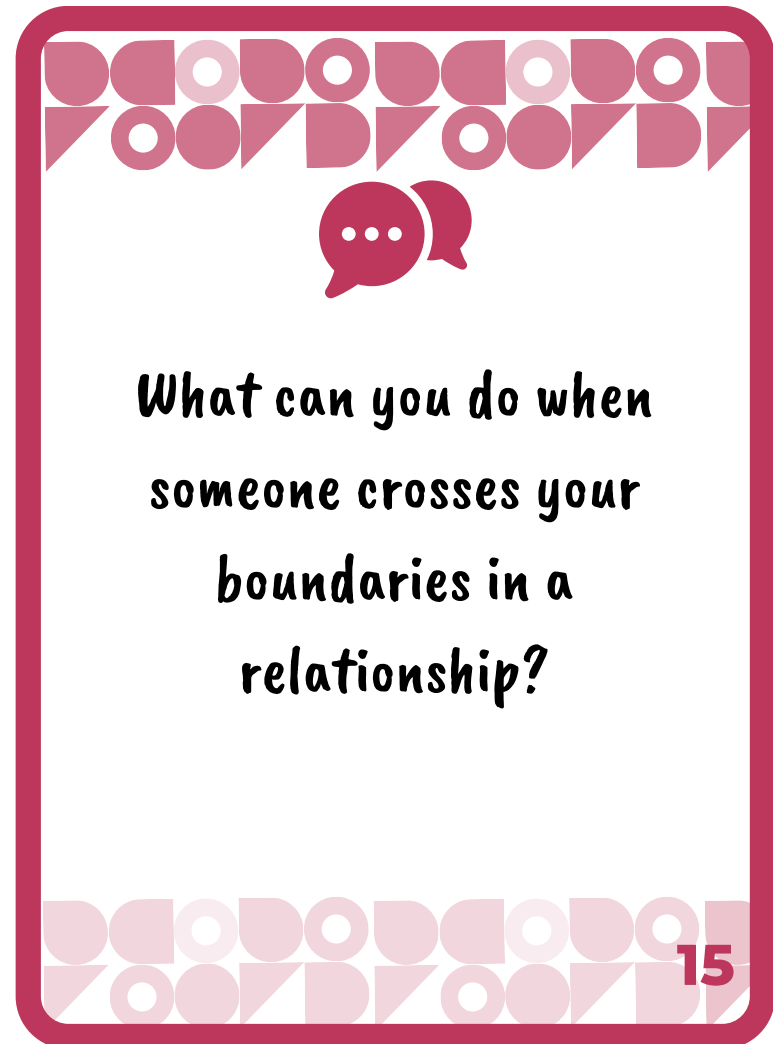
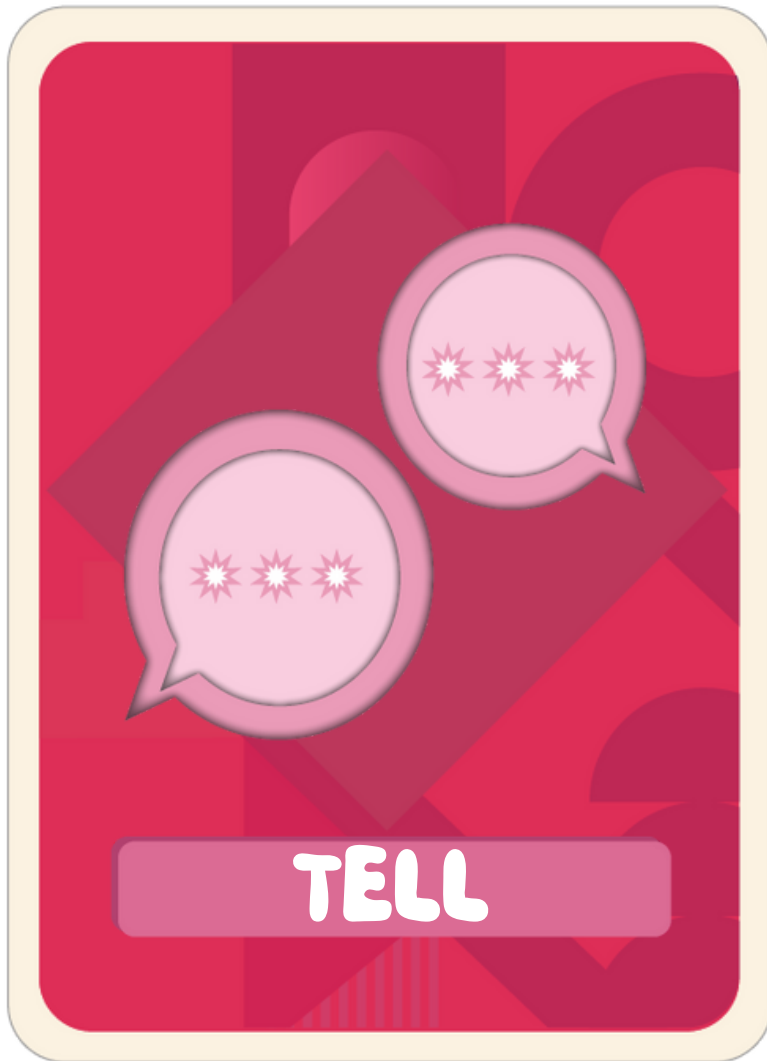


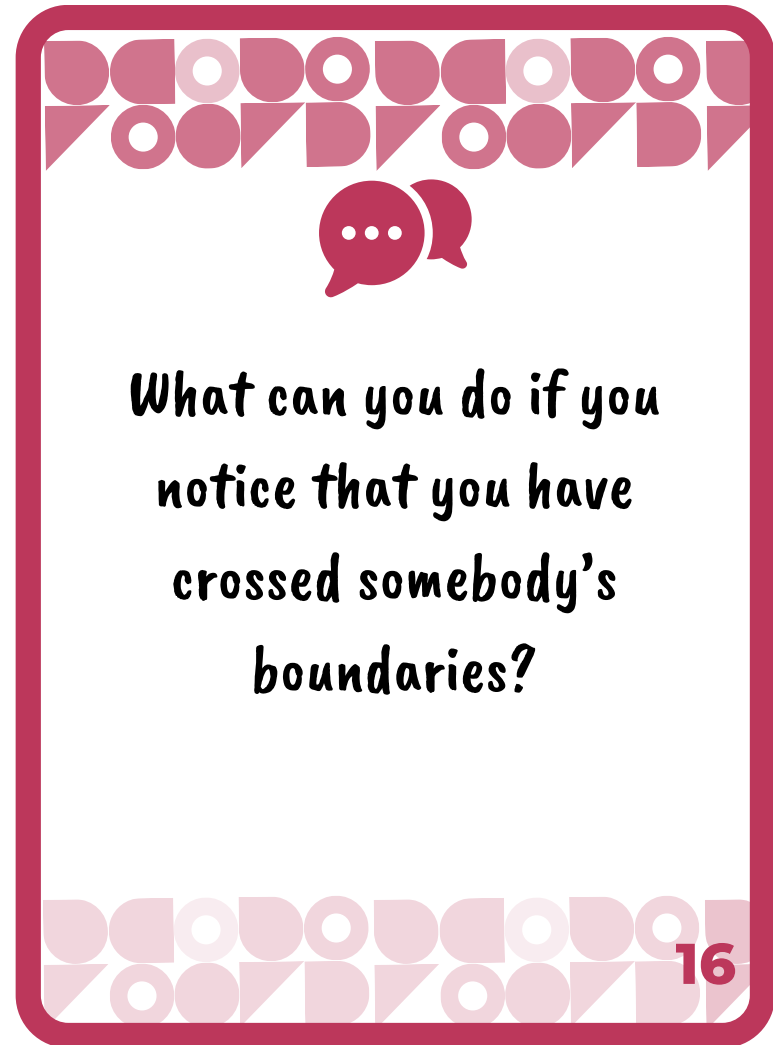
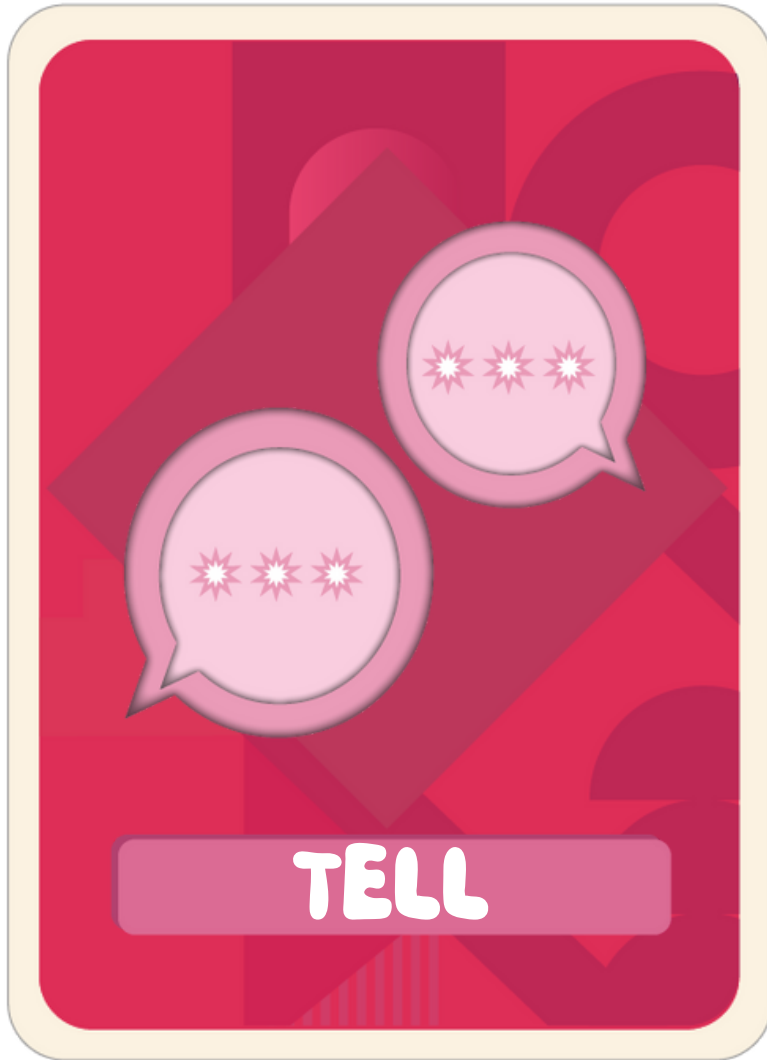




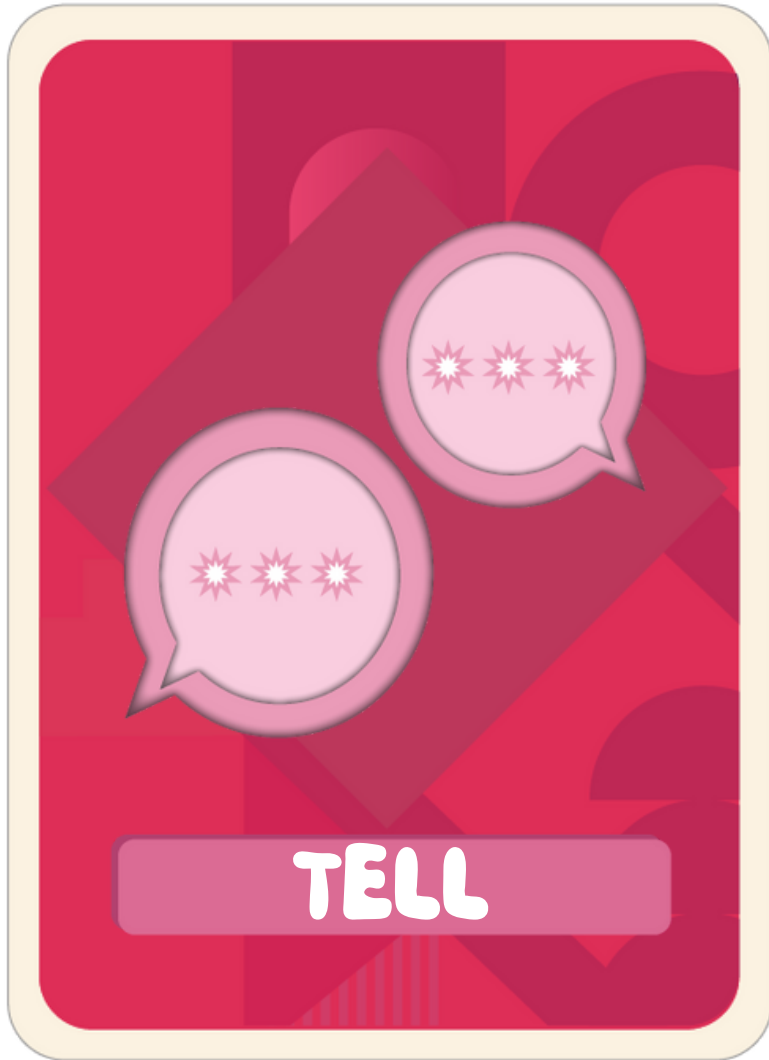


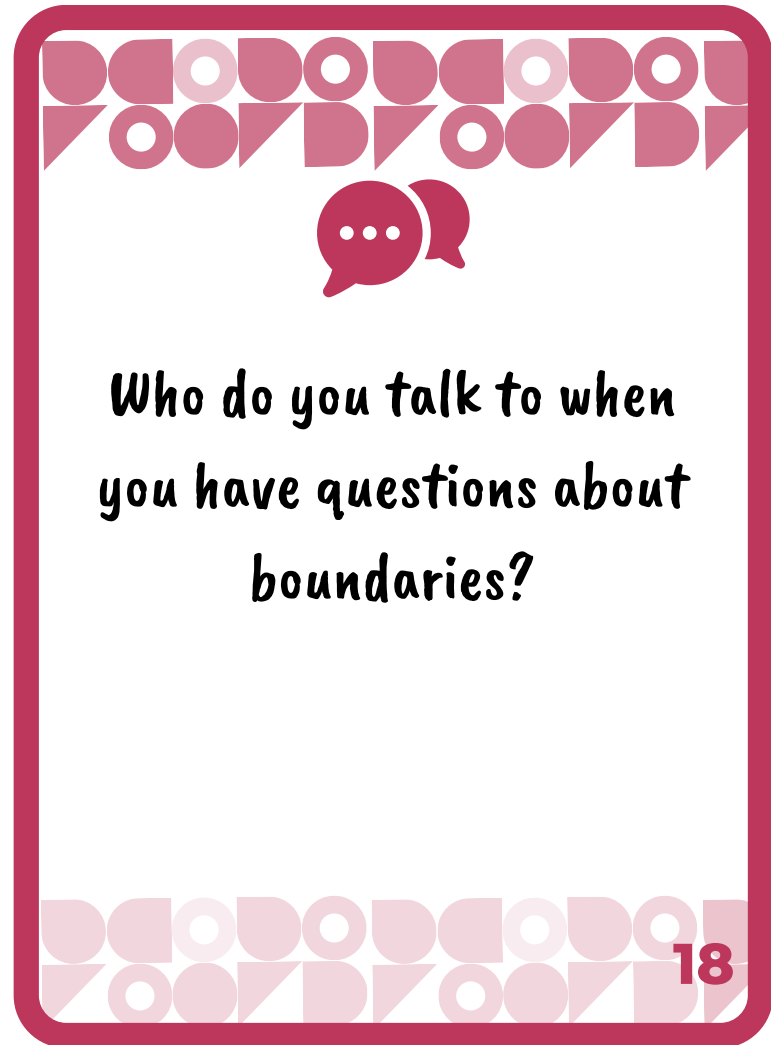
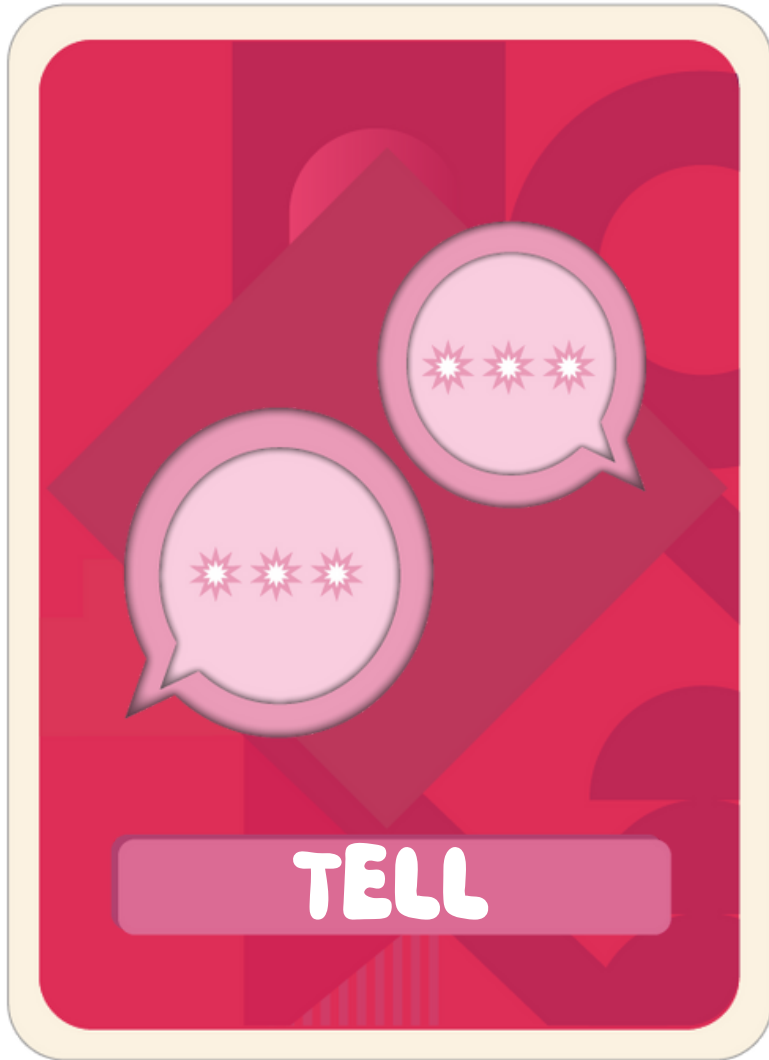


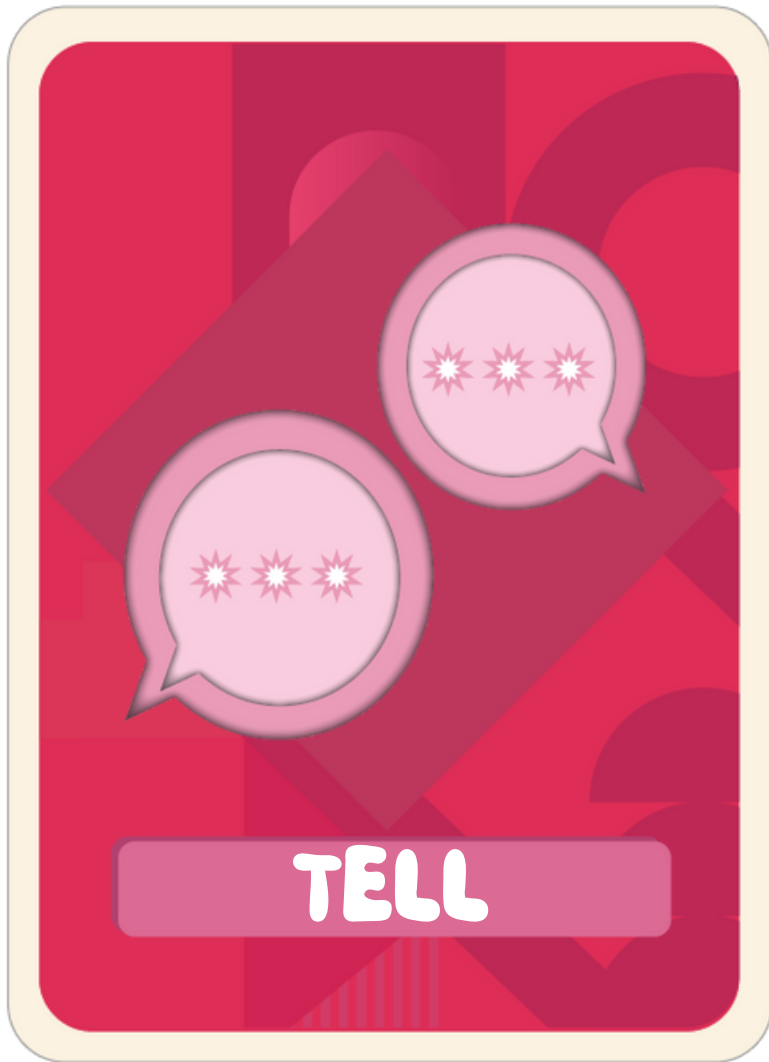


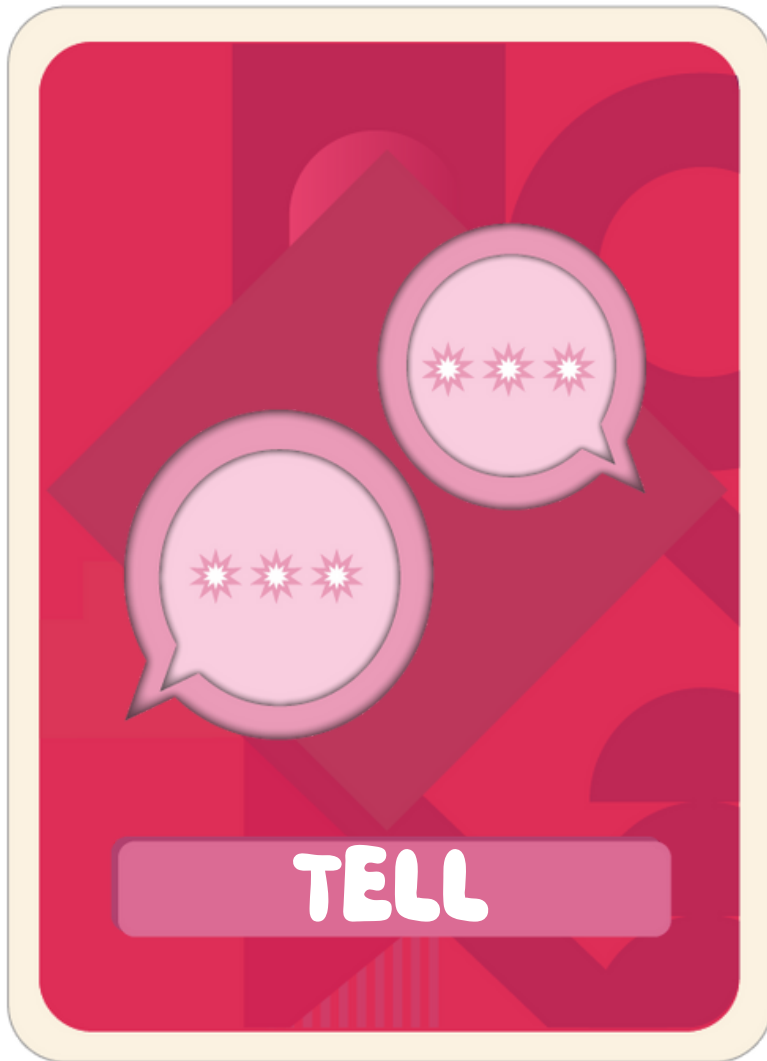


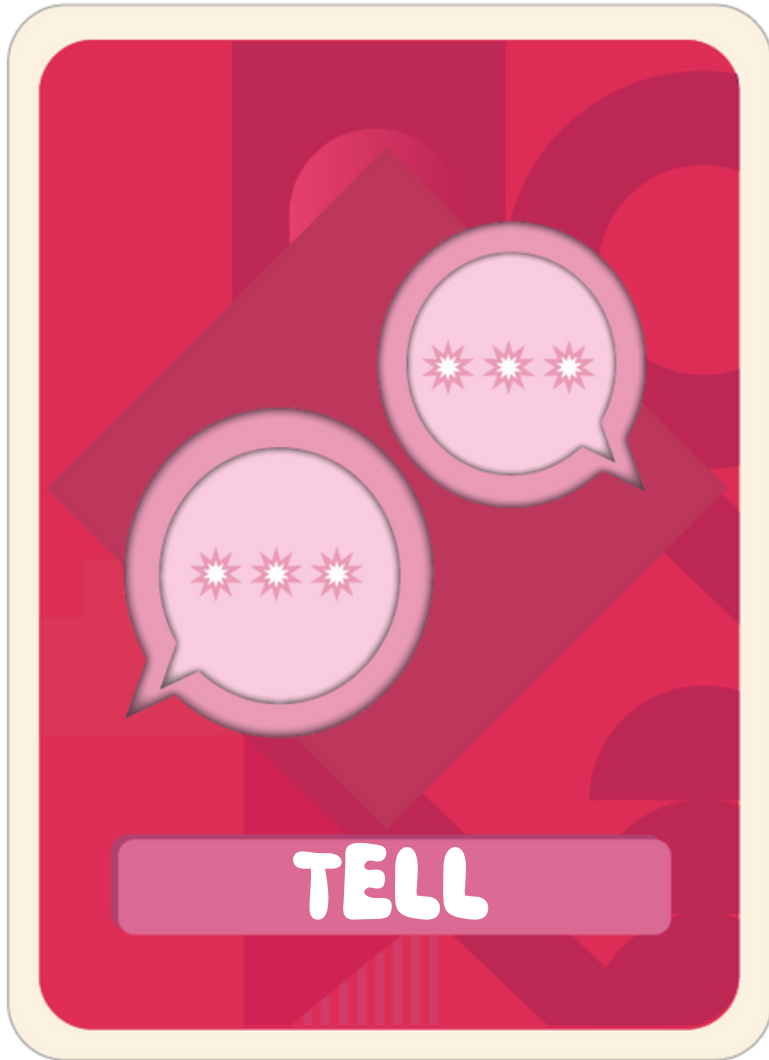


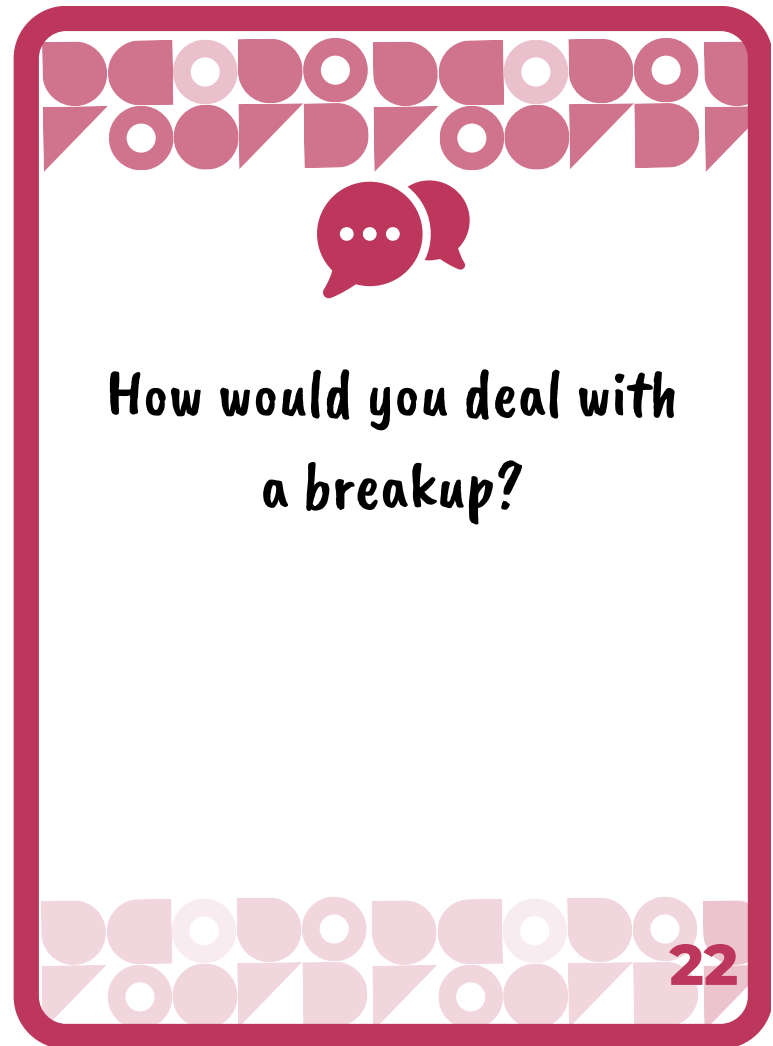
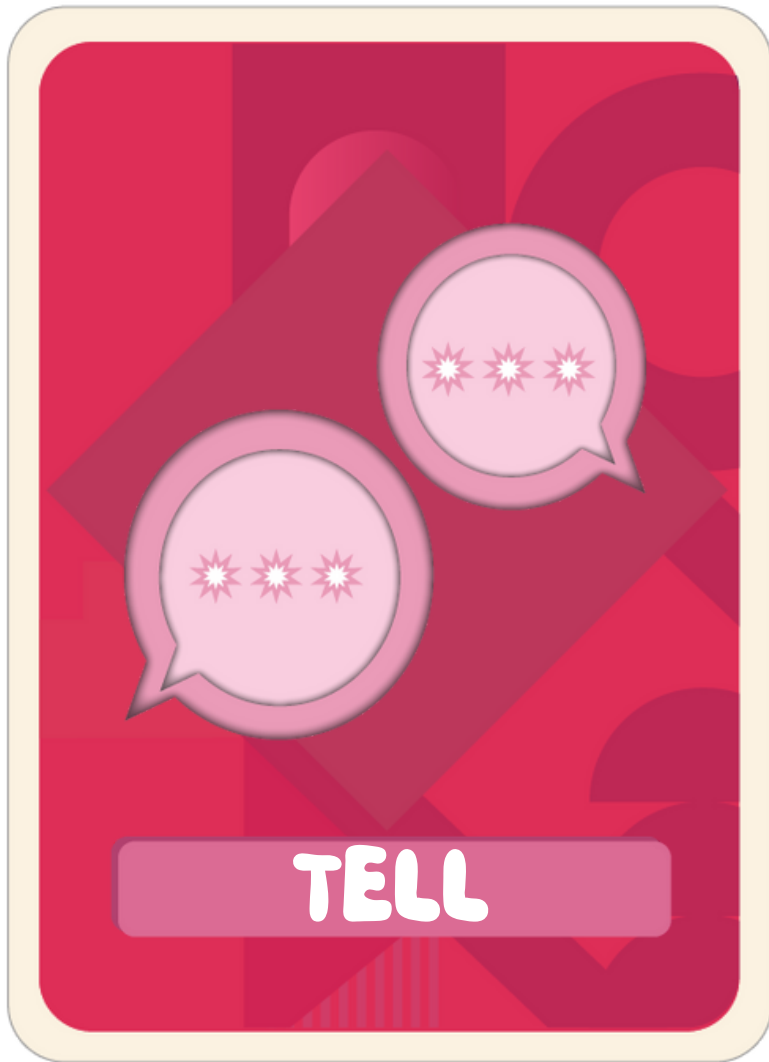


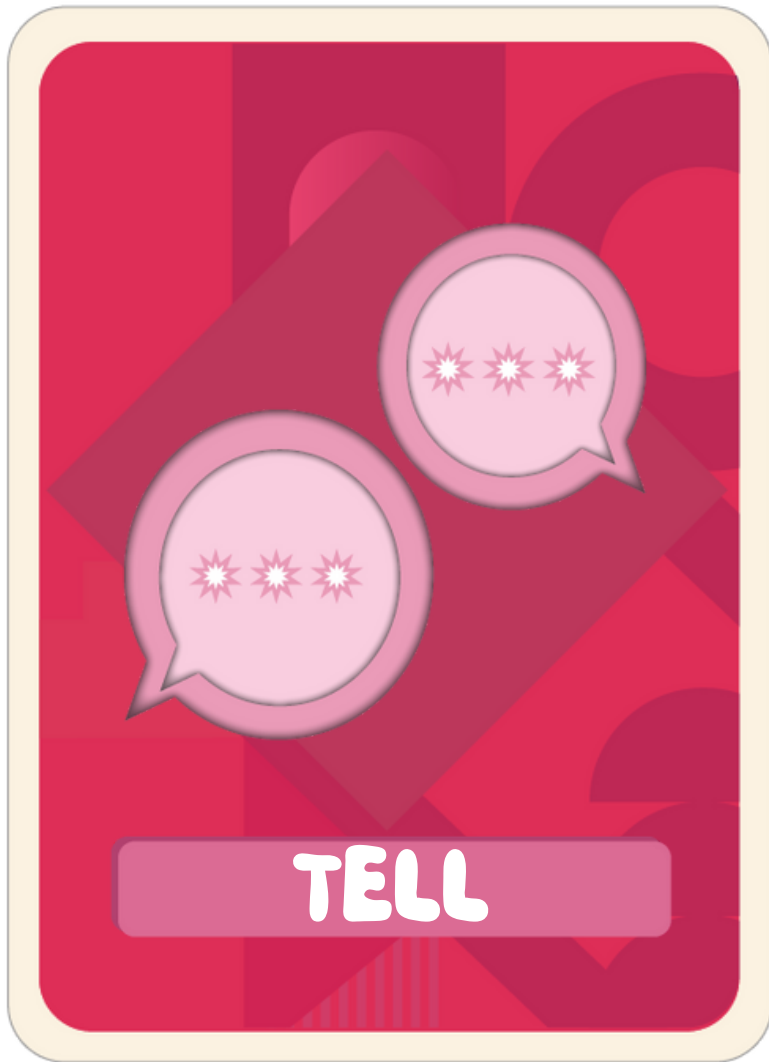


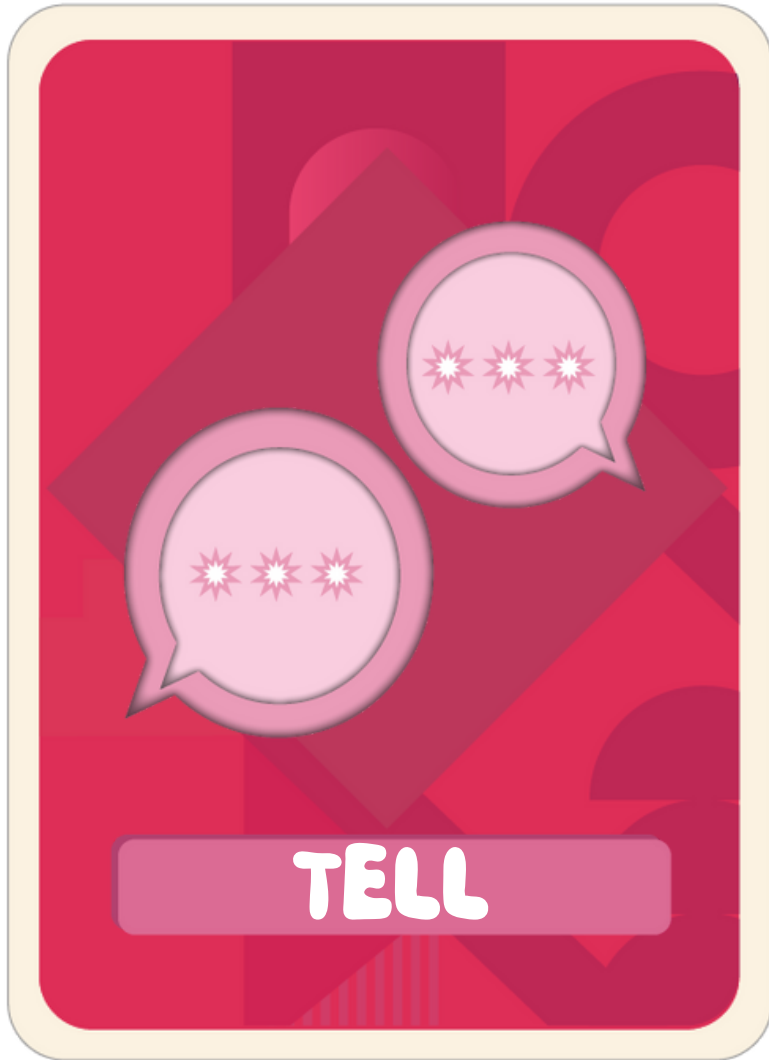




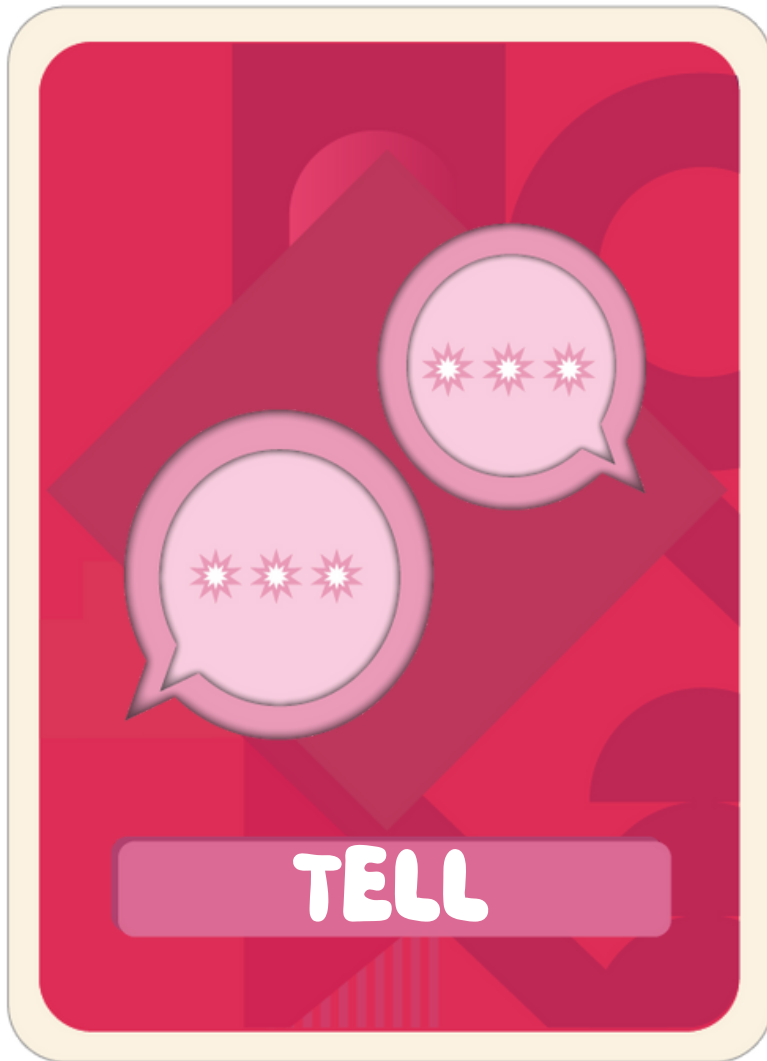


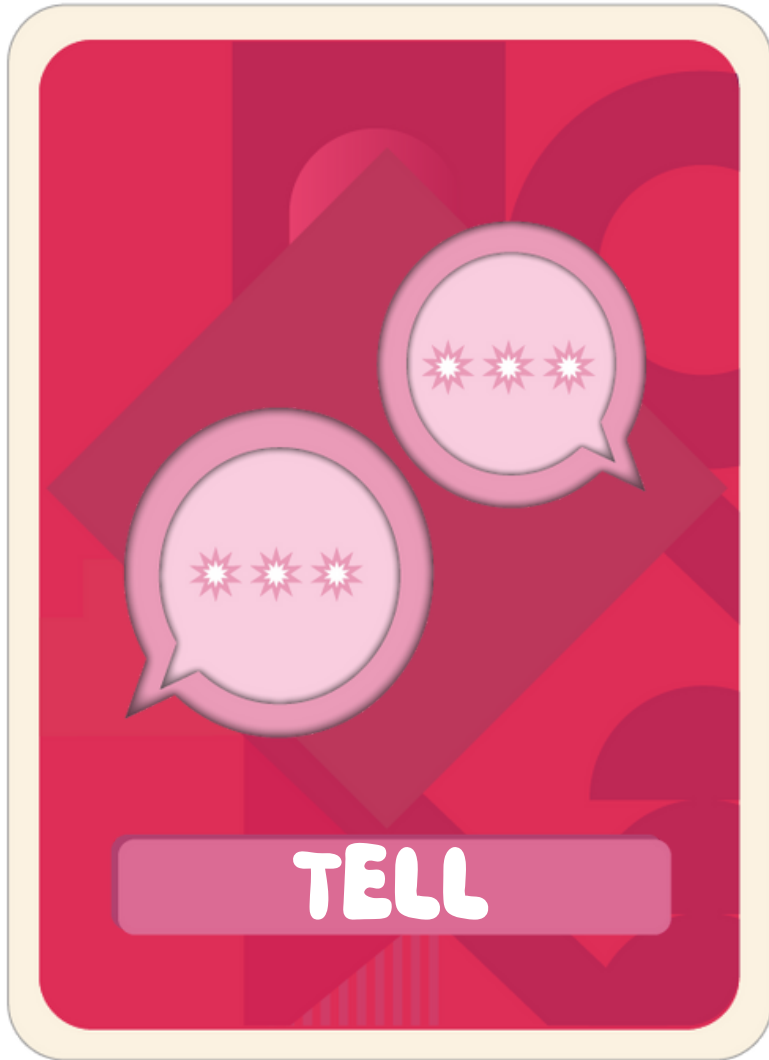


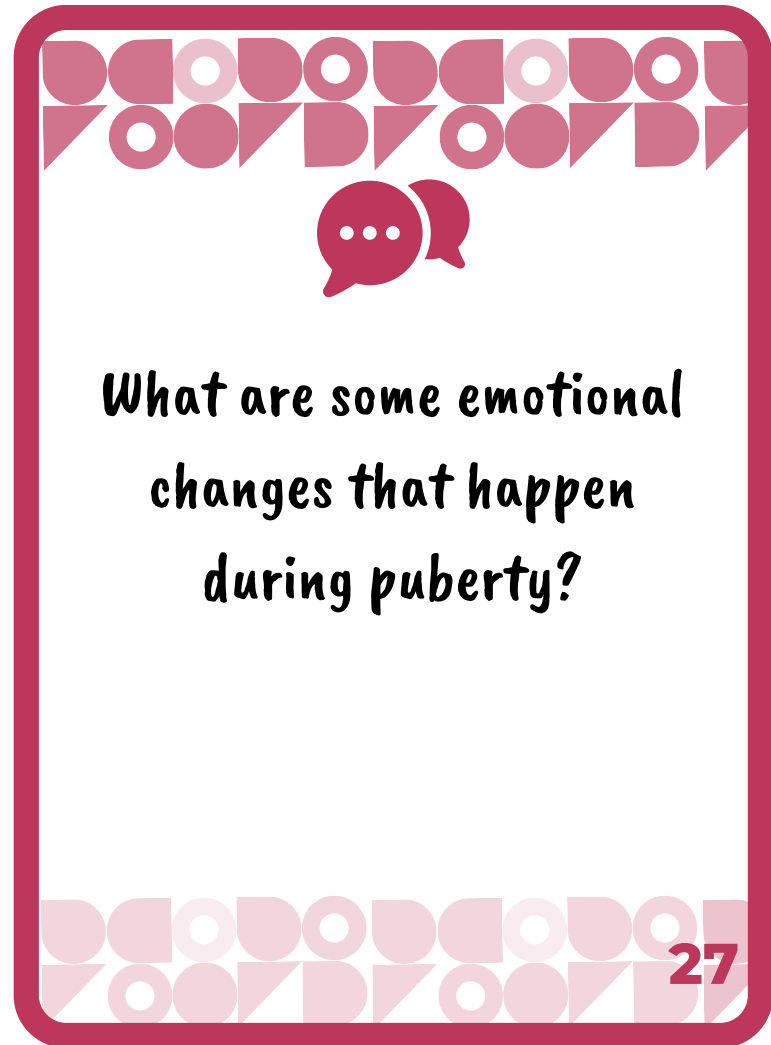
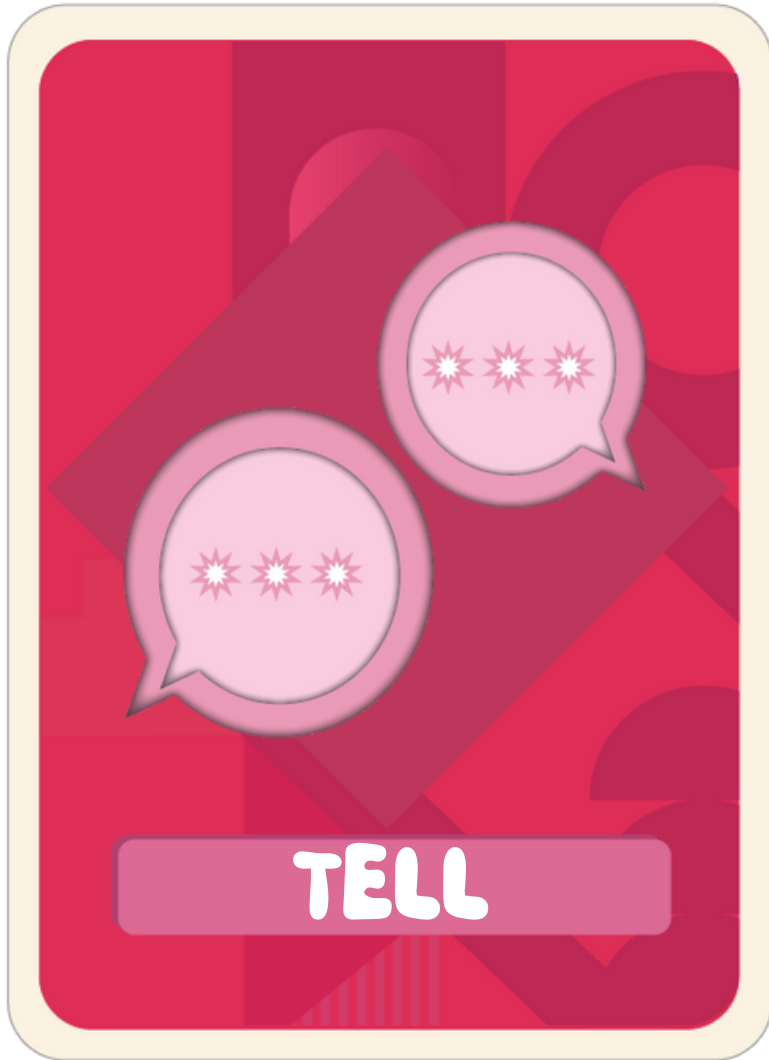


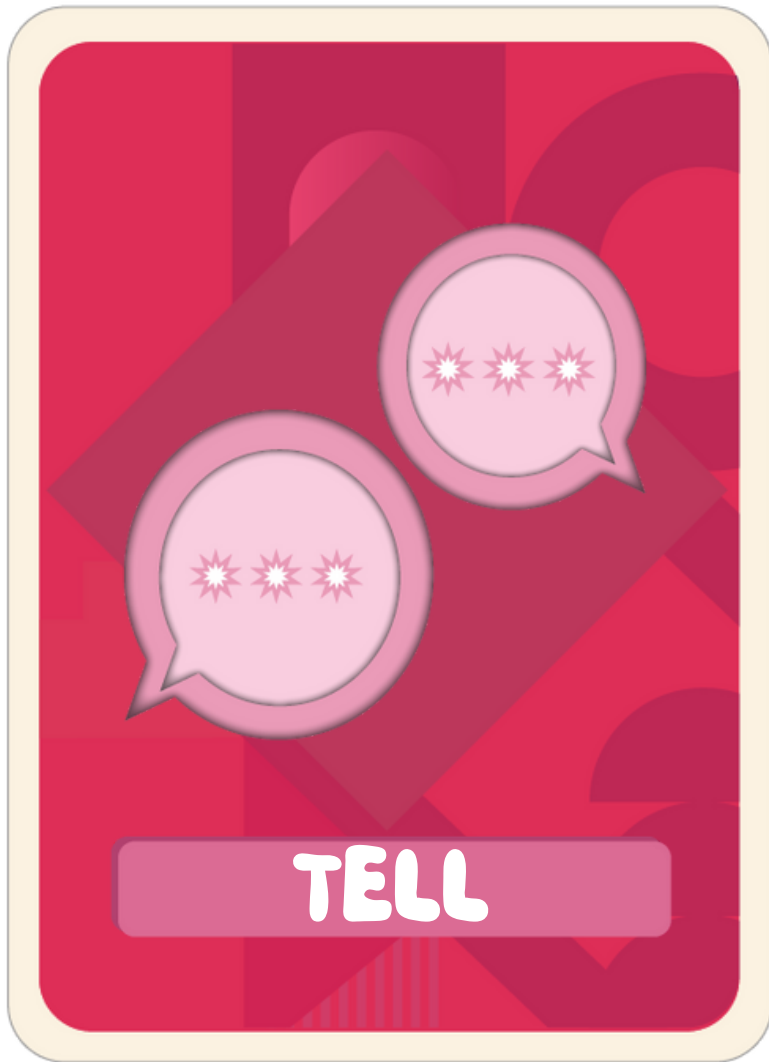


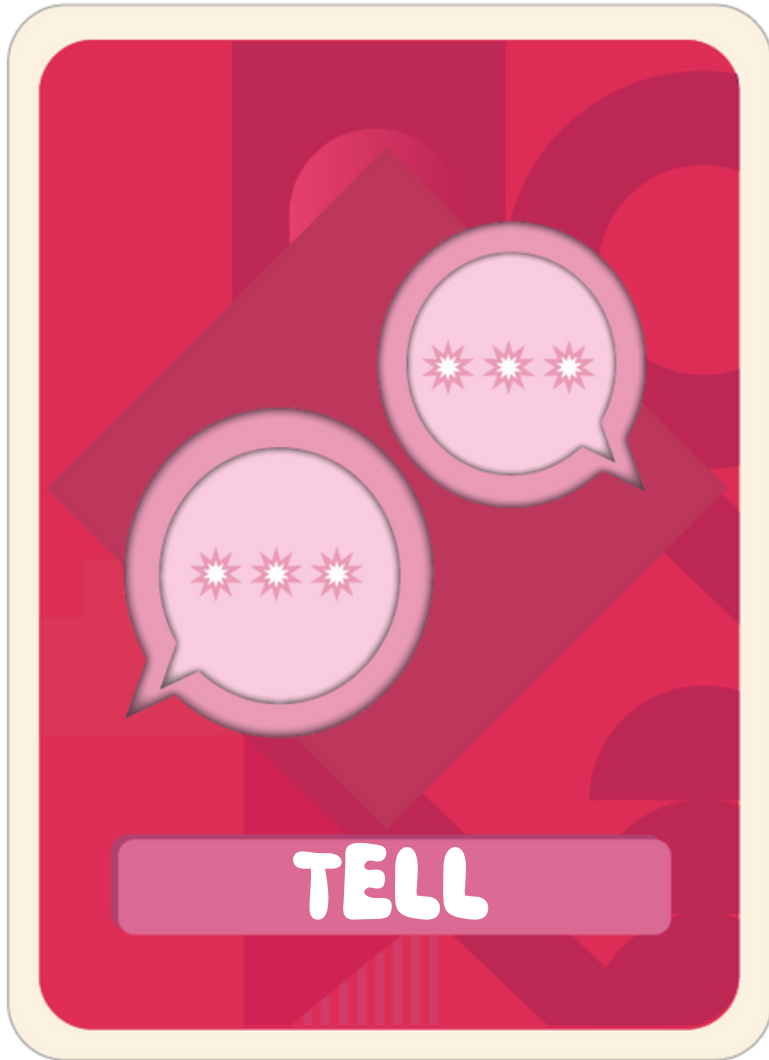














*Debunk myths & misconceptions*

A graphic with a lightbulb icon and a decorative border of circles and lines. The background is a light brown color with a pattern of darker brown circles and lines.

**MYTH:** The pill will make me gain weight

**FACT:** It isn't known whether the pill directly causes weight gain. With mixed research results, any weight gain while on the pill is usually a low amount.

A graphic card with a lightbulb icon. The lightbulb is white with a brown base and is set against a dark brown diamond shape. The background is a textured brown with abstract shapes. At the bottom, the word "MYTHBUSTER" is written in white, bold, uppercase letters on a dark brown rectangular background.

**MYTH:** "The man proposes and the woman disposes"

**FACT:** This saying is a form of gender-based violence towards women and is not true. Everyone one can have sexual urges and has every right to initiate consensual sex.

2

A decorative border with a lightbulb icon at the top center. The border consists of a repeating pattern of circles and squares in shades of brown and gold. The lightbulb icon is a simple yellow and brown graphic with radiating lines.

**MYTH:** You can only get access to contraception through your parents

**FACT:** You can almost always obtain contraceptives at local pharmacies or health clinics. In many cases, it is possible and either free or at a very low cost

3





**MYTH:** Withdrawal is a reliable form of birth control


**FACT:** The withdrawal method or 'pulling out' isn't as effective at preventing pregnancy as other forms of birth control. It's difficult and doesn't prevent STI's. Men may release 'pre-ejaculation' fluid before pulling out, which contains sperm and could still lead to pregnancy.



**MYTH:** Bisexual people are confused

**FACT:** Bisexuality is a real and valid sexual orientation. Just like everyone else, bisexual people may have changing sexual orientations over time but this is normal and does not indicate confusion. Bisexual people don't have to be equally attracted to both men and women - their feelings are valid, no matter what they are or whether they change.



5



**MYTH:** All trans people are sex workers


**FACT:** Like everyone else, trans people work in the same variety of professions as cisgender people. In some places, because trans people are discriminated against, they enter prostitution as a means to earn income. In other places, trans people may decide to become sex workers just as ciswomen may choose to become sex workers.

6





**MYTH:** *Trans people are violent*

**FACT:** *There is no evidence that supports this. In fact, trans people experience a disproportionate amount of violence, when compared to non-trans people, such as verbal harassment, physical attacks, and other forms of violence.*




7



**MYTH:** Gay and trans people are only good for hairdressing

**FACT:** There is no evidence that shows that gay and trans people are only suited for certain professions. Just like everyone else, gay, trans and other **LGBTQI** people have skills and expertise in the same variety of professions.



8



**MYTH:** Lesbian women just need a strong man to change their sexuality to “normal”

**FACT:** There is no evidence that sexual orientation can be changed by any method. Sexual identity may change throughout an individual's life but cannot be changed by having sex with the opposite sex. There is no such thing as a ‘normal’ sexuality.

9

A decorative border at the top of the page consists of a row of circles and squares, some with internal patterns. Below this is a small, stylized lightbulb icon with radiating lines. The main text is centered and written in a bold, black, sans-serif font. At the bottom, there is another decorative border similar to the top one, with the number "10" in a large, bold, black font on the right side.

**MYTH: LGBTQI-identified people are mentally ill**

**FACT: All major professional mental health organizations are on record as stating that homosexuality is not a mental disorder nor a moral corruption. Being gay is just as healthy as being straight.**

10

A graphic card with a lightbulb icon. The lightbulb is white with a brown base and is set against a dark brown diamond shape. The background is a textured brown with abstract shapes. At the bottom, the word 'MYTHBUSTER' is written in white, bold, uppercase letters on a light brown rectangular background.

**MYTH:** Showing off your body means that you have little self-worth

**FACT:** It's everyone's choice what they do with their own bodies, including showing them off, unless this causes harm to themselves or others.

11





**MYTH:** A sensitive man is gay

**FACT:** There is no link between being sensitive and being gay. Because showing one's feelings or crying is often stigmatized among boys and men, this can make it more difficult for boys and men to show their emotions.



**MYTH:** A man who can't last long during sex is not a real man

**FACT:** There is no universal definition of a "real" man. Different factors affect how long it might take to ejaculate during sex. Try not to let anyone else's sex life—or what they say their sex life is—make you feel bad about your own.

A graphic card with a lightbulb icon and text about labia. The card has a white background with a dark brown border. At the top, there is a decorative border of dark brown circles and squares. Below this is a small, dark brown lightbulb icon. The text is in a bold, black, sans-serif font. At the bottom, there is another decorative border of dark brown circles and squares. The number '14' is written in a dark brown font in the bottom right corner.

**MYTH:** Long labia/vaginal lips aren't natural

**FACT:** There is no "normal" size for labia. The only reason to consider consulting a doctor is when your labia are causing discomfort.

14

A decorative border with a lightbulb icon at the top center. The border consists of a repeating pattern of circles and squares in shades of brown and tan. The lightbulb icon is a simple, stylized representation with rays emanating from it.

**MYTH: Coca Cola and Paracetamol can prevent pregnancy or cause an abortion**

**FACT: There is no evidence for this claim. Neither has been proven to cause any abnormalities to babies.**



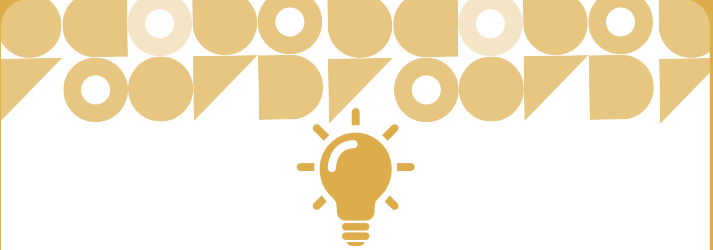
**MYTH:** Reproductive health and rights issues are only for girls/women

**FACT:** SRHR issues affect everyone. It is not only the responsibility of one person in the partnership to address issues like infertility, family planning and contraception.




**MYTH:** Girls/women don't masturbate

**FACT:** Masturbation is normal for everyone, including women and girls. Women, just like men, have sexual urges and a sexual organ called the clitoris designed to provide feelings of pleasure.





**MYTH:** Boys/men want to have sex more than girls/women

**FACT:** Libido, which means sex drive or the desire for sex, varies dramatically from one person to the next. It also varies depending on a person's preferences and life circumstances.



18



**MYTH:**  Using lemon juice or alcohol will prevent an STD

**FACT:** There is no evidence for this claim. The best way to prevent an STD is to test for STDs before having sex and to use condoms.

19



A graphic card with a lightbulb icon and text about pregnancy myths. The card has a white background with a lightbulb icon at the top center. The text is in a bold, black, sans-serif font. The card is framed by a decorative border of light brown circles and squares. The number '20' is visible in the bottom right corner.

**MYTH:** It's impossible to get pregnant when on your period

**FACT:** While the odds for pregnancy are lower on the days you're on your period, they aren't zero.

20



**MYTH:** Girls and people with vagina's always bleed after their first time

**FACT:** It's common — and totally normal — to bleed the first time you have penetrative sex, but many people don't bleed at all. If you have a vagina, you might bleed because the penetration tears the hymen. But this can also break if you fall or put a tampon in.

A decorative border with a lightbulb icon at the top center. The border is made of a repeating pattern of circles and squares in shades of brown and gold. The lightbulb icon is a simple, stylized representation of a glowing lightbulb.

**MYTH:** You can only call it sex if there is penetration involved.

**FACT:** Sex can be oral, anal, vaginal, or even just sexual contact, and there can be STDs as a result.

22



**MYTH:** *Two condoms are better than one. And if you don't have a condom, just use plastic wrap.*

**FACT:** *Actually, no! Using two condoms is more risky than just using one. There are no homemade alternatives for a condom. Plastic wraps can have tiny holes and can easily slip off.*