Spin the wheel to decide which card to pick
Make your own scenario or question
If your life was a movie, what actor would play you?

Get to know each other
If you could do one sport on an Olympic level, what would it be?
You get to choose one skill that you instantly master, no training needed. What is it?

ICEBREAKER
Would you rather be able to talk with animals or with plants? Why?
What is your favorite TV/radio show? Why?
As a younger child, in which game were you the best player?
What is your favorite icebreaker activity when you travel?
ICEBREAKER

Who inspires you the most?
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?
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 mind about kissing or having sex?
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?
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 wherein he is attracted to girls.

Discuss:
What do you think is happening to Ibrahim?
What are other situations where erections happen?
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?
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?
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?
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?
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?
How do you know what your sexual orientation is?

Share your perspective
What can happen if you have unprotected sex?
When people have sex, whose wishes are more important?
If you meet someone online or on social media, how do you have a safe relationship?
What kind of sexual orientations exist?
What are your sexual rights?
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?
What kind of relationships exist?
What is safe sex and how can you practice it?
What should sex feel like?
What can people do to prevent getting pregnant?
What is communication in a relationship and why is it important?
Is it normal to masturbate?
What is the difference between a vulva and a vagina?
What can you do when someone crosses your boundaries in a relationship?

TELL
What can you do if you notice that you have crossed somebody’s boundaries?
What are that happen in your body during puberty?
Who do you talk to when you have questions about boundaries?
Who do you talk to when you have questions about sexual experiences and relationships?
Who do you talk to when you have questions about changes you experience with your body or new feelings you may have?
What is heartbreak?
How would you deal with a breakup?
Can you get other diseases from STD's?
What is HIV? What can you do if you have it?
What is menstruation and what happens during menstruation?
Do you know what Gender Based Violence means?
What are some emotional changes that happen during puberty?
What are some new feelings or urges that you might feel during puberty?
Who do you talk to when you have questions about menstruation?
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.
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 consentual sex.
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.
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.
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.
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.
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.
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.
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.
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.
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.
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.
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.
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.
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.
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.
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.
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.