



Sexual Health Awareness Week- **Scouter**

The Crean Award:

Discovery:

Promise & Law
Patrol Activity

Terra Nova:

Promise & Law
Patrol Activity

Endurance:

Promise & Law

Polar:

Self Awareness
Promise & Law

SPICES

Social
Physical
Character

The Activity:

Objective:

To complete a series of activities that explore health and respecting your body.

Activity Type:

Troop Meeting

Roles:

Activity Leader





Plan...SHAW

This activity is all about health and thinking about yourself and your body. Sexual Health Awareness Week is all about you being comfortable in yourself.

Listed below are a number of activities that can be run as part of your weekly troop meeting. They are simple fun games which explore ideas like a balanced lifestyle, images of people in the media and how infection spreads.

Make sure you are careful when you run these activities in case they may bring up negative feelings or cause some people to say unpleasant things. Talk to your Scouters in planning and decide which activities are best for your troop.

These activities involve discussions of body images and related issues, please think about the troop and everyone involved when running them. Adolescents are extremely body conscious and any activities may lead to negative thoughts and negative comments from others, especially regarding young people who do not conform to societal norms. Most of the games listed should be fine, but if you suspect there may be an issue avoid the game, also ensure the games are supervised carefully in case they take an unfortunate turn and need to be finished quickly.





Do...SHAW

Picturing Health!

A scout draws an image of a phrase or topic—without talking—and their patrol have to guess what it is. There are several categories relating to different types of health. The patrol must get the exact phrase, if they are stuck the organisers should give hints.

Materials: Cards, large piece of paper or a flip board, paper and pens, timer/watch.

Examples for Scouts to draw:

Lifestyle: Balanced Diet, No Smoking, Personal Hygiene, Fresh fruit and vegetables, Smoke Alarm

Physical Health: Regular Exercise, Know your Limits, Brush Your Teeth, Change Socks Daily, Don't Listen to Music too Loud,

Mental Health: Talk to Friends, Express Feelings, Hobbies, Challenge yourself, Deal with Stress



The Naked Eye

Scouts examine advertisements and popular culture materials in terms of sexuality and gender content.

Materials: Magazines, newspapers, and any popular culture imagery. Materials geared toward youth are the most useful. Scissors, paper, glue.

Play: Have patrols make collages of materials that they feel related to sexuality and gender. Have each patrol present their collage and briefly discuss what message is being given to young people.

To help patrols make their collages such they look out for things such as how are people represented? Are certain types of people or certain types of bodies shown? What does this tell us? Is it fair? What type of imagery do advertisers, magazine publishers and others use? And, why? What type of behaviour does it promote, if any? Do you think it makes people feel better or worse about themselves?





Do...SHAW

LIQUID EXCHANGE GAME

This activity will demonstrate to young people how easily and quickly fluid and infection can spread and how it might feel to know that they have an infection.

Equipment: coloured plastic cups (enough for one per person), food colouring (different colours) and water

1. Have the patrols sit in circles.
2. Give each young person a plastic cup and tell them to cover their cup so no-one else can see what's inside. Some cups should contain water, some water mixed with food colouring, and there should be at least two different colours.
3. Explain that a coloured liquid is an infection and that the clear water is clean.
4. Give each young person a card - each card indicates everyday things which may or may not result in the risk of catching an infection.

5. Each young person should read their card aloud individually.
6. After each one, the patrol should then discuss the risk of infection and decide whether the person should exchange, give or receive the liquid from another person.
7. If exchange is chosen, the person gives liquid by tipping a small amount into the cup of the person they wish to exchange liquid with. If they are to receive liquid, another person gives them liquid from their cup. They may give, receive or exchange with one or more people depending on their card but should try and keep the contents of their cup hidden from the other people.
8. After everyone has read their card and exchanged liquids (or not) the young people should look in their cup. Has it changed colour?
9. Explain that everyone whose liquid has changed colour has been 'infected'.
10. Talk about how it might feel to get an infection.





LIQUID EXCHANGE GAME CARDS

Some sneezes near you

You & your friends share a bottle of 7UP

You use hand-sanitiser

You visit a friend with a bad cold

You carefully wash your hands
before eating

The person sitting next to you in school is
coughing all day

You feel unwell so stay at home
for the day

You get rid of your tissues as soon as
you've used them

You always cover your mouth and nose
when you cough or sneeze

You put a bandage on a cut as soon as
possible

You use a public toilet and don't wash
your hands properly

You don't wash up after your pet





Do...SHAW

The Story Bag

A fun and simple technique to generate meaningful discussion about health.

Materials: Collect a wide range of materials and put at least five unrelated items into individual bags. You will need one bag for each patrol.

Play: Each patrol must make up a short health related story using their items. They can act out their stories to the larger group, with a prize to different categories, e.g. most creative or most informative.

The Body Beautiful

Each Scout draws a picture of themselves and adds positive labels to their own and others drawings.

Materials: Large paper (body sized if possible), scissors, markers.

Play: Have Scouts lie down on the paper to be traced-or for smaller paper they may simply draw a picture of their entire body. Have each Scout write in each of their body parts all of the positive things about it they can think of, including all of the things it can do.

Urge them to be creative. Examples: Head: smart. Ears: good listener. Smile: funny. Arms: strong for hugging. Heart: caring friend. Legs: good runner.

Allow each scout to present their work. If time permits, have the scouts circulate and add kind words to others' drawings.

Discussion: Did you think of positive traits you hadn't thought of before? Was it easy to do? Is it hard to say nice things about yourself? Why?





Review "SPICES"

Social

- Relationships
- Communication Skills
- Other Cultures
- Community Involvement
- Promise & Law

Physical

- Eat Well
- Personal Hygiene
- Balanced Lifestyle
- How Body works
- Physical Limitations
- Health Choices
- Access Help

Intellectual

- Achieving Goals
- New Ideas
- Learn from Decisions
- Team Member

Character

- Promise & Law
- Friends & Friendships
- Plan before do
- Ensuring Fairness
- Respect
- Differences & Views
- Following Dreams
- Live the Scouting Spirit

Emotional

- Aware of feelings
- Asking/Giving Help
- Responsibility for Emotions
- Controlling Emotions
- Going Further
- Beliefs & Values
- Developing Talents

Spiritual

- Promise & Law
- Impact on Environment
- Reflection
- Changing Beliefs





Review Adventure Skills & Special Interest Badges

Thoughts about the activity?

Special Interest Badge

Patrol Review

What was your project?

How did your plan go?
What did you learn from it?

What will we do next?





Review Summary

Several areas of the SPICES have been ticked for these activities as they are applicable to different areas. Due to the individual nature of these aspects, they will heavily depend on the individuals and the contexts Listed below are some ideas which will help you think through these topics.

Social

These activities are good for building up relationships as people discuss ideas about themselves, others and society. In participating in these activities, scouts may actually learn new things about each other. How well did they participate? Did they get into the spirit of things?

Physical

Discussing ideas like having a balanced lifestyle and understanding health consequences are relevant to the Picturing Health and Liquid Games. These activities should be linked to real-life examples like hygiene on camp and planning balanced menus.

Character

These games allow scouts to link their commitment to living the Scout Law and their daily lives, through having a balanced lifestyle which caters for their health, including physical and mental health. Ideas of treating others with respect and learning how to deal with other people's views related to the Naked Eye and the Body Beautiful games where scouts will have to discuss their views on different things, this may or may not involve differing opinions. Was everyone and their opinion treated with respect? Could the Scouts link these ideas to having a positive lifestyle?

Please note that while these games begin to explore such ideas they are only the starting point, further activities and planning need to go into these areas before you review in a food dump.

