



*Challenge Your Knowledge of
Sexual Health Against Your Peers*

Instructions

NC State Student Health Services

Pre-PACKaged Programs

Program Title: The Challenge

Target Audience: NC State students living in on-campus residence halls

Program Length: 45-60 minutes

Program Goals:

1. Educate students about safer ways to engage in sexual activity.
2. Educate students about different methods of contraception.
3. Educate students about how protect themselves against STIs.

Program Description:

This interactive program was designed to challenge students' knowledge of sexual health against their peers. Students will answer questions and can challenge their opponents to Physical Challenges, where the questions get a little harder and the stakes of the game rise. Even though there can only be one winning team, everybody wins because the students will leave with information about safer sexual activity, contraception and STI's.

Marketing the Program:

To increase resident participation, make sure to market the program thoroughly. Marketing methods include:

- Flyers throughout the residence hall(s) and under doors (template flyer included)
- Use bulletin boards to promote upcoming events
- Incentives and prizes for those attending
- Word of mouth and RA meetings
- Social Media and E-mail

Student Health Center Resources:

****Note:** If at any time during a program a student approaches you with a question that is outside of your scope of knowledge, please refer them to a Student Health Resource listed below.

- Schedule appointment with Student Health or the Women's Health Clinic
 - You can book an appointment online through HealthWeb or by calling 919-515-2563

Evaluations:

After the conclusion of the program, please fill out the "Facilitator Evaluation" and ask all residents fill out the "Resident Evaluation". Return completed evaluations to the Evaluation Folder. We love comments on how we can improve our programs!

Materials Provided:

- Program outline and instructions
- Flyers for advertising
- Questions cards
- Whiteboard and dry-erase markers

- Materials for each “Physical Challenge”
 - Cards for “Steps to Putting on a condom”
 - Cards for “Match that Statistic”
 - Cards for “Match that Contraception”
- Condoms for residents (Limit one condom per resident. Return all extra condoms)
- Informational handouts on Birth Control, Testing and Student Health Services

What you will need to provide yourself:

- Food (optional)
- Music/stereo for entertainment (optional)
- Prizes (optional)

*****All materials must be returned to Student Health Services 24 hours after “checking out” the box. If program is on a Friday, box must be returned on the following Monday.*****

If you have any comments or questions about this program or its content please email Heather Vernier, Outreach and Student Engagement Coordinator for Student Health Services. hmvernie@ncsu.edu

Instructions for Facilitating this Program

1. Split participants into 2 teams, have each team come up with a name.
2. Flip a coin or choose team with the oldest player to go first
3. Read Students the game instructions:

Have a member from the first team choose a card. Read the question out loud.

- If Team #1 knows the answer, they say the answer. If it is correct, record the points (listed on the front of the card) on the provided whiteboard. If Team #1 doesn't know the answer and thinks that Team #2 doesn't either, they can Challenge Team #2 to answer the question for double the points. If Team #2 answers the question correctly, Team #2 receives the double points.
 - If Team #2 doesn't know the answer, they can Triple Challenge Team #1 for triple the points, in which Team #1 either has to answer the question or do a Physical Challenge.
 - If the team decides to complete a Physical Challenge, a list of challenges and instructions for challenges is provided below and in the folder that is labeled for that Physical Challenges inside the box. Allow the team who will be doing the Challenge decide on which one they do.
 - If the team answers the question wrong or cannot complete the physical challenge, the other team receives the triple points (that are listed on the game card that prompted the challenge) and takes control of the game.
 - Teams that answer questions correctly receive points

The team with the most points at the end of the game wins (and receives prizes if applicable).

Note: On the back of some of the Game Cards, you will find the answer in bold and below (not in bold) is a further description or note related to the answer.

Directions for Physical Challenges

- **Steps to Putting on a Condom:** Take the answer sheet out of the folder and then hand the folder to the team who took the Physical Challenge. Have the team read the instructions included in the folder out loud. They have three minutes to put the steps in order from the first step to the last. At the end of the three minutes, if the answer is correct, the team who did the Physical Challenge receives the triple points. If the team who did the Physical Challenge answer is wrong, the other team receives the triple points. If the team incorrectly lists the steps, Resident Advisor or Game host should list the steps in the correct order so they will know the correct answer.
- **Place That Birth Control:** Take the answer sheet out of the folder and then hand the folder to the team who took the Physical Challenge. Have the team read the instructions included in the folder out loud. The team needs to match the Birth Control options on the right side to the correct area on the body by drawing a line with the expo marker. (*Note that one of these birth control options has more than one answer). The team has three minutes to complete this challenge. After they are finished, check their answers. If they are wrong, show them where they are supposed to go.

- **Match That Statistic:** Take the answer sheet out of the folder and then hand the folder to the team who took the Physical Challenge. Have the team read the instructions included in the folder out loud. They have three minutes to match the statistics to the correct card. If the team incorrectly matches the statistics, match them correctly so they will know the correct answer.

Facilitator Evaluation: "The Challenge"

How many students attended your program? _____

Key: 1 = strongly agree 2 = agree 3 = neutral 4 = disagree 5 = strongly disagree

1. Instructions for the Pre-PACKaged Program, "The Challenge" were clearly defined and easy to follow.
1 2 3 4 5
2. I felt comfortable facilitating the lesson provided in the "The Challenge" Pre-PACKaged Program.
1 2 3 4 5
3. My residents were engaged and involved in the activities provided by the "The Challenge" program.
1 2 3 4 5
4. I felt that the lesson provided and information covered was relevant and beneficial for my Residents.
1 2 3 4 5
5. I would host another resident hall event using the Pre-Packaged Programs.
1 2 3 4 5

Please provide us with any suggestions and thoughts on the program. We are always looking for ways to improve!

Facilitator Evaluation: "The Challenge"

How many students attended your program? _____

Key: 1 = strongly agree 2 = agree 3 = neutral 4 = disagree 5 = strongly disagree

1. Instructions for the Pre-PACKaged Program, "The Challenge" were clearly defined and easy to follow.
1 2 3 4 5
2. I felt comfortable facilitating the lesson provided in the "The Challenge" Pre-PACKaged Program.
1 2 3 4 5
3. My residents were engaged and involved in the activities provided by the "The Challenge" program.
1 2 3 4 5
4. I felt that the lesson provided and information covered was relevant and beneficial for my Residents.
1 2 3 4 5
5. I would host another resident hall event using the Pre-PACKaged Programs.
1 2 3 4 5

Please provide us with any suggestions and thoughts on the program. We are always looking for ways to improve!

Participant Evaluation: "The Challenge"

Key: 1 = strongly agree 2 = agree 3 = neutral 4 = disagree 5 = strongly disagree

1. I feel more informed about birth control options.
1 2 3 4 5
2. I feel more informed about how to engage in sexual activity in a safer and healthier way.
1 2 3 4 5
3. I feel more informed about how to prevent Sexually Transmitted Infections.
1 2 3 4 5
4. I found "The Challenge" program engaging and informative.
1 2 3 4 5
5. If given the opportunity, I would attend another Pre-PACKaged Program.
1 2 3 4 5

Please provide us with any suggestions and thoughts on the program. We are always looking for ways to improve!

Participant Evaluation: "The Challenge"

Key: 1 = strongly agree 2 = agree 3 = neutral 4 = disagree 5 = strongly disagree

1. I feel more informed about birth control options.
1 2 3 4 5
2. I feel more informed about how to engage in sexual activity in a safer and healthier way.
1 2 3 4 5
3. I feel more informed about how to prevent Sexually Transmitted Infections.
1 2 3 4 5
4. I found "The Challenge" program engaging and informative.
1 2 3 4 5
5. If given the opportunity, I would attend another Pre-PACKaged Program.
1 2 3 4 5

Please provide us with any suggestions and thoughts on the program. We are always looking for ways to improve!