



BM&Y (Between Me and You) Human Sexuality Curriculum Game

Purpose:

- The purpose of the BM&Y human sexuality game is to reinforce the grade 8, 9 and CALM Alberta Education human sexuality curriculum. The outcomes of the game should be increased understanding of how to reduce risk of pregnancy and STI, raised awareness of community resources and increased knowledge of sexual health.
- All questions and graphics are taken directly from:
www.teachingsexualhealth.ca.
- The BM&Y game is to provide a fun forum to stimulate open discussion about human sexuality. The game rules should be adapted to best suit your classroom and we encourage discussion during the teachable moments.

Teacher Guidelines:

- Print the QUESTION CARDS, CATEGORY TITLES and any accompanying visual aids (if you have coloured card/paper available you can give each category its own colour, e.g., *Infection Detection* – green).
- You can choose to make a game board or simply place the cards with their categories in the table.
- The game is a question and answer format.
- The game can be played in teams, groups, pairs etc. Teams could give themselves a name – healthy competition after all is a good thing!
- The teacher or designate will ‘host’ the game. The host will read the questions out loud and present the visual aids (as required).
- Some questions have one word answers; some have longer answers including rationales.
- Some categories contain more than one question that can be used. The teacher can select the question that best meets the learning needs of the classroom.

- Each category represents a different curriculum concept
 - Infection Detection (Sexually Transmitted Infection)
 - Whoa Baby- No Baby (Contraception)
 - Know Your Bod (Anatomy and Physiology)
 - More than Just Friends (Relationships)
 - Pressure Cooker (Decision Making)
- **Career and Life Management 20 (CALM) questions are marked and are to be used for CALM students only.**
- One person will act as a score keeper.
- Teams choose a category and decide the point value of the question they would like to answer i.e., “We’ll take Infection Detection for 300”.
- The team has 30 seconds to give an answer, if no answer is given or the answer is incorrect, the next team can answer the question and ‘steal’ the points. That team will also have the opportunity to answer a second question.
- The game can be played until the end of designated time or until all questions are answered.
- The group with the most points, ‘wins’ the game.
- Ice breaker activity: discuss the game title “BM&Y” (Between Me and You)
 - What does that mean? How does this apply to talking about sexual health in the classroom? How does this apply to talking about sexual health with partners? Family or friends?
- Use the ice breaker activity to set the classroom ground rules:
 - No put downs
 - No personal questions
 - It’s OK to pass
 - All questions are good questions
 - Use correct terms
 - Listen when others are speaking
 - Classroom discussions are confidential
 - Speak for yourself

With thanks to the Alberta Health Services, Calgary Zone, Sexual and Reproductive Health Promotion Team