

# TRASE - Training in Sex Education for People with Disabilities

## Let's Play – A game (not only) about sexuality

*Let's Play* is a game for 2-4 players. The game is to be prepared and conducted by a moderator. The game consists of four decks or cards with questions or tasks on them. These questions or tasks are supposed to be discussed or solved by the group of players. There is no winning or losing; rather, the aim of the game is improvement of socio-sexual skills. The game is based on the approach of peer support. The game can be adapted in terms of duration, difficulty, level of intimacy, and choice of topics to meet the needs of almost every group.

# THEORETICAL BACKGROUND

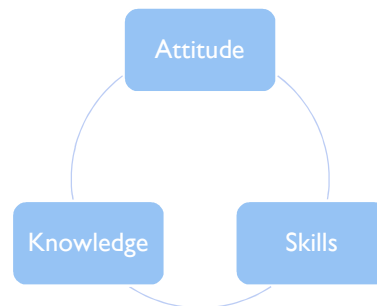
## Peer Support

Peer support is based on the idea that people who are similar in fundamental ways (peers) support themselves by sharing their knowledge and experiences, or by offering social or practical help. Their relationship is one of equality.

## What are Competences?

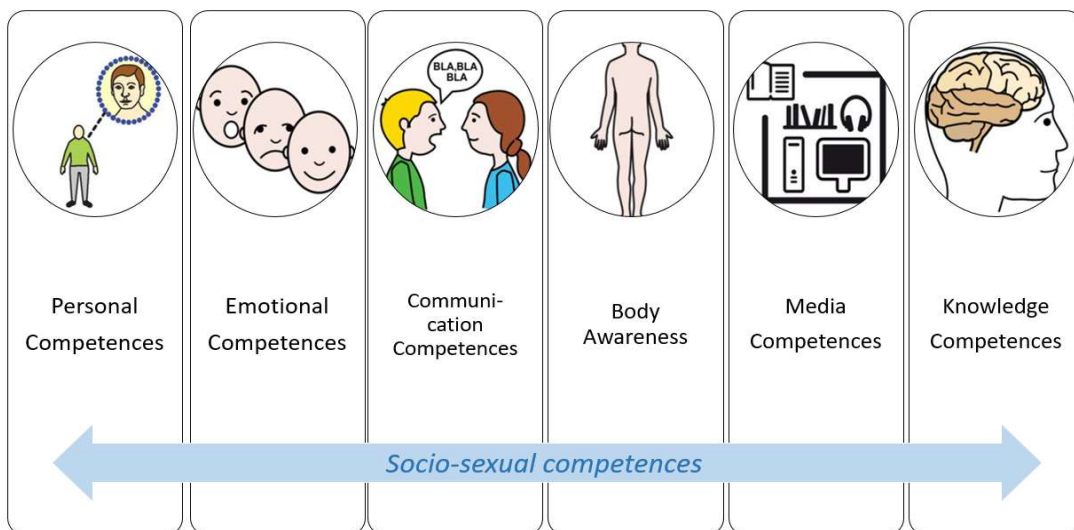
Competences are a cluster of knowledge, skills and attitudes, which help individuals to handle new situations and demands.

Competences can be improved lifelong.



## What are Socio-Sexual Competences?

Socio-sexual competences are competences that refer to one's own personality, social interactions, and sexuality.



Illustrations: <https://www.pictoselector.eu/>

**Personal competences** are based on self-reflection. This includes, amongst others, the ability to deal with oneself's biography, interests, wishes, fears, strengths, weaknesses, etc. Furthermore personal competences include one's ability to develop independent opinions and values in order to make responsible personal decisions.

**Emotional competences** are based on one's ability to recognize, interpret, and respond constructively to their own emotions as well as the emotions of others.

**Communication competences** refer to one's ability for constructive and conscious communication.

**Body awareness** refers to the knowledge that an individual has about his or her own body. It includes both the knowledge of the names, the location, and function of various body parts, as well as familiarity with one's own body.

**Media competences** are based on one's knowledge about different media and their ability to use media constructively. Furthermore, media competences include the ability to critically reflect on the role of media and its contents on oneself, others, and society.

**Knowledge competences** refer to the ability of gathering, critically examining, organizing and using information constructively.

# INSTRUCTIONS OF THE GAME

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## Before Playing – Information for the Moderator

This game requires a fair amount of preparation by the moderator. Before choosing the cards that the groups will use, it is important to consider the following facts:

### **Duration of the Game**

How long do you want to play? Is the group you want to play with in agreement? Furthermore, please consider the fact that some players may lose interest if the game is exceedingly long.

### **Topics**

Which topics do you want the group to talk about? Which topics do you *not* want the group to talk about? Please keep the personal experiences of the players in mind (e.g. if you know that a player has experienced sexual abuse and is still having problems coping with this experience, you may want to avoid this topic and prepare yourself to deal with it sensitively if the topic comes up anyways).

### **Composition of Players / Level of Intimacy**

Do the players know each other well? What are their relationships to one another (strangers/friends /cohabitants/co-workers/ex-couples)? Please consider the composition of players before choosing the cards you want to play with.

### **Level of Difficulty**

What do you know about the previous knowledge of the players? What do you know about their cognitive abilities? How do you rate the socio-sexual competences of the players? How do you rate their ability for self-reflection? How do you rate their ability to listen and respond to one another? Are there any players with physical disabilities (a consideration that is especially important for the pantomime cards)? If unsure, you might want to choose cards with a low level of difficulty in order to be certain that all players can handle the chosen questions and tasks. Moreover, if you notice that some of the questions are not challenging enough, you might want to raise the level of profundity during the discussion.

Please take some time to think about these points before choosing the cards you want to play with. As the moderator of the game, it is important to make sure that you have ample knowledge of the topics you want your group to discuss. This will enable you to facilitate and support valuable discussion while clarifying any gaps in the knowledge of your players. Of course, you cannot have an answer to every possible question, thus a basic knowledge is usually enough. If the players ask you any questions that you cannot answer, be honest in your uncertainty—nobody is perfect and nobody knows the answer to every question. Instead of skipping the question, consider brainstorming an answer together as a team. After collaborating, you can research the correct answer together as well. You will also find definitions of some words in the *TRASE Word Bank*.

### **Examples of How to Lead a Discussion (Moderator)**

Possible additional questions the moderator may ask:

Card: What do you like about your family?

- Who is part of your family?
- Where does your family live?
- How would you describe your mother?
- Do you have any brothers or sisters? Tell me about them!
- Do you have similar interests?
- Are your grandparents still alive?
- Do you like being an only child?

Card: Imagine planning a date for the person sitting to your left. What do you think would he/she like to do?

- Why do you think so?
- Was it difficult for you to answer the question? Why? Why not?
- How good do you know this person? For how long have you known them?
- Do you think the person likes dating?
- Question to the other players: What kind of date would you be planning for the person?
- Question to the person: Which idea did you like best? Why? Do you like dating? Why? Why not?

- Can you think of any other nice activities to do on a first date? What do you like about them?

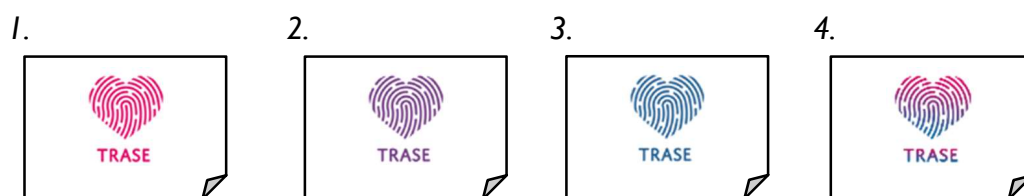
Pantomime Card: You are proposing marriage to someone.

- *Question to the other players:* How did you recognize that he/she is proposing marriage to someone?
- Why did you decide to act this way?
- Has anybody ever seen somebody proposing marriage to another person? Maybe in real life or on TV?
- How would you propose marriage to someone? Would you do it in private or in public?
- Do you think one can refuse the proposal? Why or why not? Can you think of a nice way to refuse a proposal?
- Do you think it is fair that many women expect their men to propose marriage?

## Playing Cards

The game consists of four different decks of cards.

1. Cards with a pink TRASE heart represent questions or tasks with a low level of intimacy.
2. Cards with a purple TRASE heart represent questions or tasks with a medium level of intimacy.
3. Cards with a blue TRASE heart represent questions or tasks with a high level of intimacy.
4. Cards with a multi-coloured TRASE heart represent pantomime cards. The player who draws a pantomime card is supposed to perform the term which is written on the card only by using gestures and facial expressions without the use of speech, and the other players are to guess the performed term.



There are six blank cards in all four categories which can be filled in with a player's own ideas or by the moderator if desired. Please try to keep the questions and tasks in plain language.

## How to Play the Game

1. Shuffle the cards which the moderator has chosen before playing.
2. Place the cards face-down on the table.
3. One player starts by taking a card. The question or task on the card is to be read aloud, either by the player or by the moderator. The other players listen carefully.
4. Now the player is to try to answer the question/accomplish the task.
5. The other players listen and try to support him or her if necessary. In the case of a pantomime card, the other players try to guess the action being performed.
6. Afterwards, the moderator may pass the question to the other players. The moderator might also ask additional questions in order to initiate a discussion. In case of missing knowledge, the moderator tries to motivate the players to solve the problem

collaboratively as a group. If necessary, the moderator may support the players by giving clues or explaining topics when the group gets stuck.

7. When the discussion is over the player puts the card in the discard pile.
8. The next player takes a card, and the sequence continues from Step 3 above.

The game is over when all of the cards are played.

*Important: The game is based on the level of comfort of the players. If a player does not feel comfortable answering a question or accomplishing a task, he or she does not need to play the card. Refusing a card should not be considered a sign of weakness. Instead, it should be regarded as a strength that the player recognizes his or her own personal limits.*

### After playing: Reflection

When the game is over the moderator may invite the group to reflect upon the game.

Therefore he or she may use the feedback form:



#### Possible questions to talk about:

1. How did you like the game? (Referring to the smileys)
2. What did you like? What did you not like?
3. How did you feel while playing the game (e.g. nervous, interested, embarrassed, confused, angry, etc.)? Why?
4. Did you like the questions? Why or why not?



## Further reading

Österreichisches Institut für Sexualpädagogik und Sexualtherapien (ISP) - Kostenwein, W., Weidinger, B. (2016): Sexualität als Thema in der Betreuung, Beratung und Begleitung von Menschen mit Behinderung, Wien.

Valtl, K. (2006): Sexuelle Bildung als neues Paradigma einer lernerzentrierten Sexualpädagogik für alle Lebensalter.  
[https://www.isp-dortmund.de/downloadfiles/Vortrag\\_Karlheinz\\_Valtl.pdf](https://www.isp-dortmund.de/downloadfiles/Vortrag_Karlheinz_Valtl.pdf)  
(As of: September 1, 2016).



**Name three things you like  
to do in your spare time.**



**Do you have an own TV?**



**Do you enjoy dressing up?**



**Do you have a favourite spot in your  
room/appartment/house?**





**Do you prefer having extroverted  
or introverted people around you?**



**Do you prefer listening  
to the radio or to music  
you chose by yourself?**



**Do you enjoy shopping?**



**Do you know how to cook?**





**How do you usually  
spend your weekends?**



**Are you interested in  
decorating your  
room/apartment/house?**



**Do you prefer to have  
a small or a big circle of friends?**



**Have you ever been on a plane?**





**Have you ever been on a ship?**



**Do you prefer weekends or weekdays ?**



**Do you enjoy petting animals?**



**Do you own a mobile phone?**





**What's your favourite  
day of the week?**



**Do you enjoy talking  
to your friends/family on the phone?**



**Where do you live?  
With whom do you live?**



**What do you want  
for you next birthday?**





**Do/did you have a pet?**



**Name three persons that are important to you.  
Why are they important to you?**



**What do you like about your family?**



**What do you like to eat?**





**What do you like to drink?**



**Where would you like to go on vacation?  
Why? With whom?**



**Do you prefer taking  
a shower or taking a bath?**



**Do you enjoy  
going to a hairdresser?**







**Are you afraid of doctors?**



**Which of your clothes do you like best?**



**Do you sometimes surf the internet?**



**Do you like looking at books / magazines?  
Do you like reading them?**





**Do you like listening to music?**



**Do you like watching TV?**



**Have you ever been to a concert?**



**Do you like going to the cinema?**





**Do you like to laugh?**



**Do you like surprises?**



**Do you enjoy getting gifts?**



**Do you enjoy making gifts?**





**Do you enjoy having birthday?**



**Do you like surprises?**



**Do you like romantic movies?**



**Do you remember your dreams  
after waking up?**





**What is the first thing you  
do after waking up in the morning?**



**Do you enjoy sleeping in?**



**At what time do you usually go to bed?**



**Which is your favourite season?**





**Tell us your favourite joke.**



**Do you enjoy watching horror films?**



**Do you enjoy watching comedy?**



**Are you rather tidy or untidy?**



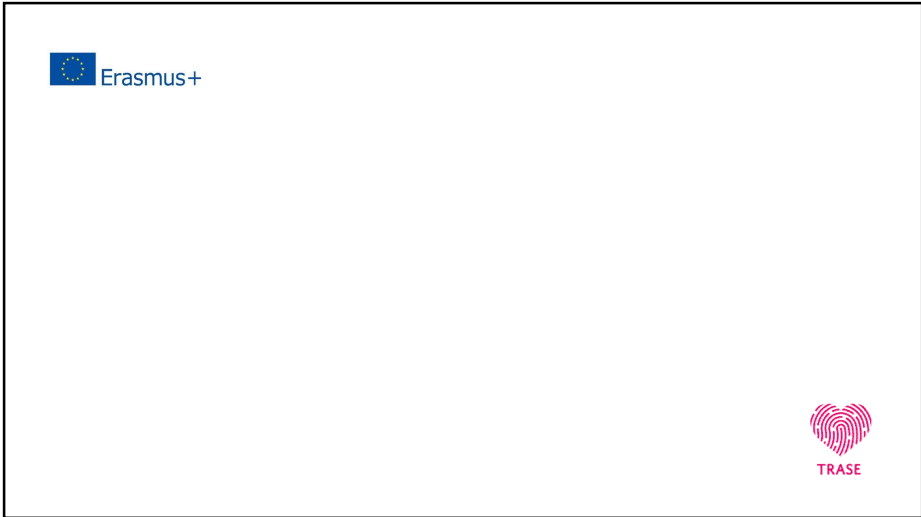
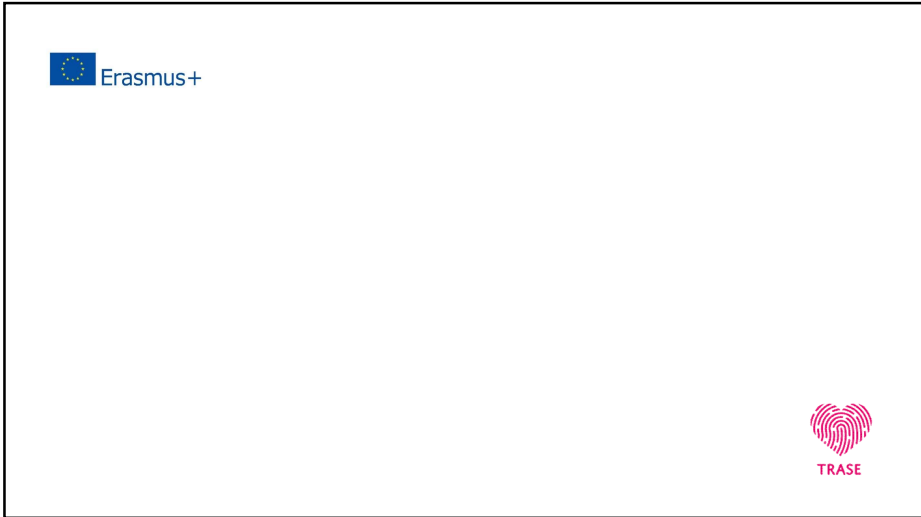


**Do you like being in company of others  
or do you prefer being alone?**

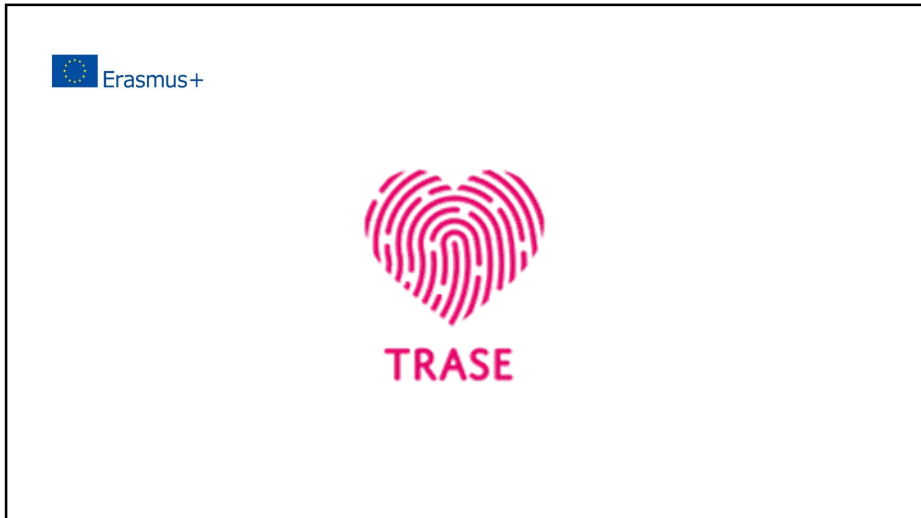
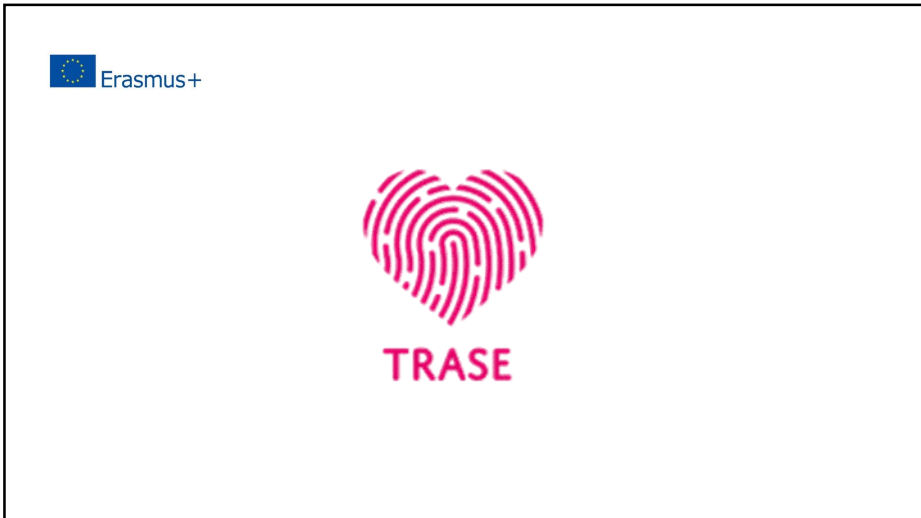
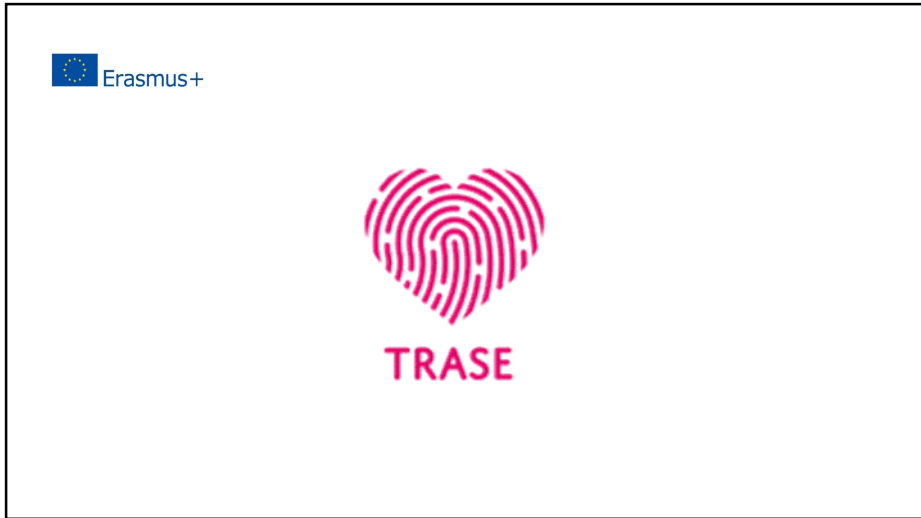


**Do you like going to school / work?**











**What is a pregnancy test?**



**How does a body  
change during pregnancy?**



**What is a  
sexually transmitted infection?**



**What is sexting?**





**Do you think it is possible  
to find a partner on the internet?**



**Do you think it is possible  
to find a partner by using  
a dating app?**



**Can you think of good places  
to get to know new people?**



**Name three places where  
one is not supposed to  
kiss somebody else.**





**What do you think other people like about you?**



**What are you good at?**



**Your friend is having a date tonight and asking you for an advice. What are you going to tell him/her?**



**Do you talk about private topics like love and sex with your family?**





**What do you like about yourself?**



**How do you feel when somebody  
is asking you questions  
about love and sexuality?**



**What is pubic hair?**



**You see two men kissing  
each other.  
What do you think?**





**What is stalking?**



**You see two women kissing  
each other.  
What do you think?**



**You see two persons kissing  
each other.  
What do you think?**



**What do you think  
about gay marriage?**





**What does homosexual mean?**



**What is masturbation?**



**What does transsexual mean?**



**Some people don't feel comfortable being naked.  
Can you think of any reasons why they don't like it?**





**What does intersexual mean?**



**What is the difference  
between a girl and a woman?**



**What is the difference  
between a boy and a man?**



**What is the difference  
between a girl and a boy?**







**What is the difference  
between a woman and a man?**



**What do you  
know about puberty?**



**Do you think there is something  
,typical female' or ,typical male'?**



**What is sperm?**





**Is privacy important to you?**



**What is an abortion /  
termination of pregnancy?**



**Can you think of reasons why it is  
important for women to have the  
right to have an abortion?**



**Some pregnant women decide to  
have an abortion / termination of  
pregnancy.  
Can you think of reasons for this  
decision?**





**Can you think of reasons  
why *abortion* is a difficult topic for  
many people?**



**What does ,having sex' mean?**



**Which parts of a body  
are often very sensitive?**



**What does  
,sex education' mean?**





**What does  
,sexual abuse' mean?**



**Can you think of reasons why gay  
couples want to get married?**



**Can you think of reasons why  
couples want to get married?**



**Compliment another player.**

*How did you feel?  
How did he/she feel?*





**Do you like getting compliments?**



**Do you like complementing  
other persons?**



**Do you enjoy wearing  
dresses and skirts?**



**Tell us a nice compliment.**





**Are you good at telling lies?**



**Did you ever notice that another person lied to you?**



**Do you think the feeling of being in love with a person can last for a lifetime?**



**What do you think about marriage?**





**Do you think it is possible to  
have more than one relationship  
at a time?**



**What are you afraid of?**



**Do you like getting  
touched by other persons?**



**What is jealousy?  
How does it feel?**





**What do you think:  
Is it ok to give  
away other people's secrets?**



**Are you good at keeping secrets?**



**What does it mean to be honest?**



**You are eating ice-cream with your partner.**

**He/she tells you:**

**„It's better for you to eat a small  
dish of ice-cream. You have become  
quite fat.“**

- **What do you think?**
- **How do you react?**







**Your partner wants to go  
on vacation with a friend.  
How do you react?**



**You are seeking a partner.  
Do you want him/her to be similiar to you?  
Or are you looking for a person that is very  
different from you? Why?**



**Are you planning to have  
an own family/children?**



**Are you pleased with your body?**





**Have you ever been in love?**



TRASE



**What does being an adult mean  
(to you)?**



TRASE



**From which age are people grown-up?**



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**How would you describe  
your character?**

(If necessary you may ask  
other players to help you)



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**Would you like to work as a model?**



**Do you snore sometimes?**



**How would you describe  
your appearance to a person  
who doesn't know what you look like?**



**Do you enjoy looking  
at yourself in a mirror?**





**What does „dating someone“ mean?**



**You accompany your partner on a party.  
He/she is talking to a stranger.  
You have the feeling, that they are flirting.**

- What do you think?
- How do you react?



**What is flirting?**



**You are having a date at the cinema.  
Who is supposed to pay for the tickets and the popcorn?**

- a) Everybody is supposed to be for him-/herself
- b) The taller person is supposed to pay.
- c) One person is supposed to pay for the tickets. The other person is supposed to pay for the popcorn.
- d) The person who asked the other person for a date is supposed to pay.





**Imagine planning a date for  
the person sitting to your left.  
What do you think he/she  
would like to do?**



**What do you think:  
Why could someone fall in love  
with the person sitting to your right?**



- After an argument...**
- a) you tend to be angry for a long time.
  - b) you need some time for yourself.
  - c) you are usually not feeling good.
  - d) you like to listen to music.
  - e) it is easy for you to forgive the other person.
  - f) everything is normal for you.



**Do you think it is ok to  
hide a secret from your partner?**





**Do you enjoy flirting?**



**Do you tend to be jealous?**



**Would you enjoy seeing  
your partner everyday?  
Or do you prefer seeing  
him/her less frequently?**



**Do you believe in love at first sight?**





**Is your partner allowed to be friends with his/her ex-partner?**



**Do you think it's possible to stay friends after a breakup?**




**While you are going for a walk you see an attractive person.  
You want to get to know him/her. What are you going to do in order to get to know him/her?**




**What are you not good at?**






Erasmus+


**Do you believe in a God?**




TRASE




Erasmus+




TRASE




Erasmus+



TRASE

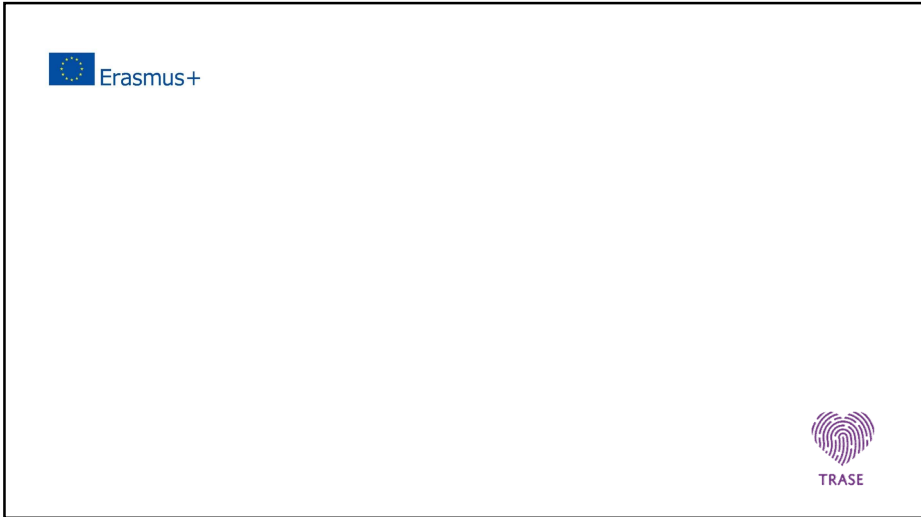


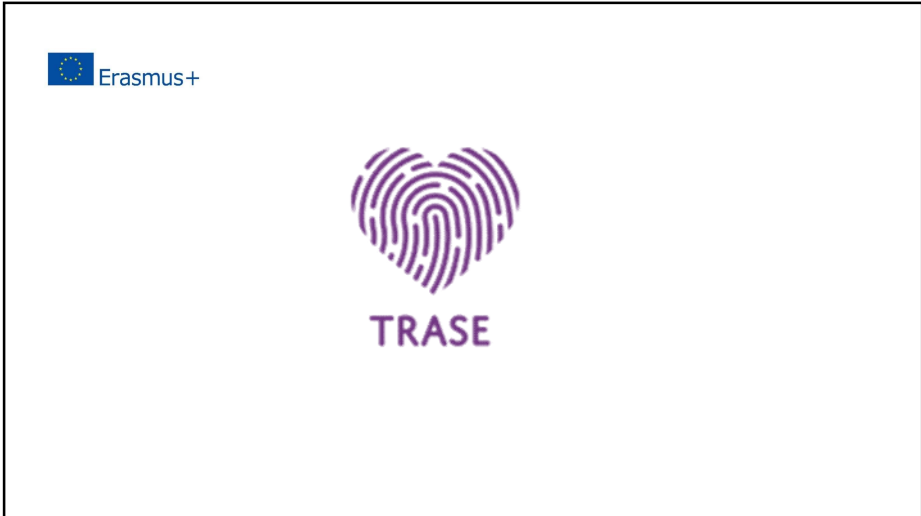
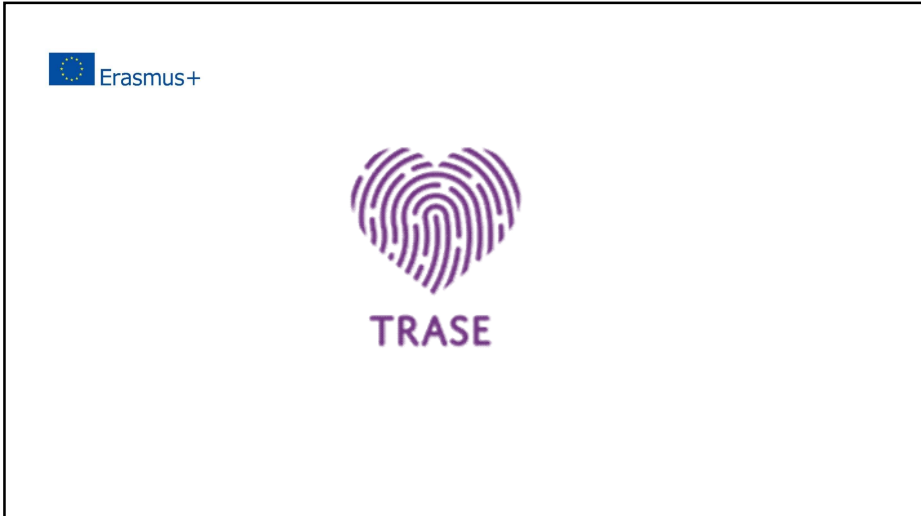
Erasmus+



TRASE







**Did you ever watch porn?**



**Do you enjoy  
wearing sexy underwear?**



**Do you enjoy  
wearing sexy clothes?**



**Which parts of your  
body are very sensitive?**





**When was the last  
time you cried?  
Why did you cry?**



**When was the last time  
you were really angry?  
Why were you angry?**



**Is it easy for you  
to trust other persons?**



**When was the last time someone  
disappointed you?  
What happened?**



**When was the last time  
you saw an attractive person?  
What did you like about him/her?**



**Do you know any other  
words one can use  
instead of the term ,penis'?  
Which one do you use?**



**Do you know any other  
words one can use  
instead of the term ,vagina'?  
Which one do you use?**



**Have you ever seen a penis?**



**Have you ever seen a vagina?**



**Have you ever  
seen a stiff penis?**



**Why do penises  
sometimes become stiff?**



**How can you notice that  
a male person is sexually aroused?**



**How can you notice that a female person is sexually aroused?**



**Some people moan when they are sexually aroused.  
Do you like that or do you feel uncomfortable hearing it?**



**Have you ever heard another person moaning because he/she was sexually aroused?**



**Have you ever used contraception?**



**Why could contraception  
be important to you?**



**Have you ever bought condoms?**



**Have you ever seen a condom?**



**Have you ever  
been to a gynaecologist?**







**Do you sometimes  
think about getting pregnant?**



**What do you  
know about condoms?**



**What do you know  
about the birth control pill?**



**What do you know  
about the morning-after pill?**





**Can you imagine shooting  
erotic pictures of yourself?**



**How can you protect  
yourself from  
sexually transmitted infections?**



**Can you imagine shooting  
an erotic film of yourself?**



**Do you like looking  
at erotic pictures?**



**Have you ever done ,sexting‘?**



**Have you been  
on a dating website?**



**Have you ever  
used a dating app?**



**What do you find sexy?**





**Have you ever  
received a love letter?**



**Have you ever  
written a love letter?**



**Have you ever broken up  
with a partner?**



**Do you shorten/shave  
your pubic hair?  
Or do you prefer  
it to be natural?**



**Name three places  
where one is allowed to have sex.**



**Your partner tells you that he/she  
kissed another person.  
How do you react?**



**How do you feel?**

- a) Female
- b) Male
- c) Both
- d) Neither



**Name three places  
where one is not supposed  
to have sex.**





**Can you imagine falling  
in love with a person  
who is much younger than you?**



**Have you ever been love sick?**



**Can you imagine falling  
in love with a person  
who is much older than you?**



**Have you ever frenchkissed?**





**If you were able to choose  
genitals for your body.  
Which ones would you choose?**



**Did you ever fall in  
love with a person who  
was in a relationship?**



**Do you like frenchkissing?**



**Have you ever been  
cheating on a partner?**



**Have you ever masturbated?**



**Do you sometimes masturbate?**



**Do you think it is ok to think about  
other persons than the own partner  
while masturbating?**



**Do you like being naked?**







**How did your body change  
when you became an adult?**



**Do you enjoy slow dancing  
with another person?**



**Some people tend to fall in love with  
women. Other people tend to fall in love  
with men. Some people say that they don't  
care about the sex/gender of others.  
What about you?**



**Can you describe what  
sperm looks / smells / tastes like?**





**Did you ever take a closer look at  
your genitals?**



**Do you think the size  
of a penis is important?**



**Do you think the size  
of breasts is important?**



**Do you think it is ok  
to watch porn even if  
you are in a relationship?**



**Do you think it is ok  
to flirt with another person  
than your partner?**



**Do you sometimes try to imagine  
how other people look like when  
they are naked?**



**Your partner asks you  
to watch porn with him/her.  
How do you react?**



**Your partner asks you to take  
pictures of you being naked.  
How do you react?**



**Do you know other words for the  
term ,menstruation‘?  
Which one do you use?**



**Is it ok for you  
to have sex with someone  
even if one is not in love with  
him/her?**



**Is it ok for you  
to kiss someone  
even if one is not in love with  
him/her?**



**Is it ok for you  
to snuggle with someone  
even if one is not in love with  
him/her?**



**Name three reasons  
why you would  
break up with a partner.**



**Is ,love‘ an  
important topic to you?**



**Is ,sex‘ an  
important topic to you?**



**Do you sometimes  
feel lonely?**



**You are watching a film where two people are having sex. How do you feel about watching them?**



**A colleague is showing you a picture of his penis on his smartphone. How do you react?**



**Ask another player if you are allowed to stroke his forearm using a feather. If the person agrees, take at least one minute and try stroking the forearm by using different techniques (slow, fast, zig-zag, circles...).**

*How did you feel?*

*How did the other person feel?*



**Do you usually talk about sex?  
With whom?**





**Ask another player for a date.**  
*(...of course just for fun.)*

*How did you feel?*  
*How did he/she feel?*



**Have you ever asked  
someone for a date?**



**Have you ever been on a date?**



**Which kind of kisses  
do you like the best?**





**Do you enjoy sharing your bed with  
another person?  
Or do you prefer sleeping alone?**



**What do you know about oral sex?**



**Have you ever confessed  
your love to someone?**



**Has another person ever  
confessed his/her love to you?**





**Your partner asks you to touch  
his/her genitals.  
How do you react?**



**A colleague asks you  
to touch his/her genitals.  
How do you react?**



**Your cousin asks you  
to touch his/her genitals.  
How do you react?**



**What do you know about anal sex?**



**Have you ever fallen in love  
with two persons at the same time?**



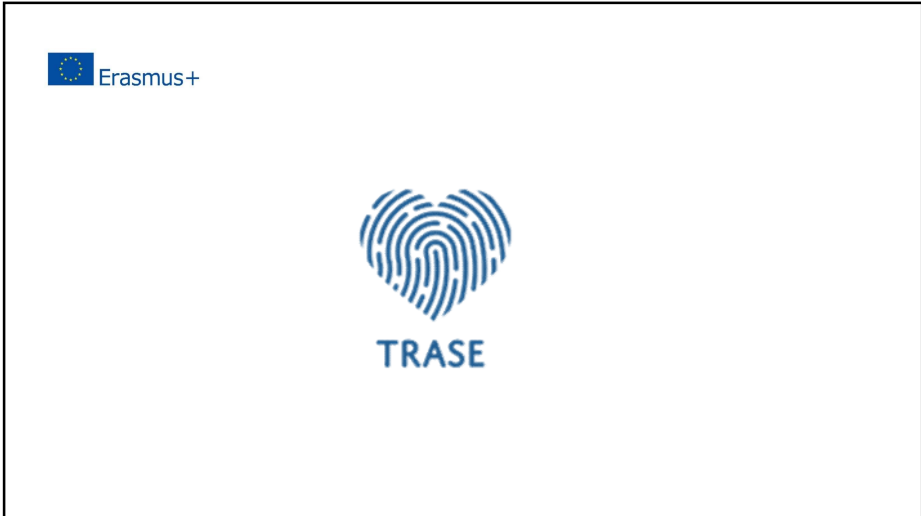
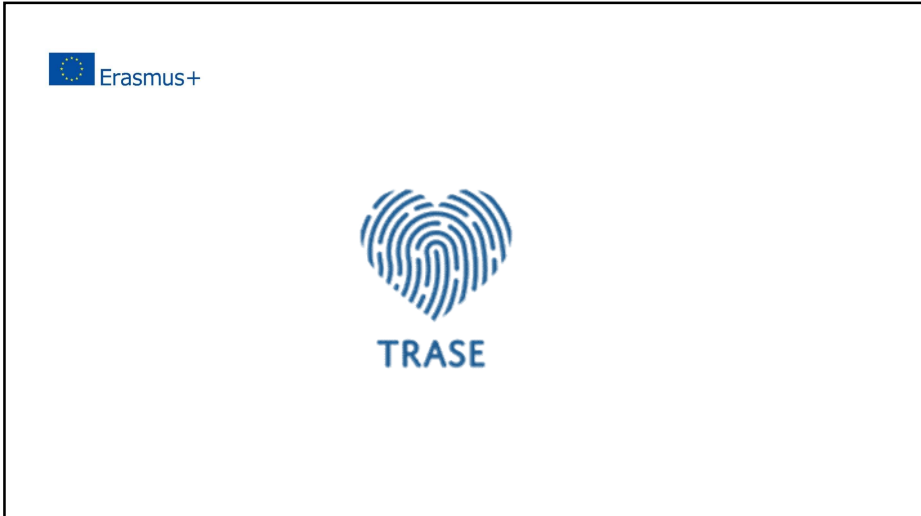
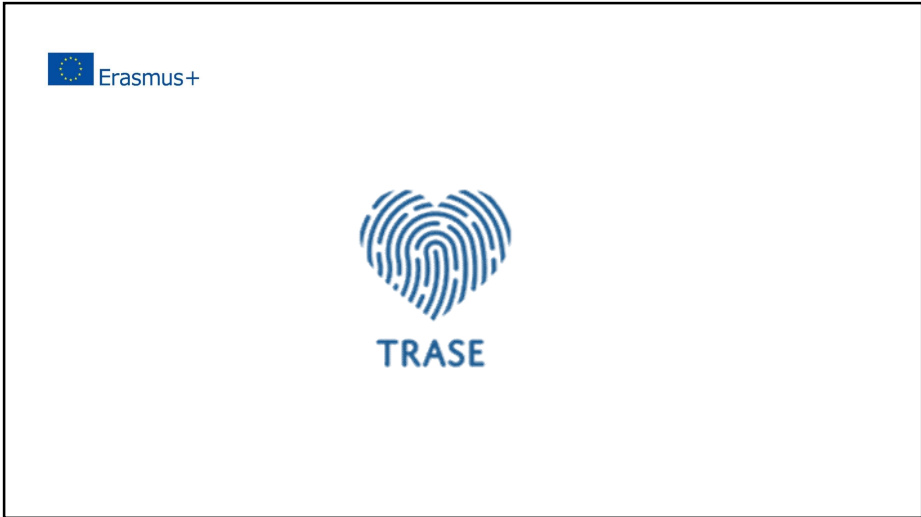
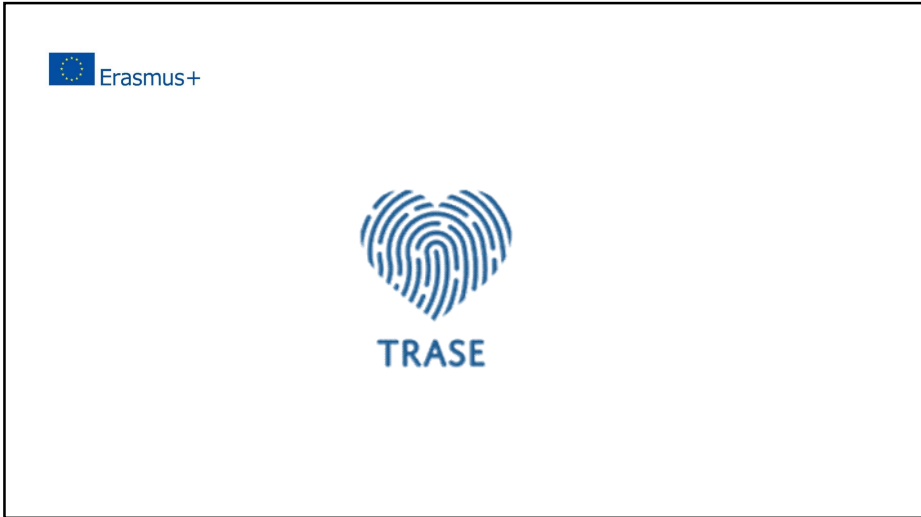
**Have you ever been dating  
two persons at the same time?**



**What do you find sexy?**









**You are sad.**



**You are nervous.**



**You are happy.**



**You are confused.**





**You are angry.**



**You are sceptical.**



**You are frightened.**



**You are very self confident.**





**You are not very self confident.**



**You are cold.**



**You are warm.**



**You are tired.**





**You are hungry.**



**You are embarrassed.**



**You are shy.**



**You are frightened because  
you feel like someone is  
following you.**







**You are petting a cat.**



**You are getting a love letter.**



**You are drunk.**



**You are consoling someone.**





**You are taking  
the birth control pill.**



**You are putting  
a condom on your penis.**



**You are putting on a bra.**



**You are smelling  
something unpleasant.**





**You are falling in  
love with someone.**



TRASE



**You are proposing  
marriage to someone.**



TRASE



**You are pregnant.**



TRASE



**You are dancing.**



TRASE



**You are getting married.**



**You are lovesick.**



**You are in a good mood.**



**You are in a bad mood.**





**You are flirting with someone.**



**You are smelling a fragrant flower.**



**You are disgusted by something.**



**You are opening  
a present you really like.**





**You are putting make up on.**



**You are shaving your face.**



**You are shaving your legs.**



**You are breastfeeding your baby.**



**You are having an orgasm.**



**You are having an erection.  
You are trying to hide it.**



**You are peeing sitting down.**



**You are peeing standing up.**





**You are pregnant  
and being in labour.**



**You are frenchkissing someone.**



**You are sneaking.**



**You are sneaking  
in order to scare someone.**







**You are laughing at someone.**



**You are smiling.**



**You are crying.**



**You are taking a shower.**



**You are brushing your teeth.**



**You are having a cold.**



**You have to pee urgently.**



**Someone touched you.  
You want him/her to stop.**





**You are having  
an argument with someone.**



**You are stripping.**



**You are offended.**



**You observe yourself in a mirror.**



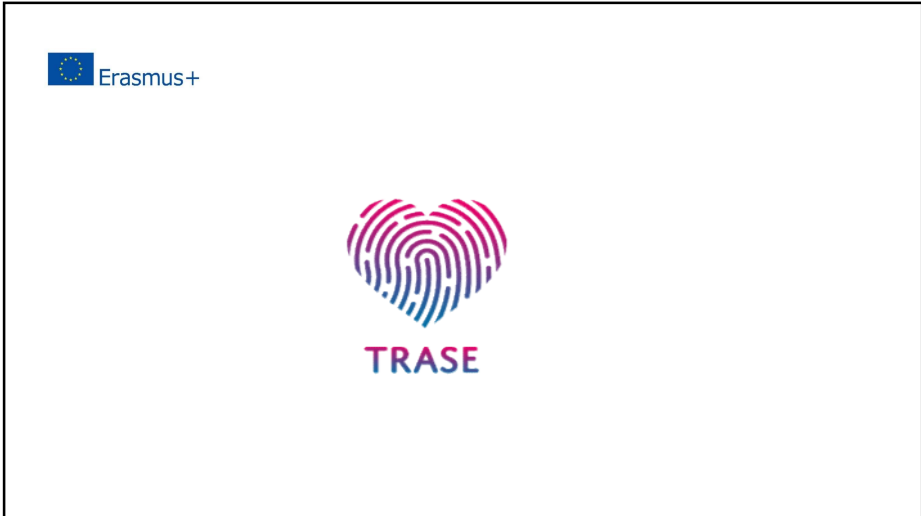
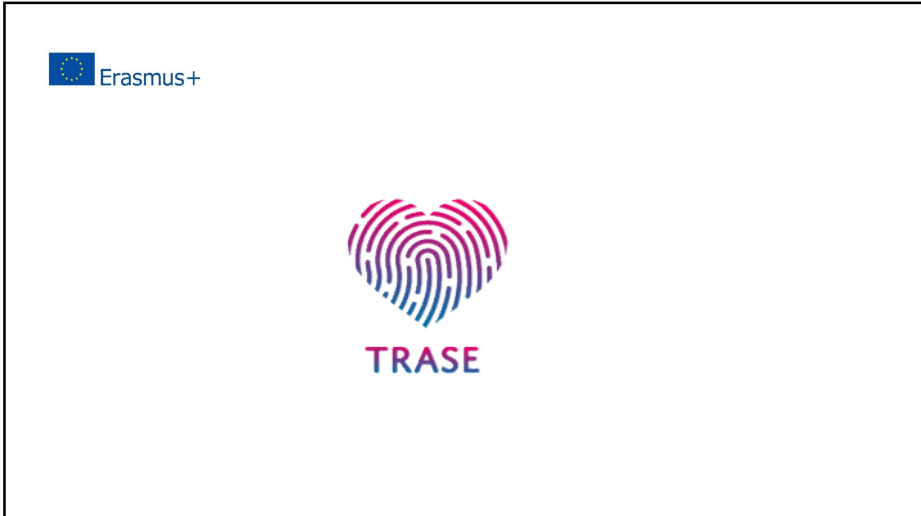
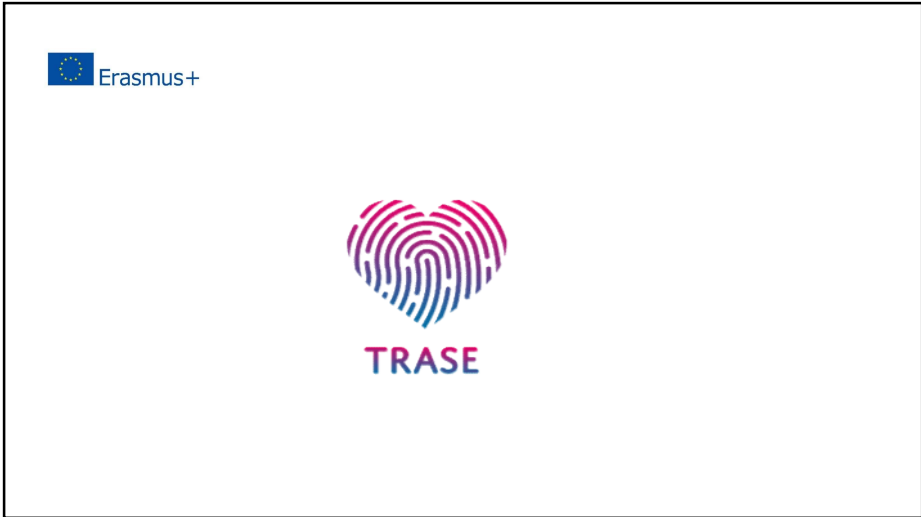
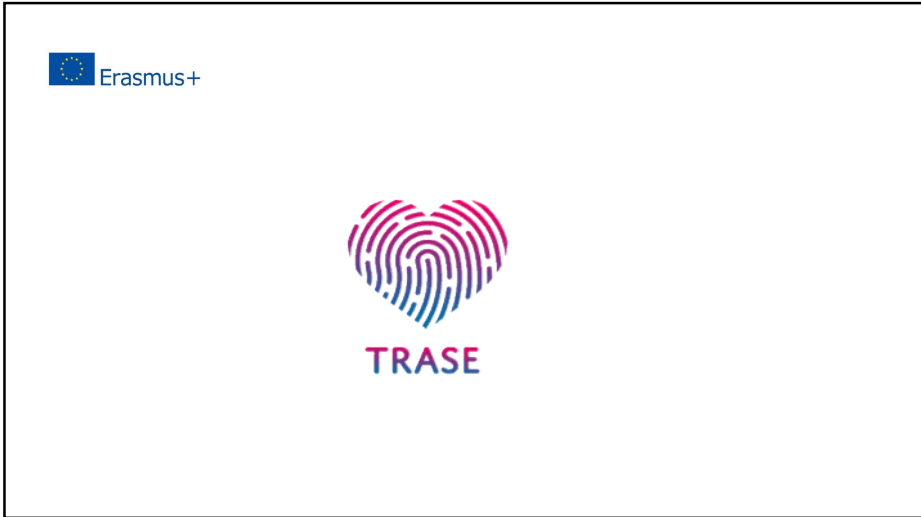
**You are meeting a friend you  
haven't seen for a long time.**



**You are in a hurry.**









## **Feedback**

1. How did you like the game?
2. What did you like? What did you not like?
3. How did you feel while playing the game (e.g. nervous, interested, embarrassed, confused, angry, etc.)? Why?
4. Did you like the questions? Why or why not?