



**PY
BC**

**PLAY YOUR
BEST CARD**

**Facilitators'
Instructions**

Facilitator help sheet

PLAY YOUR BEST CARD supports you to have open conversation with young people in a fun, team-based game that inspires them to think critically about scenarios they may find themselves in.

These cards have been created and developed with young people and those working with young people to include challenges and characters that feel relatable and realistic. Scenarios that they will explore include alcohol, drugs, relationships and peer pressure.

Objectives of PLAY YOUR BEST CARD

The objectives of this game are to:

- ❑ encourage conversation about issues and scenarios that are going on for young people right now
- ❑ inspire critical thinking so young people can explore practical ways of dealing with situations, both good and bad
- ❑ help young people understand their personal values and build confidence around what these mean for their decisions
- ❑ raise awareness of youth organisations that they can reach out to when they need help.

PLAY YOUR BEST CARD

A game created with teenagers for teenagers. PLAY YOUR BEST CARD is a story-based card game, exploring situations and challenges that they can face as teenagers, the ways that they can respond and how they can support each other too.

If you want advice or information on health topics contact: pybc@hpa.org.nz

Before you begin

To get the most out of this game, here are a few suggestions in setting up the best environment:

- ❑ Prepare for your session by seeking out best practice advice on the topics that you think may come up, or on topics that you intend to focus the session on.

For example:

- for alcohol visit: alcohol.org.nz
- for mental health visit: commonground.org.nz/common-advice/
- for general advice visit: youthline.co.nz/info-zone

- ❑ Start by creating a safe and chilled-out space – begin with small talk, introductions, icebreakers and agreeing on some rules as a group to create a judgement-free space.
- ❑ Consider allowing young people to self-select teams – it may help them feel more comfortable to speak their minds.
- ❑ If you're in a classroom – think about how you might change the set up so it feels more comfortable and less like a class, eg rearranging chairs into circles, moving the desks out of the way.
- ❑ Think about timings for your game. For Scene Setters, give them a limit of between 2 and 5 minutes to create their story. For Responders, allow a similar amount of time to consider their response.
- ❑ During the game, actively facilitate through questions, discussion and reinforcing the need to respect each other's opinions, to create sensible, safe and engaging conversations that bring an emotional understanding to the game (see some of the suggested prompts).

- ❑ Make sure you give the time to do a proper closing after the game. Ask them talk about how they've felt, what they've learnt and what they'll take away.
- ❑ You may wish to explore some of the additional questions and take-home pamphlet to help encourage young people to think what they've learnt from the game.

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After each round

After a scenario is created and the winner of the round has been chosen, it will be important to discuss the decision making and what this means. Some helpful prompts could include:

- ❑ How would you respond in real life?
- ❑ Why did you choose that action as a response?
- ❑ What do you feel is important for people to do in these situations?
- ❑ How did you feel when you were trying to think of the best action to take?

Things to know:

- ❑ Allow at least 10 minutes per round for quick play or allocate more time if feasible
- ❑ You need at least 3 players for each game.

Refer to the instruction sheets for how to play the game.

Introducing the game

To help you ease into the game, here is a suggested introduction you can go through with your group.

Today we're going to play an awesome game that was created with teenagers like yourselves.

Before we begin, let's set some ground rules for how we want to play this game.

During the game people will be giving their opinions about how they feel in different situations and what they would do. So it's really important that we make sure everyone feels safe and has fun today.

What are some other ways that we can make everyone feel safe to speak their mind today?

- ❑ One person speaking at a time
- ❑ Listening
- ❑ Respecting and not judging others opinions
- ❑ Keeping an open mind
- ❑ Let ourselves be playful and have fun

To play this game, we're going to work in groups.

We're going to use the PLAY YOUR BEST CARD set to create stories about things that could happen in real life to other young people like you.

One team will be the Scene Setters. You will be the story creators and have a character card, setting card, disrupter card and feels card to help you create the story together.

You will have up to 5 minutes to work together to make your story before you have to present it to the other team.

The others in your group will be the Responders. You will each get to randomly pick 3 to 4 actions. Once you've heard the story, you will get 3 minutes to decide what would be the best response for the main character in the story.

You will each present your response to the Scene Setters with your reasons for choosing that action.

Scene Setters – you'll get 1 minute to deliberate and decide which Responder chose the best action to take. Whoever is chosen wins the round!

It's important to remember that there are a range of settings and scenarios that can be created.

This is a chance for you to explore situations you may not have been in before and what you would do and how you would feel if you were there.