

Taboo—Sexual & Mental Health

Purpose

- Practice saying sexual and mental health vocab terms
 - Encourage using gender neutral language for anatomy
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Materials

- 1 set of 38 Taboo cards
 - 20 mental health terms
 - 18 sexual health terms
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Game Play

- Each participant draws a taboo card that was upside down on the table
- They have to give clues to their peers to help them guess the vocab term, but they can't say the words written on the card
 - Encourage participants to do the card they pick up, even if they are embarrassed
 - If they say the word on the card, that card is null and they have to say the term and end their turn
 - Offer suggestions when people use gender specific language for anatomy parts, or if they define anatomy by sexual activities
 - For example, if someone says, "This is where a guy pees from", you can add, "Yes! And not just guys have this body part, and not all guys have this body part."
 - Discourage use of negative stigmas
 - For example, if someone says "This is what people do when they are crazy" you can say "This is actually a very common thing that many people do, it doesn't mean that there is anything wrong with them or that they are 'crazy'" or "let's try to not use the word 'crazy' when we are talking about mental health"
- The participant who guesses correctly wins that round
- For the interest of time and interacting with all activities, let each participant give clues for a maximum of 5 cards

Stay mindful:

- Do not gender anatomy! Avoid saying, “This is where the guy pees from” or “This is where girls have sex”, etc.
 - By not gendering anatomy, we are showing respect to trans, gender non-conforming, intersex, and non-binary folks
 - Body parts don’t have genders; people do
- Similarly, do not refer to body parts by their potential sexual use. For example, do not say, “This is where a penis goes.” Sex is just one potential use of the body, and there is a range of potential sexual activities with body parts.
- Avoid using mental health stigmas and hurtful descriptions

Help them guess:

Condom

But you can't say:

Protection
Rubber
Trojan

Help them guess:

Relationships

But you can't say:

Hanging out
Dating
Connection

Help them guess:

Consent

But you can't say:

Permission
Yes
Talking

Help them guess:

Masturbation

But you can't say:

Touch
Self
Solo

Help them guess:

Birth Control

But you can't say:

Baby
Pregnancy
Prevent

Help them guess:

Sexually Transmitted Infection

But you can't say:

Burns
Test
Catch

Help them guess:

Pleasure

But you can't say:

Orgasm
Feeling
Good

Help them guess:

School Based Clinic

But you can't say:

Health
Therapy
Appointment

Help them guess:

Vagina

But you can't say:

Period
Birth
Inside

Help them guess:

Pregnancy

But you can't say:

Nine
Baby
Uterus

Help them guess:

Sperm

But you can't say:

Cum
Ejaculate
Semen

Help them guess:

Egg

But you can't say:

Ovary
Baby
Chicken

Help them guess:

Safer Sex

But you can't say:

Condom
Birth Control
Protection

Help them guess:

Period

But you can't say:

Cycle
Blood
Month

Help them guess:

Erection

But you can't say:

Penis
Hard
Boner

Help them guess:

Lube

But you can't say:

KY
Slippery
Wet

Help them guess:

Clitoris

But you can't say:

Vulva
Pleasure
Labia

Help them guess:

Penis

But you can't say:

Erection
Sperm
Shaft

Help them guess:

Brain

But you can't say:

Head
Think
Mind

Help them guess:

Mindfulness

But you can't say:

Calm
Therapeutic
Technique

Help them guess:

Feelings

But you can't say:

Emotion
Heart
Stomach

Help them guess:

Behavior

But you can't say:

Action
Attitude
Performance

Help them guess:

Therapy

But you can't say:

Talk
Counseling
Treatment

Help them guess:

Counseling

But you can't say:

Advise
Guide
Help

Help them guess:

Self Care

But you can't say:

You
Practice
Help

Help them guess:

Medication

But you can't say:

Pills
Swallow
Take

Help them guess:

Breathe

But you can't say:

Lungs
Calm
Mouth

Help them guess:

Coping

But you can't say:

Struggle
Deal
Solve

Help them guess:

Talking

But you can't say:

Counseling
Therapy
Communicating

Help them guess:

Anxiety

But you can't say:

Nervous
Stress
Worry

Help them guess:

Support

But you can't say:

Help
Friend
Comfort

Help them guess:

Crisis

But you can't say:

Intense
Emergency
Extreme

Help them guess:

Stress

But you can't say:

Pressure
Anxious
Common

Help them guess:

Depression

But you can't say:

Sad
Down
Upset

Help them guess:

Grief

But you can't say:

Death
Loss
Mourning

Help them guess:

Recovery

But you can't say:

Help
Process
Improve

Help them guess:

Addiction

But you can't say:

Craving
Drugs
Habit

Help them guess:

Stigma

But you can't say:

Rumor
Gossip
Shame