Taboo—Sexual & Mental Health

Purpose

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

Materials

• 1 set of 38 Taboo cards
  o 20 mental health terms
  o 18 sexual health terms

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
  o Encourage participants to do the card they pick up, even if they are embarrassed
  o If they say the word on the card, that card is null and they have to say the term and end their turn
  o 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.”
  o 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:

**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:

**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:

**School Based Clinic**
But you can’t say:
Health
Therapy
Appointment

Help them guess:

**Birth Control**
But you can’t say:
Baby
Pregnancy
Prevent

Help them guess:

**Vagina**
But you can’t say:
Period
Birth
Inside

Help them guess:

**Egg**
But you can’t say:
Ovary
Baby
Chicken

Help them guess:

**Sperm**
But you can’t say:
Cum
Ejaculate
Semen

Help them guess:

**Erection**
But you can’t say:
Penis
Hard
Boner

Help them guess:

**Period**
But you can’t say:
Cycle
Blood
Month
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:

**Coping**
- But you can’t say:
  - Struggle
  - Deal
  - Solve

Help them guess:

**Talking**
- But you can’t say:
  - Counseling
  - Therapy
  - Communicating

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:

**Counseling**
- But you can’t say:
  - Advise
  - Guide
  - Help

Help them guess:

**Self Care**
- But you can’t say:
  - You
  - Practice
  - Help
<table>
<thead>
<tr>
<th>Help them guess:</th>
<th>Help them guess:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Support</strong></td>
<td><strong>Crisis</strong></td>
</tr>
<tr>
<td><em>But you can’t say:</em></td>
<td><em>But you can’t say:</em></td>
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<tr>
<td>Help</td>
<td>Intense</td>
</tr>
<tr>
<td>Friend</td>
<td>Emergency</td>
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<tr>
<td>Comfort</td>
<td>Extreme</td>
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<tr>
<td>Help them guess:</td>
<td>Help them guess:</td>
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<tr>
<td><strong>Stress</strong></td>
<td><strong>Depression</strong></td>
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<tr>
<td><em>But you can’t say:</em></td>
<td><em>But you can’t say:</em></td>
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<tr>
<td>Pressure</td>
<td>Sad</td>
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<tr>
<td>Anxious</td>
<td>Down</td>
</tr>
<tr>
<td>Common</td>
<td>Upset</td>
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<td></td>
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<tr>
<td>Help them guess:</td>
<td>Help them guess:</td>
</tr>
<tr>
<td><strong>Grief</strong></td>
<td><strong>Recovery</strong></td>
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<tr>
<td><em>But you can’t say:</em></td>
<td><em>But you can’t say:</em></td>
</tr>
<tr>
<td>Death</td>
<td>Help</td>
</tr>
<tr>
<td>Loss</td>
<td>Process</td>
</tr>
<tr>
<td>Mourning</td>
<td>Improve</td>
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<tr>
<td>Help them guess:</td>
<td>Help them guess:</td>
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<tr>
<td><strong>Addiction</strong></td>
<td><strong>Stigma</strong></td>
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<tr>
<td><em>But you can’t say:</em></td>
<td><em>But you can’t say:</em></td>
</tr>
<tr>
<td>Craving</td>
<td>Rumor</td>
</tr>
<tr>
<td>Drugs</td>
<td>Gossip</td>
</tr>
<tr>
<td>Habit</td>
<td>Shame</td>
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