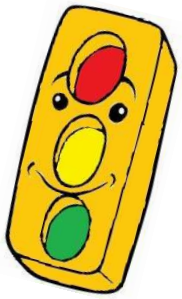

STOP, GO, OR MAYBE SO!

A GAME TO EMPOWER EMOTIONS AND INCREASE AWARENESS OF SEXUAL ASSAULT

Activity Package

Developed by Ashling Ligate, Public Educator
Sexual Assault Support Centre of Waterloo Region
For Sex Esteem: Developing Sexuality Confidence Conference
Organized by the Sexual Health & Developmental Disabilities Committee of Waterloo Region

Key Contacts:

Ashling Ligate
Public Educator
Sexual Assault Support Centre of Waterloo Region
201-151 Frederick St., Kitchener, ON N2H 2M2
Office: (519) 571-0121
Email: ashling@sascwr.org Web: www.sascwr.org

Karen Klee B.Sc, RN
Health Care Consultant
Developmental Services Access Centre (Waterloo Region)
1120 Victoria Street North, Suite 205, Kitchener, ON N2B 3T2
519-741-1121
Email: k.klee@on.aibn.com Web: www.dsac-wr.com

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"Stop, Go, or Maybe So!"

Facilitator's Note:
The following activity outlines are meant to be used as ***guidelines****. It is encouraged that facilitators adapt or change these activities to suit their specific context and needs.*

Facilitator's Note:
It is strongly suggested that the facilitator(s) ***participate*** *in the activities throughout the workshop. This is not meant to sway the rest of the participants but rather to encourage interaction and safe sharing.*

MATERIALS

- Large stoplight image up on wall
- Two markers (one red, one green)
- Poster paper or writing board
- Four boxes filled with picture cards* (*WHO, WHAT, WHEN, WHERE*)
- One laminated stoplight sheet for each participant*
- One laminated stick figure card for each participant*

**These resources can be found in the appendix*

RULES

Facilitator's Note:
Read out these rules aloud to the group. Make sure to answer any questions or clarify the rules so that everyone can understand why each rule is important.

1) Sharing our sad stories with other people can help us to understand things that have happened in our lives. If you would like to share a sad story, you can do so after the workshop with your support person or with one of the workshop facilitators. Please do no share personal sad stories during the workshop.
2) During the workshop, if you are reminded of a sad story or think that you would like to talk some more about something that is mentioned, write or

ask someone to help you write down your story or question. Place that written note in your personal envelope so that you can go back to your questions or stories later with someone you trust.

3) Whatever we share in the workshop space is private. You can share what you learned in the workshop with other people but do not share what anyone else in the workshop said or did. Other people's stories belong to them and we respect their privacy.
4) Are there any other rules that you would like the group to follow so that you can feel safe and excited to play the game?

INSTRUCTIONS

Facilitator's Note:
The following activities invite participants to consider negative feelings and potentially unsafe situations. It would be in the best interest of the ***group's safety*** *for the facilitator to offer participants a way to remove themselves from the activity if they find themselves being triggered or feeling very uncomfortable.*

Part One: "Yes" Feelings and "No" Feelings [20 MIN.]

(Inspired by the Feeling Yes, Feeling No Guide produced by the NFB)

Goals:

- To encourage us to listen to our feelings
- To help us to identify the difference between yes and no feelings

Facilitator's Note:
It is important to distinguish feelings as "yes" and "no" rather than "good" or "bad," especially in a context of addressing and preventing sexual assault. You may want someone to stop doing something to you, ***even if it feels good*** *or you feel a mix of both pleasant and unpleasant sensations.*

1) Share with participants the goals of the activity.
2) Ask participants "What are some different kinds of touch between people?" Write these answers on the board in one colour.
3) Ask participants to think of a time when they were touched in a way that they really liked. Ask them to keep this thought to themselves and

remember the feeling they had inside when they were touched in this way. Invite them to share a word that represents this feeling. Write these feeling words on the board with a green marker.

4) These feelings can be called *yes* feelings and tell us that we feel comfortable. When we feel these things, we are in a *green light zone*, meaning that we feel safe and happy. Write "Yes Feelings" above this list.
5) Ask similar questions to gather a list of "No Feelings" and record participant answers with a red marker. When we feel *no* feelings, we are in a *red light zone*, meaning that we feel unsafe and scared or anxious. Write "No Feelings" above this list.
6) Summarize the activity. Leave the lists visible throughout the rest of the workshop.

Part Two: Stoplight Game [35 MIN.]

Goals:

- To prepare us to be able to respond to a situation we might experience in the future
- To help us to think through pretend situations and think about how we might respond to different feelings
- To realize that everyone is different by listening to how other people would respond to a situation
- To remind ourselves that our feelings are powerful and that we have the right to listen to and make healthy decisions based on our feelings

1) Share with the participants the goals of the activity.
2) Introduce participants to the concept of the stoplight by referring to the large image of a stoplight hanging on the wall. Each colour represents a feeling: RED = 'no' feelings; YELLOW = unsure, maybe a bit of both 'yes' and 'no' feelings; GREEN = 'yes' feelings.
3) Ask participants if they can give examples of actions that they could take for each of the four "What You Can Do" options listed on each laminated

sheet (*SHOW YOUR FEELINGS, TELL SOMEONE YOU TRUST, FIND A SAFE SPACE, DO SOMETHING TO COMFORT YOURSELF.*) Record these answers on the poster paper or writing board.

4) Invite participants to play one 'open hand' round of the game. This means that everyone can show others their scenario cards and talk through their thoughts and choices with the group. Encourage everyone to ask questions.

Facilitator's Note:
Based on the needs and abilities of your group, you may wish to play the entire game in ***an 'open hand' style****. Though you may want to encourage everyone to first try thinking through their scenario by themselves, you may switch to open hand style halfway through a round if participants are unsure and are looking to others for feedback.*

(For each round)

1) Without looking in to peek, pick out one card from each of the four boxes: *WHO, WHAT, WHEN, WHERE*.
2) Velcro your cards to the corresponding "SCENARIO" boxes on your laminated page. Try to focus on your own sheet.
3) Listen to the feelings in your body that come to you when you read the scenario. Decide if you have 'yes' or 'no' feelings or whether you are unsure.
4) If you have a 'yes' feeling, place your stick figure image on the green circle on your stoplight. If you have a 'no' feeling, place your stick figure image on the red circle on your stoplight. If you are unsure or have a mix of both kinds of feelings, place your stick figure image on the yellow circle.
5) If you are comfortable, share your scenario and stoplight choice with the rest of the group. You do not have to share your scenario and stoplight choice if it makes you feel uncomfortable.

Facilitator's Note:
Due to the chance nature of pulling random cards, some of the scenarios may be unfeasible (providing great comic relief.) If this is the case, alter the story slightly to make it realistic.

6) Encourage participants to consider whether they would have made the same choices as other people in the group.
7) Invite everyone to name which “WHAT YOU CAN DO” option they think they would most likely choose.
8) Ask the group to consider what they would do differently if something were to happen in the middle of a scenario that would change their feelings. What if you have a yes feeling that turns into a no feeling? If we say yes once, does that mean that we have to stay with our yes feeling? Does that mean that we have to say yes every time?
9) Ask the group if anyone would like to change their feeling since they first placed their stick figure down in one of the three circles. Emphasize that everyone has the right to express that their feelings have changed.
10) Put the scenario cards back in their appropriate boxes and take your stick figure image off of your laminated sheet so that you are ready to play another round!

FOLLOW-UP Resources

Includes:

- Discussion Questions
- Body Talk Activity
- Space Bubble Activity
- Feelings Collage

These activities are meant to be used in compliment to the Stoplight game. They can spark further discussion and reflection on the themes in the main activity.

Discussion Questions

[Flexible Time]

(For Feelings Activity)

- Which feeling words were easier to find? Why?
- Which feeling words were harder to find? Why?
- Which list is longer: the list for yes feelings or for no feelings? What might this tell us about which feelings are easier to share with other people?
- What can you do if you have a yes feeling? Would you want to share this with someone else or keep the feeling to yourself?
- What can you do if you have a no feeling? Who could you talk to?

Body Talk Activity

[Flexible time; minimum 15 minutes]

(For follow-up to “WHAT YOU CAN DO” options in the Stoplight game)

Materials:

- One Feelings sheet for each participant

Goals:

- To consider that two people may communicate one emotion in very different ways
- To name the ways that we can find out what emotion someone is feeling
- To practice showing an emotion to someone else without using words

- To practice recognizing emotions communicated through facial expressions and body language

1) Have each participant choose one partner. One person will be “Person A” and the other will be “Person B.”
2) Ask Person A and B to stand across from each other and face their partner.
3) Give each participant a ‘Feelings Card.’
4) Ask Person A to choose one feeling on the card that they would like to try to communicate to their partner without using words or touching anyone else. On your signal, Person A will show that feeling using only their face to Person B.
5) Invite Person A to relax their face. Ask Person B to look at their Feelings Card and decide which feeling they thought their partner was trying to show. Was everyone able to guess their partner’s feeling?
6) Invite everyone to switch roles and try the exercise again.
7) Ask Person B to choose one feeling on the card that they would like to try to communicate to their partner without using words or touching anyone else. On your signal, Person B will show that feeling using only their face *and body* to Person A.
8) Invite Person B to relax their face and body. Ask Person A to look at their Feelings Card and decide which feeling they thought their partner was trying to show. Was everyone able to guess their partner’s feeling?
9) Ask the group whether it was easier or more difficult to communicate a feeling using only your face or only your face and body?
10) Ask the group to share what it felt like to try to communicate with their partner. Did anyone make a sound or try to say something to their partner?
11) Invite the group to choose one emotion listed on the Feelings Card. Write this emotion up on a piece of poster paper or the writing board. Ask the group to name different ways that we can show this one emotion using our

faces and our bodies. Record these answers on a list. Title this list "Body Talk."

12) Invite the group to notice that there are many ways that we can show one emotion. Sometimes it is hard to recognize what emotion someone is trying to show because they may show it in a different way. Ask participants to consider what we could do if we are unsure what emotion someone is trying to communicate.
13) Refer to the "SHOW YOUR FEELINGS" symbol on the laminated sheet used in the Stoplight game. Help participants to see the connections between the "Body Talk" list and the communicate option on their sheets.

Space Bubble Activity

[Flexible time; minimum 15 minutes]

Goals:

- To encourage us to listen to our feelings
- To practice being aware of our bodies and other people's bodies
- To remind us to respect each person's personal space

Facilitator's Note:
The following activity invites participants to test their personal boundaries. It would be in the best interest of the ***group's safety*** *for the facilitator to offer participants a way to remove themselves from the activity if they find themselves feeling very uncomfortable.*

1) Have each participant choose one partner. One person will be "Person A" and the other will be "Person B."
2) Ask Person A and B to stand across from each other and face their partner.
3) On your signal, Person A will begin to walk very slowly and calmly towards Person B without speaking. Once Person B feels that their partner has come close enough they can put up their hands with their palms flat

towards their partner. This is a signal meaning that Person B would like Person A to stop walking.

4) Ask participants to return to their starting positions.
5) Invite Person A to share how they felt walking towards their partner. Invite Person B to share how they felt when their partner was walking towards them.
6) Ask participants to switch roles and repeat the exercise. This time, ask everyone to pause once their partner has raised their hands. Ask Person B to take one step further, beyond their partner's boundary. (This is an opportunity to experience what it may be like to have a 'no' feeling.) Invite Person A to comment on how they felt.
7) If the group is willing, you may repeat the exercise a series of times, each time altering the physical positions of one or both partners. For example, Person A could sit in a chair and Person B could walk towards them until given the signal to stop. This can open up discussion about how people can communicate power in a relationship using body language.

Feelings Collage Activity

[Flexible time; minimum 20 minutes]

Materials:

- Stack of old magazines
- Pair of scissors for each participant
- Glue or tape
- Two large sheets of paper for each participant

Goals:

- To practice recognizing how one emotion can be expressed in many different ways
- To reflect on how we express our emotions in our own unique ways

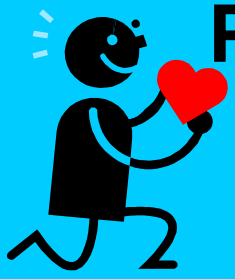
STOP, GO, OR MAYBE SO!

1) Invite participants to flip through the old magazines to find pictures of people touching each other. Cut out these images.
2) Once everyone has gathered a handful of images, ask participants to sort them into two piles. The first pile is for images where people look like they have yes feelings, the other is for images where people look like they have no feelings.
3) During the sorting process, you can pose some discussion questions to the group. Is it difficult to tell with some images whether people have yes or no feelings? Are most images of yes feelings or no feelings? Why might there be more pictures in one pile than in the other?
4) Create a YES collage and a NO collage by gluing pictures onto separate sheets of paper.

COACH

TUTOR

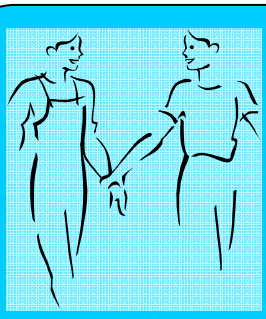
JOB COACH



PARTNER

JANITOR

BUS DRIVER



FRIEND

CAB DRIVER

DELIVERY PERSON

VOLUNTEER

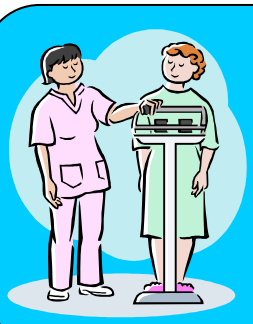
PARENT
OR
GUARDIAN

GRAND-
PARENT

STAFF
PERSON

DOCTOR

TEAM-
MATE



NURSE

STRANGER

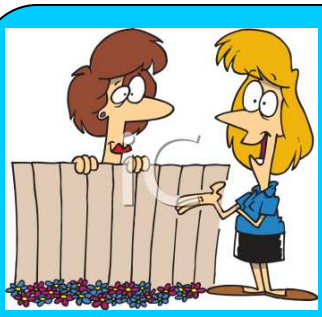
TEACHER

PRIEST

MANAGER

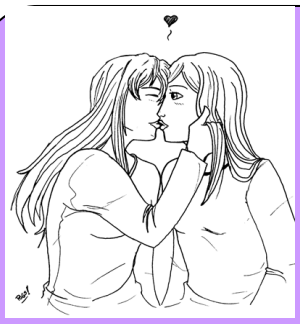
BEST FRIEND

WRAPS THEIR ARM AROUND YOUR SHOULDER



NEIGH-BOUR

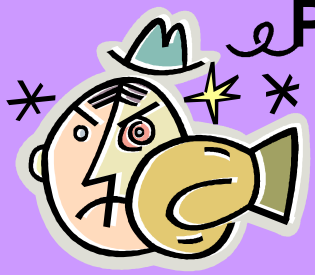
SITS CLOSE TO YOU



KISSES YOU

HUGS YOU

YELLS AT YOU

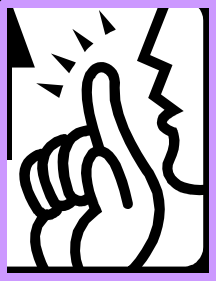


PUNCHES YOU

SENDS YOU A LOVE MESSAGE

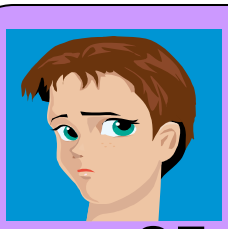
GETS MAD AT YOU

SENDS YOU A PICTURE OF THEMSELVES



ASKS YOU TO KEEP A SECRET

SHAKES YOUR HAND



SENDS YOU A PICTURE OF A NAKED BOY

HOLDS YOUR HAND

HITS YOU WHEN THEY DRINK

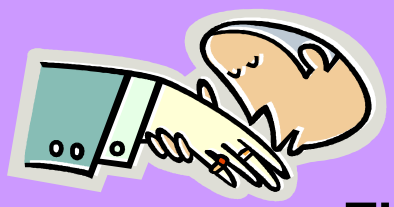
GIVES YOU A GIFT

CALLS YOU

CONTINUES AFTER YOU SAY “NO”

TOUCHES YOUR PRIVATE PARTS

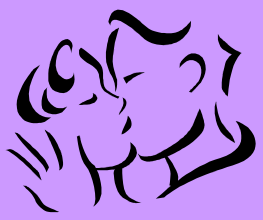
PAYS YOU FOR SEX



KISSES YOU ON THE HAND

ASKS FOR YOUR PHONE NUMBER

KISSES YOU ON THE CHEEK



FRENCH KISSES YOU

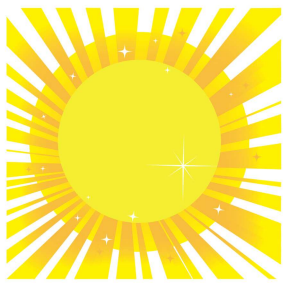
WON'T GIVE YOU YOUR MONEY

LEAVES YOU OUTSIDE

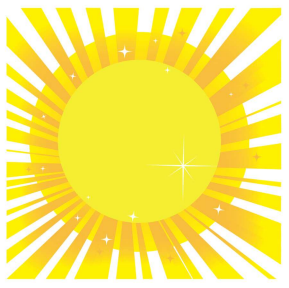
SAYS YOU'RE UGLY

DURING THE DAY

DURING THE DAY



DURING THE DAY



DURING THE DAY

AT BREAK-FAST

AT BED TIME

AT NIGHT

AT NIGHT

AT NIGHT

AT NIGHT

AT BREAK

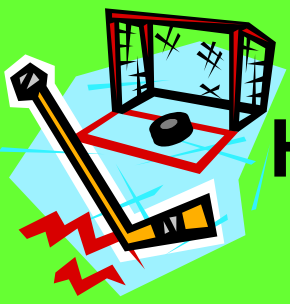
WHILE YOU'RE ASLEEP

AT LUNCH TIME

AT DINNER

RIGHT BEFORE WORK

RIGHT AFTER WORK



AT A HOCKEY GAME

AT BATH TIME

AT A BUS STOP

WHILE GETTING DRESSED

AT A PARTY

AT A DANCE

AT YOUR HOUSE

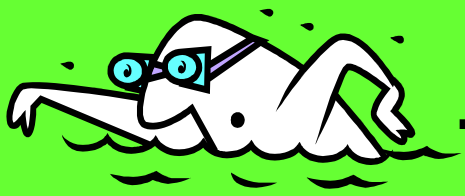
AT YOUR FAMILY'S HOUSE

IN A CAB

ON THE BUS

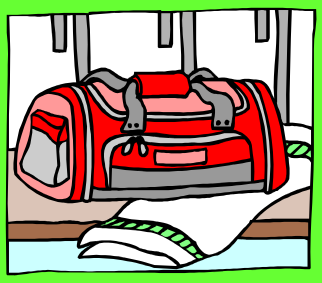
IN THE BATH-ROOM

IN A PUBLIC TOILET



AT THE POOL

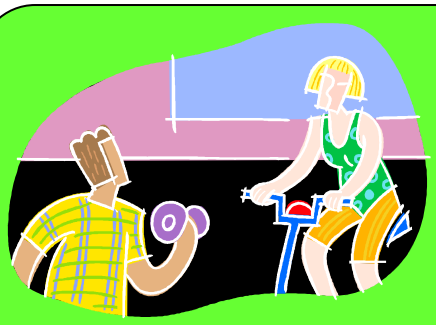
AT A RESTA-URANT



IN A CHANGE ROOM

AT TIM HORTONS

AT THE LIBRARY



AT THE GYM

AT A STORE

IN YOUR BED ROOM

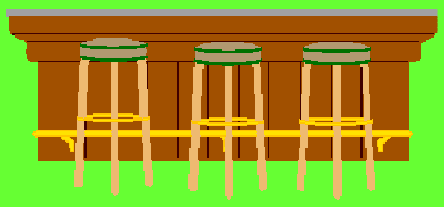
AT A PARK

AT THE GROCERY STORE

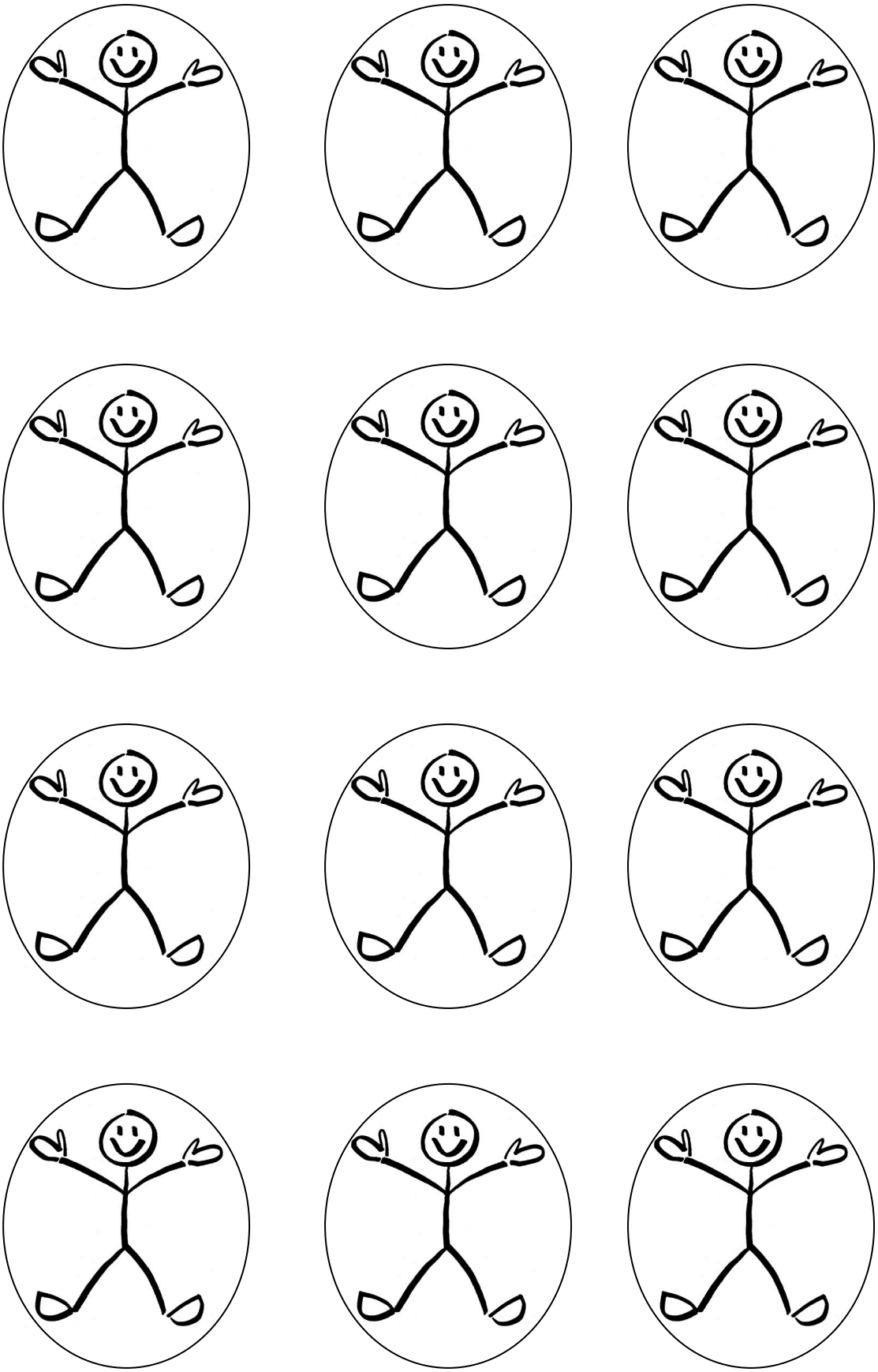
IN A CAR

ON THE STREET

AT WORK



AT A BAR



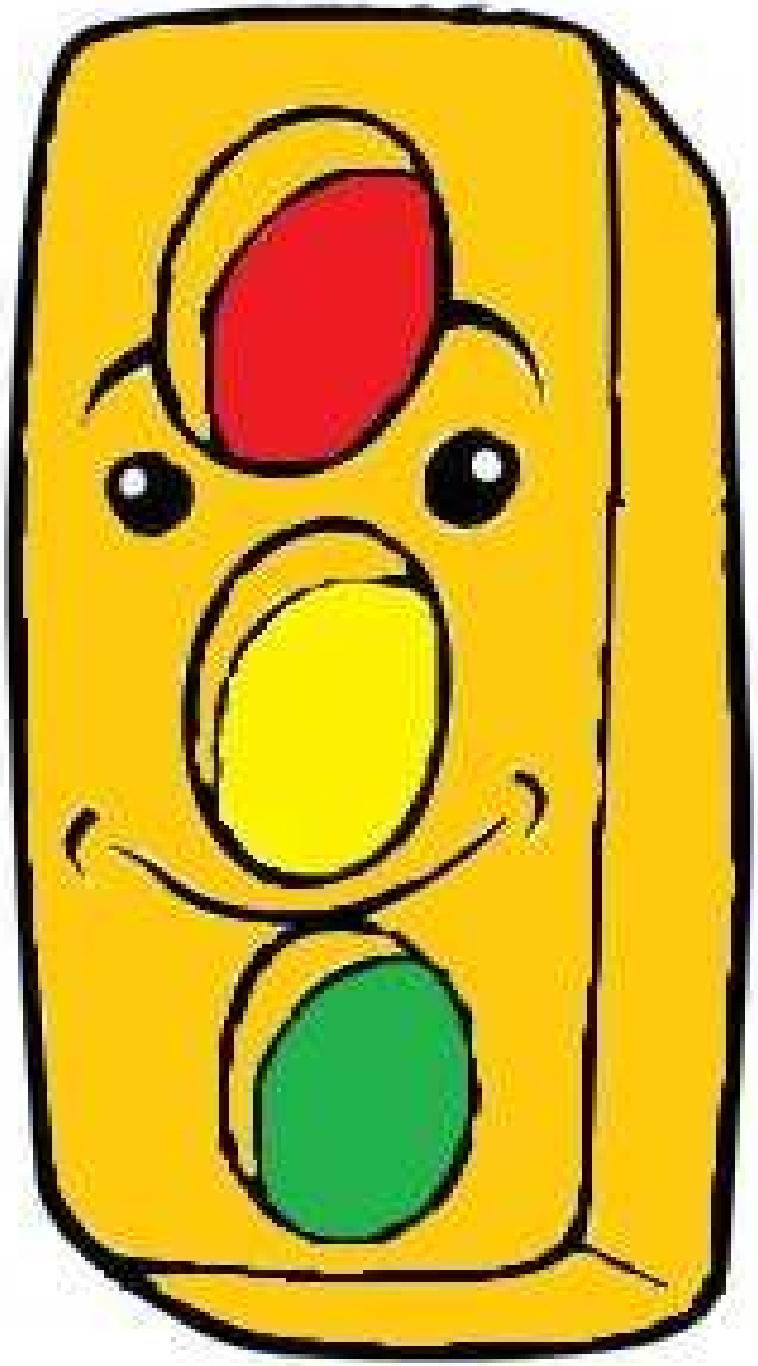
STOP, GO, OR MAYBE SO!

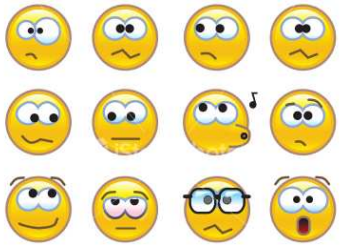
WHO

WHAT

WHEN

WHERE





Show Your Feelings

Tell Someone You Trust

Find A Safe Space

Do Something To Comfort Yourself