



# HEALTH AND WELLBEING

## 'CHOICES' BOARD GAME

### Resource Content

This resource is based on a board game produced by the Lothian Health Board which aimed to raise awareness of HIV/AIDS.

### Experiences and Outcomes

*Health and Wellbeing - Substance misuse*

HWB 3-41b - After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions.

*Health and Wellbeing - Physical wellbeing*

HWB 3-16a - I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible. \*Responsibility of all

*Health and Wellbeing - Relationships, sexual health and parenthood*

HWB 3-47b - Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' sexual health and wellbeing.

### Interdisciplinary Learning Opportunities

*Technologies - Computing Science*

TCH 3-09a - Using appropriate software, I can work individually or collaboratively to design and implement a game, animation or other application.



## FACT SHEET

### HIV/AIDS in Edinburgh and the Lothians

By the end of 1989, the HIV infection rate in Edinburgh was nearly seven times the national average. This led to Edinburgh being dubbed the “AIDS capital of Europe” in the national press at the time. The AIDS epidemic affected people from all walks of life; men, women, children, homosexuals and heterosexuals, as well as intravenous drug users and haemophiliacs.

### The ‘Take Care’ Campaign

The ‘Take Care’ Campaign was jointly launched in 1989 by the Lothian Health Board and Lothian Regional Council in response to the HIV/AIDS epidemic in the region. The campaign was intended to raise awareness of the risks of HIV and AIDS among all members of the community. This involved the use of advertising, special events and educational resources for schools and community groups.

Where campaigns in the wider UK used negative images (such as tombstones), ‘Take Care’ broke with the past with its frank and fun approach, telling people how they could ‘take care of the one you love’ through making the right choices and recognising when they could be at risk from HIV. ‘Take Care’ spread the message that HIV and AIDS could affect anyone and its main focus was sexual transmission of HIV.

Bright colours and a range of slogans were used to highlight the importance of safe sex and taking care of yourself and others. As well as posters and postcards, a varied range of merchandise was produced to help promote the take care message and raise awareness among a range of age groups. T-shirts, beanie hats, condom cases, badges, watches and more were produced to further promote the initiative.

### The ‘Choices’ Board Game

‘Choices’ is a board game created by the Lothian Regional Council in Lothian with the involvement of Lothian Health Board. 200 copies were distributed to schools, youth clubs, community education centres and residential settings for young people. The game was created alongside a teaching pack to help people learn about HIV/ AIDS and promote the ‘Take Care’ message.



## RESOURCE IMAGES



HWB3.01

Use the reference numbers below the image to help you find the corresponding downloadable images on the website



## **SUGGESTED ACTIVITIES**

### **1. Starter Activity – Class discussion**

- a. Show the class the image of the choices board game.
- b. Use this as a basis for discussion.
  - i. Who was this board game aimed at?
  - ii. Why use a board game to raise awareness of HIV and AIDS?
  - iii. This board game is all about the choices we make that may or may not lead to us to contract HIV. What questions might the board game ask?

### **2. Main Project – Making a game using PowerPoint software**

- a. Split into groups and ask students to make an interactive game to raise awareness of HIV and AIDS using PowerPoint software. Instructions to do this can be found below.
- b. Use the internet to research facts and figures on HIV and AIDS. Use the information found to create questions for the board games.
- c. The game should include at least ten questions such as:
  - i. True or false questions
  - ii. Multiple choice questions
  - iii. Yes/No questions
- d. If PowerPoint software is not available, a board game can be created using card and felt tips pens.

### **3. Closing - Play the game**

- a. Ask the groups to switch games and have a go playing the other team's game.
- b. Discuss what they enjoyed most about the other team's game.



## HOW TO MAKE A GAME USING POWERPOINT

1. Open a new PowerPoint presentation.
2. Choose a design template for your game.
3. Create the first slide - the title slide. Include text that says "Play now!" and create a hyperlink to the beginning of the game. To create a hyperlink, highlight the text on which you would like to create the hyperlink, right-click on the mouse, and select "Hyperlink". From here, you can choose which slide you would like to create the hyperlink to.
4. Create the second slide - the starting point of your game. From the "Common Tasks" section in the top right-hand corner of the screen, select "Slide Layout". Choose "Title Only"
5. Select the text box, and create a simple question such as: How is HIV transmitted?
6. Create three more text boxes and put possible answers in them. Example answers to above question: A: Bodily fluids such as blood and semen, B: Holding hands, or C: Sharing cutlery
7. Add any other special features to the slide, such as photographs or animations.
8. Link to other slides from these answer text boxes, which will tell the player if their answer is correct or incorrect.
9. When you do this, you should either let the player go back and correct their mistakes or let them go to the next question.
10. When you have finished adding a questions, create an end slide to congratulate the player on winning.
11. Test the game out yourself to make sure all the links work, before asking another person to play.