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## **Sexual Health Program Outline**

### **School Name:**

- UNC-Charlotte

### **Group Name:**

- UNC-Charlotte Center for Wellness Promotion

### **Program Topic:**

- Sexual Health Education

### **Program Title:**

- “Sexual Double Dare...Can You Handle It?”

### **Program Goal:**

- To understand the multiple facets of sexual health

### **Objectives:**

- By the end of the summer 2012 internship target health risks associated with college coeds by developing competency based educational programs that aid in enhancing their knowledge.
- By the end of the summer 2012 internship develop educational games based off the following competencies to be implemented by RA’s in the fall to increase on campus student’s awareness of the health risks found on campus.

### **Target Audience:**

- Students living in on-campus residence halls

### **Program Description:**

- Results from the spring NCHA results survey from UNC-Charlotte reports that only 52.8% of students have received information on topics related to sexual health. 42.9% of

students reported not using a condom when having vaginal intercourse. Therefore the UNCC Center for Wellness Promotion is using the RA Program in a Box: “Sexual Double Dare...Can You Handle It?” to help raise awareness and spread knowledge on the topic of sexual health. The program will be available to RA’s to implement with their on-campus student residents. With the majority of on-campus residents being freshman, the early implementation of the program will be important. The program consists of a remake of the Nickelodeon game “Double Dare.” Participants will be split up in 2 even teams with the RA’s asking the questions and monitoring the activities. To start the game the ref will present a physical challenge, where the team that wins is awarded the first turn and an amount of points. After it is decided what team goes first, the ref will ask Team #1 a question. If Team #1 doesn’t know the answer and thinks that Team #2 doesn’t either, they can dare Team #2 to answer the question for double the points. If Team #2 doesn’t know the answer they can double dare Team #1 for quadruple the points, in which they either have to answer the question or do a physical challenge. If the team answers the question wrong or cannot complete the physical challenge, the other team receives the points and takes control of the game. The team with the most points at the end of the game wins and receives prizes.

**Sexual Health Education Program Description:**

- The program will last 1 hour and will enable students to gain awareness on safe sex practices and other facets related to sexual behavior.

**Program and Publicity:**

- Flyers throughout the on-campus residence and under doors
  - Template flyers will be included

- Use bulletin boards to promote upcoming events
- Incentives and prizes for those attending
- Word of mouth and monthly RA meetings
- Advertise use of the programs on the Wellness Department website
- Social Media and E-mail
- Advertise in the student newspaper

**Budget:**

- Beer goggles
- Dildos
- Condoms
- Stop Watch
- Spinning Wheel
- Flyers
  - Sample flyers will included
- Physical challenges
  - Will be included in the folder
- Board to keep track of points
- Prizes
  - Upon availability the Center for Wellness Promotion will provide: condoms, T-shirts, key-chains, etc...

**Collaboration:**

- Center for Wellness Promotion & Residence Hall Assistants

**Duration:**

- All year upon request, can obtain program from the Wellness Promotion Department
- 60 minutes depending upon participation
- Campus residence halls

**Directions:**

- Return games to Wellness at least 24 hours after picking up
- Sign game in & out
- Tag will be placed on student record if not returned
  
- **Double Dare**
  - Participants will be split up in 2 even teams
    - If there is an uneven amount, players can have the opportunity to go twice
  - RA will ask the questions and monitor the activities.
  - To start the game the ref will initiate the first physical challenge “Condom on the Dildo Race”; where the team that wins is awarded the first turn and an amount of points.
  - Questions will be on colored cards, each colored card will be worth a certain amount of points
    - Orange: 5 points
    - Pink: 10 points
    - Red: 15 Points
    - Yellow: 20 points
  - Questions will have highlighted answers on the side RA’s should be reading from

- After it is decided what team goes first, the ref will ask Team #1 a question. If Team #1 doesn't know the answer and thinks that Team #2 doesn't either, they can dare Team #2 to answer the question for double the points.
- If Team #2 doesn't know the answer they can double dare Team #1 for quadruple the points, in which they either have to answer the question or do a physical challenge.
- If the team answers the question wrong or cannot complete the physical challenge in the allotted amount of time, the other team receives the points and takes control of the game.
- The team with the most points at the end of the game wins and receives prizes.
  
- **Physical Challenges**
  - Contestants will spin the included wheel to determine which physical challenge they will be given
  - Each player must go once before going again
  - No player can do the same challenge twice
  - Players will spin again if they land on a challenge they have done
  - The answers will be provided to RA's in the folder
  
- **Condom on the Dildo Race – 20 seconds**
  - Each team will decide on 3 players to represent them
  - Each player will be given a model penis and condom
  - Contestants will be given 20 seconds to put the condoms on correctly
  - The team that finishes first, with all condoms on appropriately wins and gets to go first

- Appropriate condom-penis diagram will be provided to RA's
- **Match that STI – 30 seconds**
  - Members will choose 1 team member to participate in this challenge
  - The player will be given STI symptoms and pictures which they must match within the 30 second timeframe
  - If they can match all the pictures and symptoms correctly within the allotted amount of time the team receives the points
- **Pin that Protection – 30 seconds**
  - Members will choose 1 team member to participate in this challenge
  - The player will be given a variety of contraceptive methods
  - A life-size human diagram with labeled body parts will be presented
  - Within the 30 second timeframe the player will pin the contraceptive to the correct part of the body in which it is used
  - If they can match all contraceptives to the correct body parts within the allotted amount of time the team receives the points
- **Condom Steps – 30 seconds**
  - Teams will choose 1 team member to participate in this challenge
  - The player will be provided with the steps to correctly putting on a condom
  - They will have 30 seconds to put the condom steps in order
  - If they can put the steps in the correct order within the allotted amount of time the team receives the points



- **STI Tests – 30 seconds**
  - Teams will choose 1 team member to participate in this challenge
  - The player will be provided with STI's and the way they are tested
  - They will have 30 seconds to match the STI to the way it is tested
  - If they can match all the STI's and tests correctly within the allotted amount of time the team receives the points
  
- **Name that Sex Act – 30 seconds**
  - Teams will choose 1 team member to participate in this challenge
  - The player will be provided with sex position diagrams and their names
  - They will have 30 seconds to match the positions with their names
  - If they can match all the sex positions correctly within the allotted amount of time the team receives the points
  
- **Effective Contraceptives – 30 seconds**
  - Teams will choose 1 team member to participate in this challenge
  - The player will be provided with a variety of contraceptives and a spectrum of how effective they are in preventing pregnancy
  - They will have 30 seconds to place the contraceptives in the right section of the spectrum
  - If they can correctly place all the contraceptives in the correct part of the spectrum within the allotted amount of time the team receives the points

**Question and Answer – 5-10 minutes**

**Contacts:**

UNC-Charlotte Center for Wellness Promotion

9201 University City Blvd

Charlotte, NC 28223

**❖ Health Educators**

- Leslie Dill: 704-687-7437
  - Sexual Health
- Jenny Guidotti: 704-687-7348
  - Health Relationships & Interpersonal Violence
- Shawnte Elbert: 704-687-5884
  - Alcohol, Tobacco & Drugs

Website: <http://studenthealth.uncc.edu/content/wellness>