

# Be the Solution Game & Discussion GUIDE

KIDS EDITION 2015



**WCSAP**  
Washington Coalition of  
Sexual Assault Programs





## Game & Discussion Guide

The *Be The Solution* game encourages kids to discuss topics related to healthy development. The purpose of this activity is to help nurture protective factors in children. Topics that are discussed in this game, such as: supportive adults, healthy relationships, boundaries, confidence and competence, and healthy coping skills, are connected to building resilience in kids. The topics and prompts are used to cultivate conversations that will help kids identify, learn about, and reflect on these aspects of their lives. This activity can be beneficial to all kids, including those who have experienced trauma.

This Discussion Guide can be used on its own, or used with the brightly colored, bilingual (English/Spanish) game board to make the discussion fun and interactive!

As the facilitator, pick and choose from the suggested questions and activities to best fit the goal of your group and any time limitations. Of course, customize these to reflect what is important to you and your community. It may even be fun to ask the spinner to come up with questions of their own. Be creative and have fun!

You can enhance the impact of this activity by providing kids resources to learn more about these topics on their own. This game is intended for elementary-aged children.





## Before You Begin . . .

Keep in mind, some of these questions could bring up hard things for the kids that you work with.

Have a plan for how you will respond should a participant disclose abuse or assault. When playing this game, have your organizational policies and procedures in mind.

Tell participants you are a mandated reporter (if applicable) at the beginning so they can make an informed choice about how to answer potentially sensitive questions.

These are personal conversations. In order to create a space where kids can speak their mind and be heard, it might be helpful to set ground rules to avoid assumptions about peoples' cultures, families, trauma history, identities, etc.

In the sexual violence movement, we examine how rigid gender roles can negatively impact individuals and communities. WCSAP has made this guide inclusive in order to support all kids in exploring their feelings, identities, and relationships, without judgement or bias. As the facilitator, this activity is a great opportunity to speak up when you hear kids bullying or reinforcing negative stereotypes.

### **Editor's Note:**

You may or may not notice that WCSAP sometimes uses "they" as a singular pronoun in our publications. Language is a powerful tool. It is ever evolving to reflect our culture. We create new words and use words in new ways to reflect our lived experiences and identities. WCSAP strives to reflect this cultural progression when discussing the experiences of survivors and advocates of all genders.

## Choices/Elecciones

Choices focuses on what a child has power and control over in their own life. Since it is important for kids to create healthy boundaries, this section helps a young person communicate what choices they make and why.

- What do you do when someone does or says something you don't like?  
How do you tell someone when you do not like something they do or say?
- What are you in charge of? – (This is a chance for facilitators to start a conversation. Can you choose what you wear, where you sit at lunch, what books you read?)
- What's important to you when choosing friends?  
What makes you want to be their friends?
- Do you think the rules at school are a choice?
- Do you read outside of school?  
If so, what do you read?
- What can you say no to at home?  
What things can't you say no to at home?  
(Eating vegetables, cleaning your room, etc)

## **Support/Apoyo**

This section refers to healthy relationships with supportive adults and how to identify who those adults are in a child's life.

- What adults help you do your best?  
(This can be parents, friends' parents, teachers, aunts or uncles, extra-curricular teachers, etc.)
- How do you help other people?
- How do adults in your life help you understand others?
- How do families let each other know they are doing a good job?
- What is the best reward you have ever gotten?
- Where do you feel like you belong?  
Where do you have fun?



## STAR/Símbolo de la ESTRELLA

This section refers to identifying positive qualities in children and the development of a healthy self-image.

- How do you feel about yourself when you do something well?
- How do you feel when you don't get your way?  
How do you feel better when you don't get your way?
- What would make you want to stick up for someone you don't know?
- What are you really good at?  
How do you know you are good at it?
- What do you like best about yourself?
- What adults do you want to be like when you grow up and why?
- What is your best subject at school?



## Dreams/Sueños

The Dreams section refers to children's goals and aspirations, both short-term and long-term.

- What do you want to do when you grow up?
- How can you become the best friend you can be?
- If you could volunteer anywhere, where would it be?
- If you had a super power that could help people, what would it be?
- Think about the biggest dream or goal that you have. How would you get there? Who could help you get there?
- Imagine your most fun day! What would it be like? How would you make it happen?





## **HEART/Símbolo del CORAZÓN**

The heart symbol refers to feelings and emotions, as well as identifying healthy coping mechanisms.

- What makes you excited? If you feel excited, when is it ok to show it? How do you show it?
- When you are feeling sad or scared, what do you do to feel better?
- How do you feel when you make a mistake? How do you fix it?
- Can you stay friends with someone who has hurt your feelings? If so, how?
- If you don't feel safe, what do you do? Who can you talk to?
- At the end of the day, how do you decide if it was a good day or a bad day? Can it be both?



## **Big Deals/Cosas Mayores**

Big Deals refers to big life changes that might arise for a child and how to manage those.

- What do you think the differences are between bullying and joking around? What would you do if your friend was bullying someone else?
- If someone who is important to you leaves, how do you deal with that? (This could include change in classroom, friends that move away, divorce, etc. How would you make new connections?)
- How do you share the things that are important to you with other people?
- What is something that you look forward to every week?
- Who or what is most important to you?
- What is the most important thing you have been taught?

## Healthy Bodies/Cuerpos Saludables

This section helps develop healthy sexuality in kids and identify physical boundaries.

- Who can you talk to if you have questions about your body?
- How do you know when it is ok to touch someone else?
- It is normal to wonder about how your body works.  
Where can you get information about how bodies work?
- Do you know all of the real names of your body parts?  
If not, who can you ask?

There are lots of kinds of bodies. They all look very different. Have the whole class think about what they like most about their bodies. Ask for a couple of volunteers to share. (This is something that you would not want to force someone to answer.)

### Activity:

1. Draw on a board or a big sheet of paper.
2. Draw 5 circles within each other (like a target or rings on a tree).
3. In each circle, starting from the outside to the inside, write "Smile".
4. In the next circle write "Say Hello".
5. In the next circle write, "Touch" (this might be a high-five, holding hands, a pat on the back, etc.).
6. In the next circle "Hug".
7. In the innermost circle, write "Kiss".
8. With the participants, make a list of people that they come in contact with regularly.
9. Have them identify which circles the people belong in.

## **Friends/Amistades**

This section is about healthy peer relationships and conflict resolution.

- Have you had a friend move away? How did you make new friends?
- Do you always tell your friends the truth?
- What are your friends really good at?
- What are the three most important things in a friend?
- How do you and your friends help each other be the best you can be?
- How do you feel if a friendship ends?
- What do you do if you and your friend disagree?