

## NEWLYWED GAME

**Purpose:** To have couples identify the strengths and gaps in communicating about sexuality.

**Materials:** *Newlywed Game Questions and Answers Ready to Copy*; Prize for the winning couple

**Time:** 25 minutes

**Facilitator Notes:**

1. This session is an optional component of the *Planning for Children Module*. The entire module is designed to be incorporated into a more comprehensive program on relationships. If you want to offer this session to your participants but feel uncomfortable or ill-prepared, you might invite an educator from Planned Parenthood or a similar agency to lead the session.
2. If you are using this session in an already cohesive group, you will still need to set the stage and create a comfortable atmosphere for discussing the sensitive topic of sexuality. If you are using this with a group that is not already cohesive, then it will be even more important to create some ground rules. Your tone right from the outset will be invaluable in creating a warm and open learning environment.
3. *The Newlywed Game* is designed to energize participants, help them release any anxiety, and get warmed up to participate in the session. To make the cards for the game, take the facilitator resource, *Answers Ready to Copy*, to your local copy center and have it copied onto card stock. You might want to use a different color card stock for the answers to each question. Make enough copies so that you have a set of all the possible answers to each question for every participant. Once you have your answers duplicated on card stock, cut the answers into strips so you can distribute them to participants (to be placed on their laps) during the game.
4. Obtain a desirable prize for the winning couple—something like a restaurant or movie theatre gift card, or whatever your program can afford. If you don't have a budget for this, you might create an attractive award for the "sexiest couple" in the group.

**Procedure:**

1. **Welcome and Stage Setting (5 minutes):** Welcome participants and let them know that today's session will be on the topic of sex and sexuality. Make the following points:
  - We're going to ask you to talk about how you learned about sexuality, about how your bodies work and how they respond during sex, and we're going to separate facts from myths on these topics.
  - We'll spend some time with couples together in one group and some time with the women and men in different groups.
  - You'll end the session sitting together as a couple and talking about your relationship.

Tell the group that you want to establish some ground rules because sometimes people don't feel comfortable talking about sexuality in a group setting. Sometimes folks worry that they will sound stupid, that they might be judged, or that people will gossip about them later. Present the following rules for the group to consider:

- There are no dumb questions. (Ask anything. We don't expect you to know much because most of us have not had good sex education at home or at school. Even if we did, it might

have been a long time ago. Take advantage of this opportunity to ask anything you want to know.)

- No judgments or put downs. (Individuals are going to have different attitudes and values. It's fine to disagree but please don't put someone down because they see things differently than you do.)
- No assumptions. (People will have had very different backgrounds and experiences when it comes to sexual behavior. Let's be open to finding out what people think and what their experiences have been.)
- Take care of yourself. (When it comes to sexuality, some of us have had bad experiences in the past. Some people have grown up feeling that it's not OK to talk about sex; some people learned that their sexual organs are "nasty;" and some people have experienced sexual abuse or rape. It can be hard to talk openly about sex if you've had any of these experiences, so you can pass if we're talking about something that makes you feel uncomfortable or you can mentally focus on something else if our discussions take you back to any bad memories. However, keep in mind that our group could be a safe space for you to begin to think and talk about things that have happened to you in the past and to begin to take better charge of your own sexuality.)
- Maintain confidentiality. (What gets said in this room needs to stay in this room.)

Ask participants to react to the ground rules and to add any other guidelines that would help them feel comfortable talking openly about sexuality issues.

2. **Game - Separate Groups (10 minutes):** Introduce the first activity which is *The Newlywed Game*. Ask if anyone ever saw the old TV show where newly married couples competed to find out how much they knew about each other. Announce the prize that will go to the couple with the highest score. There are 60 possible points.

Begin the game using the following process:

- Divide the group by gender. The men will go with the male facilitator and the women will go with the female facilitator. Make sure that the two groups are not within earshot of each other.
  - Read the first question your group has to answer about their partners. Go around the room and ask each person for his/her response. Give them an opportunity to say why they chose this response and give them the card that contains their particular response to the question. Have them place the card face down on their laps. Make sure the cards are placed on their laps in the correct order. The answer to the first question is face down at the top of the stack; the answer to the second question is next; and the answer to the third is last.
  - Continue in this same manner for the next question. Note that the men have three rather than two questions to answer, so they will need a little more time in their group. To keep things balanced the female facilitator should engage the women in more discussion of their responses while the male facilitator will need to keep things moving at a brisk pace.
  - Bring the two groups back together.
3. **Game - Groups Come Back Together (10 minutes):** Once the couples are reunited, ask each person to keep their cards face down so their partners cannot see their answers. Continue the game:

- Announce that it is time to find out how much the women know about their partners. Say, “Each woman had to answer two questions about her partner. I am now going to ask the men the questions that we asked their partner. You will get 10 points for each correct answer.”
- Going around the room, ask each of the men the first question, “How would you describe your sexual style?” Read each of the options. After the man gives his answer, ask him to explain briefly and then have his partner turn the card over and reveal her answer. Award the 10 points if the answer is correct.
- Ask the second question, “What do you like best about your body?” Use the same process.
- Explain that it’s time to see how well the men know their partner’s attitudes and feelings about some sexual issues. You will use the same process except this time there is a bonus question worth 20 points!
- Going around the room, ask each of the women the first question, “What did your parents/ caregivers tell you about sex?” After each woman gives her answer and explanation, have her partner turn the card over and reveal his answer. Award the 10 points if the answer is correct.
- Ask the second question, “What do you like best about your body?” Use the same process.
- Ask the bonus question worth 20 points, “What do you appreciate most in a sexual partner?” Award the points.

Look at the scores and announce the winning couple. In case of a tie, ask the tied couples to write down a number from 1-50. Collect the numbers. The couple with the number closest to 50 wins the prize. Once the prize has been awarded, end with the questions below.

### *Discussion Questions*

1. Why do you think we did that activity?
2. What was something you learned about your partner?
3. How well do you think you know each other when it comes to sexuality?