**Resource sheet 5.1: I am the boss of my own body cards**

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| **What’s the problem?** | **Why is it a problem?** | **What to do to stay in control and safe!** |
| Going for a walk in the dark | Get grabbedGet hurt | Stay with friendsDo not go off alone |
| Deciding to have sex when ‘out of it’ | Unprotected sex Unwanted sex Unplanned sex | Do not get ‘out of it’ Stay sober Think about having sex before you decide to or are pressured into having sex |
| Leaving a drink alone while going to the toilet | Get your drink spiked | Ask a friend to look after your drinkTake it with youGet a new drink when you come back |
| Using gunga and/or ecstacy | Don’t know what’s in itGet into trouble | Do not use gunga or ecstasy or any illegal drugsDo not mix drugsDo not mix alcohol and other drugs |
| Drinking lots of alcohol | Getting hurt from falling overGetting grabbed | Do not drink alcoholEat food when drinking alcoholDrink water and soft drink |

✄ Photocopy and cut into sets. Here are some situations at the party from the DVD that could be risky ordangerous. Sort the cards into three columns –

What’s the problem? Why is it a problem? What to do to stay in control and safe!