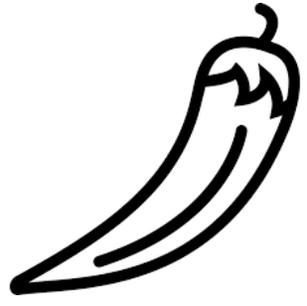
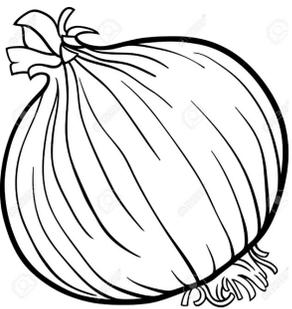
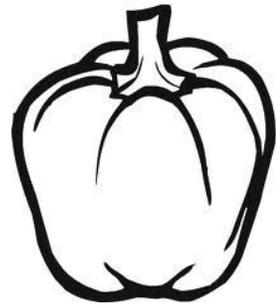
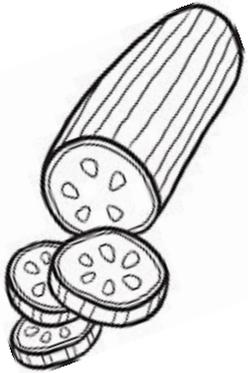




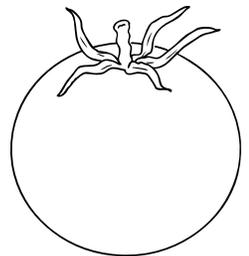
Soup Talk



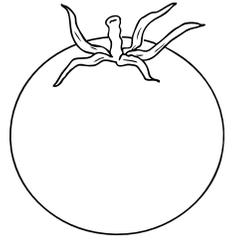
This game was created by the Alexandra House Youth Leadership Institute members, with the intention of promoting the communication between adults and teens about healthy relationships. We want to reduce the fear of judgment teens feel when they ask parents or adults in their lives difficult questions. We also want to encourage bonding and trust between adults and teens, and to promote a support system for teens, where they can talk freely with their parents or trusted adults about any topic. We know that talking about sexual violence and dating violence can be awkward and uncomfortable; however, discussing these topics with teens can help them prevent or better handle difficult situations.



Created By the 2018 AH Youth Leadership Institute: Savanna D (14), Kailee S (15), Samvera N (16), Sophia A (17), Amanda A (18), Trinity Y (18).



Soup Talk



GAME COMPONENTS

30 Recipe Cards

36 Seasoning Cards

107 Ingredient Cards

Broth - Easy getting to know you questions

Grain - Slightly more personal questions

Veggie - Lighter questions about relationships and sexuality

Protein - Meaty questions about relationships and sexuality

Set of Dice (Not included)

Soup Bowl (Not Included, Optional)

GAME SET UP

Set up individual stacks of the seasoning cards and each of the ingredient cards.

Each player should have either a soup bowl, or a play area in front of them to collect ingredient cards.

Dealer deals 5 recipe cards face down. Players keep 1 to 2 recipes.

All players roll one dice. Player with the highest number will start the game.

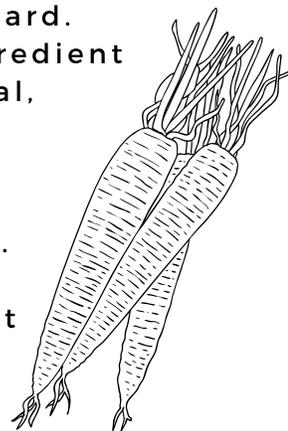
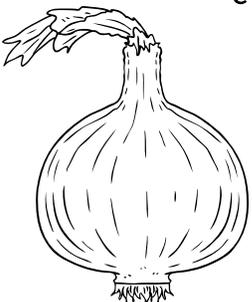
GAME OBJECTIVE

The object of the game is to gain as many points as possible. Points are gained by completing a recipe by collecting all ingredients on the recipe card. Once you complete a recipe, you get the points that are on the recipe card.

Each ingredient cards can only be used towards one recipe card. (Example, if you have two recipe cards that need one Broth ingredient each, you will need to collect 2 broth ingredient cards total, or one for each recipe)

Points are deducted from your total score for soup recipes that are left incomplete at the end of game play.

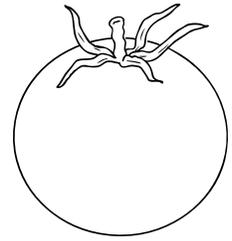
In addition to completing recipes, players need to collect at least 2 seasoning cards, but must not exceed 4.



GAME PLAY

On a turn, players can choose to roll either 1 or 2 dice. Based on the total number rolled, player will select an ingredient card from the category the number falls in:

1-3	Broth
4-6	Grain
7-9	Veggie
10-12	Protein



Each ingredient card has a question. After reading the question to yourself, players will do one of the following:

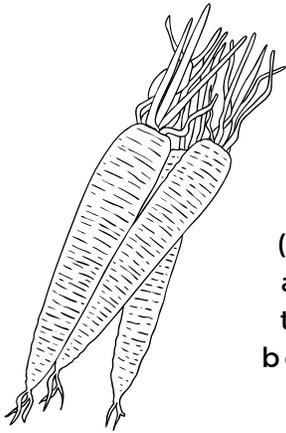
- Read the question on the card out loud, then answer it for yourself. After your answer, add the card to your soup bowl.
- Choose not to answer the ingredient card question, and instead pick a seasoning card and read it out loud

GAME END

Game ends when one player has completed all of their recipe cards and has collected the required two seasoning cards.

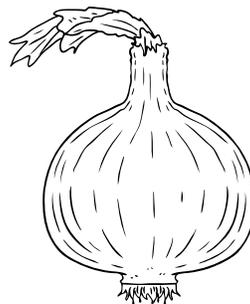
When the game ends, any unfinished recipes are now worth negative points.

(Example, if you have one recipe card that is 22 points and another that is 30 points, but you only completed the recipe with 30 points, then the recipe with 22 will become negative 22. You will then take 30 minus 22 and give you the total of 8 points).



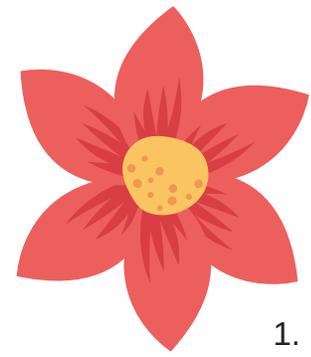
Add up the points from players finished and unfinished recipes.

The player with the most points WINS!!



Content from game was influenced by the following sources:

The Question: Colorful Conversation Starters; Teen Relationships Card Game; Chat Pack: Fun Questions to Spark Conversations; and Dear Jess, I'm Stressed!



Tip & Tricks

1. BE SURE TO LISTEN AND GIVE EACH OTHER TIME TO SHARE FULLY
LISTEN TO EVERYTHING THEY HAVE TO SAY
2. BE EMPATHETIC TO WHAT THEY ARE SHARING – SUPPORT WITHOUT
TAKING ON THEIR EMOTIONS
EMPATHIZE DON'T SYMPATHIZE
3. START SIMPLE, “HOW WAS YOUR DAY”, “HOW ARE YOU” OR “WHAT WAS
YOUR FAVORITE PART OF TODAY”
START WITH A SIMPLE HOW ARE YOU
4. LISTEN AND RESPOND WITHOUT JUDGEMENT
NO JUDGEMENT
5. BE AWARE OF YOUR BODY LANGUAGE AND NON-VERBAL CUES
WATCH BODY LANGUAGE
6. BE HONEST IN YOUR RESPONSES AND QUESTIONS
HONESTY
7. CAREFUL NOT TO MAKE ASSUMPTIONS
NO ASSUMPTIONS
8. CREATE A SAFE SPACE TO ASK QUESTIONS
NO BAD QUESTIONS
9. BE SUPPORTIVE, ENCOURAGE THEM TO SHARE WHAT THEY ARE
COMFORTABLE WITH
BE SUPPORTIVE
10. LISTEN AND ASK QUESTIONS TO UNDERSTAND NOT JUST RESPOND
LISTEN TO UNDERSTAND NOT JUST RESPOND



Recipe:

You will need:

1 broth

2 grain

2 protein

Beef

Tortellini

Soup

Points: 22

Recipe:

You will need:

2 broth

2 veggie

1 protein

Black

Bean

Soup

Points: 22

Recipe:

You will need:

1 broth

1 grain

2 veggie

2 protein

Gumbo Soup

Points: 30

Recipe:

You will need:

1 broth

2 grain

1 veggie

1 protein

Chicken

Gnocchi

Soup

Points: 24

Recipe:

You will need:

1 broth

2 grain

1 veggie

3 protein

Beef Barley

Soup

Points: 40

Recipe:

You will need:

2 broth

1 grain

1 veggie

3 protein

Clam Chowder

Soup

Points: 36

Recipe:

You will need:

4 broth

2 veggies

veggie Soup

Points: 20

Recipe:

You will need:

4 broth

3 grain

1 veggie

Pho Soup

Points: 26

Recipe:

You will need:

Chicken

3 broth

Noodle

2 grain

Soup

1 veggie

1 protein

Points: 28

Recipe:

You will need:

Chicken

1 broth

Wild Rice

2 grain

Soup

1 veggie

2 protein

Points: 32

<p>My teacher suggested I go to a counselor. I worry about what other people will think if I decide to go. What's your advice?</p>	<p>I have so much going on in my life that I'm stressed and I feel guilty when I'm doing nothing. What's your advice?</p>	<p>If you were to write a book, what would you choose as a topic?</p>
<p>Name a TV show or movie in which men and women play "stereotypical" roles.</p>	<p>Where would you go on your dream vacation?</p>	<p>What state would you want to live in?</p>
<p>If with your safety guaranteed, you could experience something considered very dangerous, what would you want to do?</p>	<p>What are your hobbies?</p>	<p>What is your favorite color?</p>
<p>What is your biggest pet peeve and why?</p>	<p>What's your favorite zoo animal?</p>	<p>If snow could fall in any flavor, what flavor would you choose?</p>

BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



<p>What's your favorite season?</p>	<p>What's your favorite holiday?</p>	<p>If you could learn to play any sport, which would you pick?</p>
<p>What was your first job?</p>	<p>If you could learn to speak another language, which would you pick?</p>	<p>What was/is your favorite thing about school?</p>
<p>What's your favorite fast food restaurant?</p>	<p>If you had to eat one meal for the rest of your life what would it be?</p>	<p>Do you consider yourself a leader or a follower?</p>
<p>What is the nicest compliment someone has ever said to you?</p>	<p>What makes you angry?</p>	<p>If you were leaving on a trip around the world and could only bring three things, what would they be?</p>

BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



BROTH



<p>The popular kids in my gym class always make fun of me. I dread going to class. What's your advice?</p>	<p>I am worried. I think my younger cousins are being neglected. I just don't know what to do? What's your advice?</p>	<p>I have been doing well in school lately and getting good grades. Despite this I still have negative thoughts and feelings about myself. What's your advice?</p>
<p>Name three stereotypes about what a 'man' is supposed to act like. Do you agree or disagree that men should act this way, and why?</p>	<p>What can you do if you want to make a change in your relationship, but your partner is not willing to change?</p>	<p>Name one or two values about relationships that you learned from your role models. Do you think these values are healthy or unhealthy?</p>
<p>If you needed to develop a 'Safety Plan' to keep safe from a violent partner, who would you ask to help you with the safety plan?</p>	<p>Name three behaviors that you will not tolerate in a relationship.</p>	<p>What empowers you?</p>
<p>What qualities do you find attractive in a person?</p>	<p>How would you describe yourself in 3 words?</p>	<p>What makes you proud?</p>

GRAIN



GRAIN



GRAIN



GRAIN



GRAIN



GRAIN



GRAIN



GRAIN



GRAIN



GRAIN



GRAIN



GRAIN



<p>How did your crush make you feel?</p>	<p>Which age was most challenging for you?</p>	<p>Sam is pressuring Sandra sexually. Sandra wants to go home. What could she do?</p>
<p>What is the greatest life lesson you've ever learned.</p>	<p>Whenever you are having a bad day, what is the best thing you can do to help cheer yourself up?</p>	<p>What is an activity you used to engage in, that you feel like you've outgrown or lost interest in doing?</p>
<p>What makes you feel good or bad about yourself. Explain.</p>	<p>What would you tell a friend NOT to do when trying to start up a relationship?</p>	<p>If you got a tattoo, what and where would it be?</p>
<p>If you could be someone else for a day, who would you be and why?</p>	<p>What is your fondest childhood memory?</p>	<p>What's your definition of success?</p>

GRAIN



GRAIN



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GRAIN



What are you most afraid of and why?

What causes someone to get angry?

What do you think is your most likeable quality?

What is your greatest strength? How do you know?

Where do you see yourself in 5 years? 10 years?

GRAIN



GRAIN



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GRAIN



<p>It's very hard for me to say no to the people I like- family, friends, co-workers, and teachers. What's your advice?</p>	<p>I'm being pressured to go further sexually than I'm prepared to. I want to continue this relationship, but don't want to go there. What's your advice?</p>	<p>My dating partner and I argue all the time. The tension in the relationship is awful. What's your advice?</p>
<p>My friend disclosed to me that she was being sexually abused. I don't know what to do. What's your advice?</p>	<p>People see me differently than I see myself. What should I do?</p>	<p>I have very high expectations of myself. I want to do everything perfectly, and get very angry at myself when I can't. What's your advice?</p>
<p>Can someone be sexually assaulted without the use of physical force?</p>	<p>Name a reason why people might stay in an abusive relationship.</p>	<p>How can jealousy be used to gain power and control over another person?</p>
<p>Who in your family inspires you?</p>	<p>What don't you like about yourself?</p>	<p>What do you like most about yourself?</p>

<p>When faced with a problem, how do you like to be supported?</p>	<p>What do you consider your greatest accomplishment?</p>	<p>Aside from any family, friends, or pets, what would be the most difficult thing for you to give up in your life?</p>
<p>Is there a relationship in your life that makes you feel better about yourself since you've been in it?</p>	<p>Name one or two early 'warning signs' that would tell you your dating partner may turn out to be abusive.</p>	<p>A kid who sits next to you in class keeps sexually harassing you. You tell him to stop, but he keeps on doing it without ever being caught. What should you do?</p>
<p>If you thought you weren't spending enough time with your partner in your relationship, how would you address the situation?</p>	<p>Name three ways to express your feelings for a boyfriend or girlfriend.</p>	<p>Name two characteristics that you look for in a partner. Then name two, you would not want in a partner.</p>
<p>How can you build trust with someone?</p>	<p>What's the best advice you have ever received?</p>	<p>What is the best thing that's ever happened to you?</p>

<p>What is the most challenging thing you've ever overcome?</p>	<p>Is your self-talk positive or negative? Give an example.</p>	
<p>What are your personal values?</p>	<p>How do you deserve to be treated in a relationship?</p>	

<p>My dating partner embarrasses me with public displays of affection even though they know I'm not comfortable with it. What should I do?</p>	<p>There is physical abuse in my friends relationship. I can't stand seeing them hurt. I don't know where to turn. What's your advice?</p>	<p>I'm going through a difficult breakup. My family and friends tell me it's no big deal. It is to me. What's your advice?</p>
<p>I am about to become a teen parent. I'm worried about balancing my social life and the responsibilities of parenthood. What's your advice?</p>	<p>My dating partner verbally abuses me. I've told my friends about it but they don't believe me. What's your advice?</p>	<p>Some guy sent you nudes, and when you tell your friend, she says its not sexual harassment. What do you do?</p>
<p>Is it abuse if someone tells their partner that they will end the relationship if they don't agree to have sex?</p>	<p>People often blame the victim when they experience abuse. How does this impact the victim?</p>	<p>How would you help a friend who was being abused by their partner?</p>
<p>Do you think an abusive relationship seems abusive from the beginning, or does it take a while for the abuser to show his/her abusive side?</p>	<p>How can someone stay safe in an abusive dating relationship if they are afraid to leave?</p>	<p>Sexual harassment can be physical, verbal, or non-verbal. Give examples of each of these types of sexual harassment.</p>

PROTEIN



PROTEIN



PROTEIN



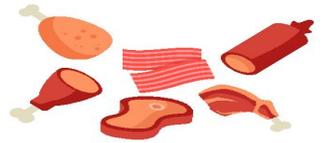
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PROTEIN



<p>Are there any circumstances under which a person doesn't have the right to say "no" to sex?</p>	<p>Is it abuse if someone refuses to have sex with another person, even though the two have been going out for a year and have had previous sexual relations. Why or why not?</p>	<p>What are some common excuses used by people who sexually assault their dates?</p>
<p>What kind of effect does experiencing violence in past relationships have on current or future relationships?</p>	<p>What are some of the emotional effects of sexual assault on the victim?</p>	<p>Give an example of how a person might use money to control a dating partner.</p>
	<p>Name an emotional boundary you should set in a dating relationship?</p>	<p>What are some of the risks involved in dating someone much older than you?</p>
<p>Do you think there is a power dynamic in a relationship between a 23-year-old and a 16-year-old?</p>	<p>If you were breaking up with your partner, and your partner said something like, "If you leave me, I'll kill myself," how would you respond?</p>	<p>If you were being sexually harassed at school or work, who would you go to for help?</p>

PROTEIN



PROTEIN



PROTEIN



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PROTEIN



You fix up your close friend with another good friend of yours. Later, your close friend calls you upset. She tells you she was sexually assaulted. What are possible ways to respond to this situation?

What does love mean to you?

In what instance is it okay to lie in a dating relationship?

PROTEIN



PROTEIN



PROTEIN



PROTEIN



PROTEIN



PROTEIN



<p>Teen Dating Violence is the physical, sexual, or psychological/emotional violence within a dating relationship</p>	<p>Nearly 1.5 million high school students nationwide experience abuse from a partner in a single year</p>	<p>1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner</p>
<p>Only 33% of teens who were in a violent relationship ever told anyone about the abuse</p>	<p>New Hampshire is the only state with a law that specifically allows minors to apply for a protection order</p>	<p>8 states do not include dating relationships in their definition of domestic violence, leaving young victims of abuse unable to apply for restraining orders</p>
<p>81% of parents believe teen dating violence is not an issue or admit they don't know if it's an issue</p>	<p>Violent relationships put victims at higher risk for substance abuse, eating disorders, risky sexual behavior, and domestic violence</p>	<p>Violent behavior in youth typically begins between ages 12 and 18</p>
<p>Teens report their top barriers to seeking help are confusion about the law and his or her desire for confidentiality</p>	<p>Women ages 16-24 experience the highest per capita rate of intimate violence</p>	<p>One in three teens say they are text messaged 10, 20, or 30 times an hour by a partner inquiring where they are, what they're doing, or who they're with</p>

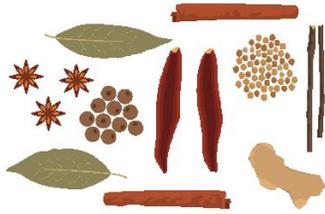
<p>Heterosexual men report sexual assault at higher rates than gay and bisexual men</p>	<p>Bisexual men and women are at the highest risk at being domestically assaulted or sexually assaulted by a partner, compared to heterosexual or homosexual peers</p>	<p>The transgender community experiences sexual violence at higher rates than the Cis gender community</p>
<p>Rates of sexual assault are higher for Native Americans than other racial communities</p>	<p>For every African-American woman who reports her sexual assault, at least 15 African-American women do not report theirs</p>	<p>People with disabilities are more likely to be sexually assaulted than their peers without disabilities</p>
<p>Rates of dating violence and sexual violence appear similarly across all socioeconomic statuses</p>	<p>In the 1600's colonization lead to the widespread of sexual assault of Native women</p>	<p>In the 1890's activists started forming black women's clubs in response to the sexual violence against Black women</p>
<p>In 1944 the committees for Equal Justice was founded with the goal of assisting black women reclaim their bodies</p>	<p>In the 1970's Consciousness Raising groups, where woman began talking about issues affecting their lives, including domestic and sexual violence, were formed</p>	<p>In 1978 the Supreme Court ruled that tribal governments could not prosecute non-tribal members, even when crimes were committed on tribal land</p>

<p>In 1994 Congress passes the Violence Against Women Act. The act was the first national law requiring law enforcement to treat gender violence as a crime rather than a private family matter and provided 1.6 billion dollars to expanded survivor services</p>	<p>In 1996 The Coalition to Stop Violence Native Women was created In New Mexico</p>	<p>In 2001 the first observed Sexual Awareness Month in April</p>
<p>In 2006 the “Me Too” movement is founded to help survivors of sexual violence find pathways to healing</p>	<p>In 2013 the Violence Against Women Act Reauthorization expands protection for all victims of domestic violence and sexual violence</p>	<p>In 2015 a survey finds that around 23% of undergraduate females report having experience sexual assault or misconduct during college</p>
<p>In 1962 New York transfers all domestic violence cases from criminal to family courts where only civil court procedures apply and abusers avoid harsh penalties</p>	<p>In 1992 abuse by husbands is found to be the leading cause of injuries to women ages 15-44 by the Surgeon General</p>	<p>In the 1990’s the Immigration Act of 1990 passes, creating a battered spouse waiver for immigrant women</p>
<p>72% percent of eighth and ninth graders who are “dating”</p>	<p>Only one juvenile domestic violence court in the country focuses exclusively on teen dating violence</p>	<p>24 people per minute are victims of rape, physical violence, or stalking by an intimate partner</p>

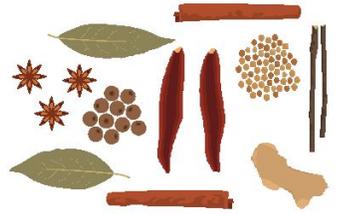
SEASONING



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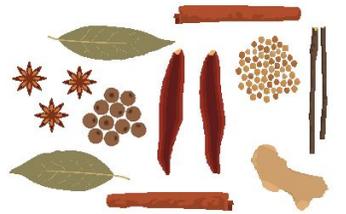
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