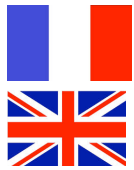


Sperm race

PRESENTATION DU JEU **2**



LA COURSE DES SPERMATOZOÏDES

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SPERM RACE

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Présentation du jeu



La course des spermatozoïdes



Composition du jeu :

- 1 plateau de jeu représentant l'appareil génital féminin avec 29 cases : du point de départ, case « START », à la dernière case, case « GOAL » ;
- 60 cartes « CONTRACEPTION » ;
- 4 lots de 6 cartes « ANATOMIE » contenant les noms de différentes parties de l'appareil reproducteur féminin ;
- 4 cartes « ARBITRE » contenant les solutions aux questions ; les lieux d'action de chaque contraceptif ainsi que leur efficacité ;
- 4 pions (1 par équipe) ;
- 1 dé 6 faces ;
- 1 sablier d'une minute.

Nombre de joueur :

De 2 à 4 joueurs ou équipes de joueurs.

Durée d'une partie :

15mn environ.

Mise en place du jeu :

- Disposer le plateau de jeu au centre ;
- Déposer les cartes « CONTRACEPTION », dos sur le dessus, sur l'endroit indiqué par des ? ;
- Distribuer un lot de cartes « ANATOMIE », dos sur le dessus, à chaque équipe ainsi qu'un pion ;
- Chaque équipe positionne son pion sur la case « START » ;
- Nommer un arbitre.

But du jeu :

Vous ou votre équipe êtes un spermatozoïde.

Vous voulez atteindre l'ovaire en premier, pour féconder l'ovocyte avant les autres spermatozoïdes.

Pour cela vous devez :

- avancer le plus vite en répondant à des questions et
- ralentir vos adversaires en utilisant des moyens de contraceptions adaptés.

Détermination de l'équipe qui commence :

Au top de l'arbitre, chaque équipe retourne les cartes « ANATOMIE » et les utilise pour légender l'appareil reproducteur féminin.

L'équipe qui a correctement placé toutes les légendes en premier commence la partie.

C'est l'arbitre qui, avec ses fiches « ARBITRE » vérifie l'exactitude des légendes.

L'arbitre nettoie le plateau de jeu : il retire les cartes « ANATOMIE » des équipes qui n'ont pas gagné.

Déroulement du premier tour de jeu :

L'équipe qui commence en premier jette le dé et pioche une carte « CONTRACEPTION ». Elle dispose d'une minute pour proposer, à l'arbitre, une seule réponse à la question relative au contraceptif figurant sur la carte.

- Si la réponse est correcte, elle avance du nombre de case indiqué par le dé et conserve la carte piochée.
- Si la réponse est incorrecte, elle ne bouge pas et repose la carte piochée sous la pile des cartes « CONTRACEPTION » sur le plateau de jeu.

C'est l'arbitre, avec ses fiches « ARBITRE », qui vérifie l'exactitude des réponses.

Les autres équipes font de même. Le jeu se déroule dans le sens des aiguilles d'une montre.

Déroulement des tours suivants :

A chaque tour, l'équipe jette le dé et pioche une question (carte « CONTRACEPTION »).

L'équipe dispose d'une minute pour répondre à la question figurant sur la carte. Les règles sont les mêmes qu'au premier tour.

Cependant, pendant la minute de réflexion, les autres équipes peuvent utiliser une des cartes conservées aux tours précédents comme un contraceptif en la déposant définitivement sur le plateau de

jeu au niveau de l'endroit indiqué par des



- Si l'équipe qui a jeté le dé a la bonne réponse à la question mais si le contraceptif est correctement utilisé et efficace : elle avance du nombre de case indiqué par le dé moins une case, tout en conservant la carte piochée.

L'équipe qui a bien utilisé le contraceptif ne bouge pas son pion.

Exemple : l'équipe A, dont le pion se trouve dans le vagin, a répondu correctement à une question, mais l'équipe B a utilisé une carte « préservatif » pour les ralentir.

L'équipe A avance donc de la valeur indiquée par le dé moins une case.

La carte « CONTRACEPTION » jouée pour ralentir l'équipe A reste sur le plateau de jeu.

- Si l'équipe qui a jeté le dé a la bonne réponse à la question et si le contraceptif n'est pas correctement utilisé (inefficace) : elle avance du nombre de case indiqué par le dé, tout en conservant la carte piochée.

L'équipe qui a mal utilisé le contraceptif recule du nombre de case indiqué par le dé.

Exemple : l'équipe A, dont le pion se trouve dans l'utérus, a répondu correctement à une question, et l'équipe B a utilisé une carte « diaphragme ».

Comme l'équipe B a mal utilisé sa carte, elle recule de la valeur indiquée par le dé.

L'équipe A avance normalement de la valeur indiquée par le dé.

La carte « CONTRACEPTION » jouée pour ralentir l'équipe A reste sur le plateau de jeu.

- Si l'équipe qui a jeté le dé n'a pas la bonne réponse à la question, elle ne bouge pas et repose la carte piochée sous la pile des cartes « contraception ».

L'équipe qui a utilisé correctement ou incorrectement la carte comme un contraceptif ne bouge pas son pion.

La carte « CONTRACEPTION » jouée pour ralentir l'équipe adverse reste sur le plateau de jeu.

C'est l'arbitre, avec ses fiches « ARBITRE », qui vérifie l'efficacité des contraceptifs utilisés.

Attention : Les contraceptifs ayant une action générale sont toujours efficaces mais ceux qui agissent sur les spermatozoïdes ne sont efficaces qu'en certains points de l'appareil génital féminin. D'autres moyens de contraception ont une efficacité trop faible pour être pris en compte comme contraceptif : ils ne peuvent ralentir les spermatozoïdes des équipes adverses.

Fin de la partie :

L'équipe qui atteint ou dépasse en premier la case « GOAL », féconde l'ovocyte et remporte la partie.



Sperm race



Game components:

- 1 game board representing the female genital tract with 29 spaces: from the first one, named "START" to the last one, named "GOAL";
- 60 « CONTRACEPTION » cards;
- 4 sets of 6 “ANATOMY” cards with the names of the different parts of the female genital tract;
- 4 “REFEREE” cards containing solutions to questions, the site of action of each contraception means and their effectiveness;
- 4 pawns (one for each team);
- 1 six-sided dice;
- 1 one-minute hourglass.

Number of players:

From 2 to 4 players (or teams of players).

Length of the game:

Approximately 15mn.

Game set-up:

- Place the game board in the middle of the table;
- Place the “CONTRACEPTION” cards, face down, on the ? card space;
- Distribute 1 set of "Anatomy" cards, face down, and 1 pawn to each team;
- Each team puts its pawn on the “START” space;
- Appoint a referee.

Aim of the game:

You or your team are a sperm cell.

You want to reach the ovary first to fertilize the oocyte before the other sperm cells.

To do this you must:

- Advance on the board by answering questions and
- Slow down your opponents using appropriate means of contraception.

Determining the starting team:

At the start signal of the referee, each team returns the "ANATOMY" cards and uses them to caption the female reproductive tract.

The team that has successfully placed all the legends first starts the game.

It is the referee who, with his “REFEREE” cards, checks the accuracy of captions.

The referee cleans the game board: he removes the "ANATOMY" cards from the teams that did not win.

First round of the game:

The team that starts first rolls the dice and picks up a "CONTRACEPTION" card.

They have one minute to propose to the referee one answer to the question about the contraceptive on the card.

- If the answer is correct, they move the number of spaces indicated by the dice and keep the drawn contraceptive card in their hand.
- If the answer is incorrect, they do not move and put back the drawn card under the deck of "CONTRACEPTION" cards on the game board.

It is the referee who, with his "REFEREE" cards, checks the accuracy of answers.

The other teams do the same. The game goes on clockwise.

The following rounds:

Each round, the playing team rolls the dice and picks up a question ("CONTRACEPTIVE" card).

The team has one minute to propose one answer to the question on the card. The rules are the same as in the first round.

However, during the minute of reflection, the other teams may use their "CONTRACEPTIVE" cards (stored during the previous rounds) as contraceptive means: they play it on the game board where the



symbol can be seen.

- If the team that rolled the dice gives the good answer but if the contraceptive card played by the opposing team is used correctly and is effective: they move the number of spaces indicated by the dice minus one space, and keep the drawn card.
The team that used the contraceptive do not move their pawn.

Example: Team A, whose pawn is in the vagina, answered a question correctly. But team B used a "condom" card to slow them down.

Team A advances the value of the dice minus one space.

The "CONTRACEPTIVE" card played to slow down team A stays on the game board.

- If the team that rolled the dice gives the right answer and if the contraceptive played by the opposing team is not properly used or is ineffective: they move their pawn the number of spaces shown on the dice and keep the drawn card.
The team that didn't use the contraceptive properly moves back the number of spaces shown on the dice.

Example: Team A, whose pawn is in the uterus, answered a question correctly. Team B used a "diaphragm" card.

As team B misused their card, they move back the number of spaces indicated by the dice.

Team B normally advance of the value indicated on the dice.

The "CONTRACEPTIVE" card played to slow down team A stays on the game board.

- If the team that rolled the dice does not give the correct answer to the question, they do not move their pawn and return the drawn card under the "CONTRACEPTION" cards deck.
The team that correctly or incorrectly used the card as a contraceptive does not move their pawn.
The "CONTRACEPTIVE" card played to slow down the opposing team remains on the game board.

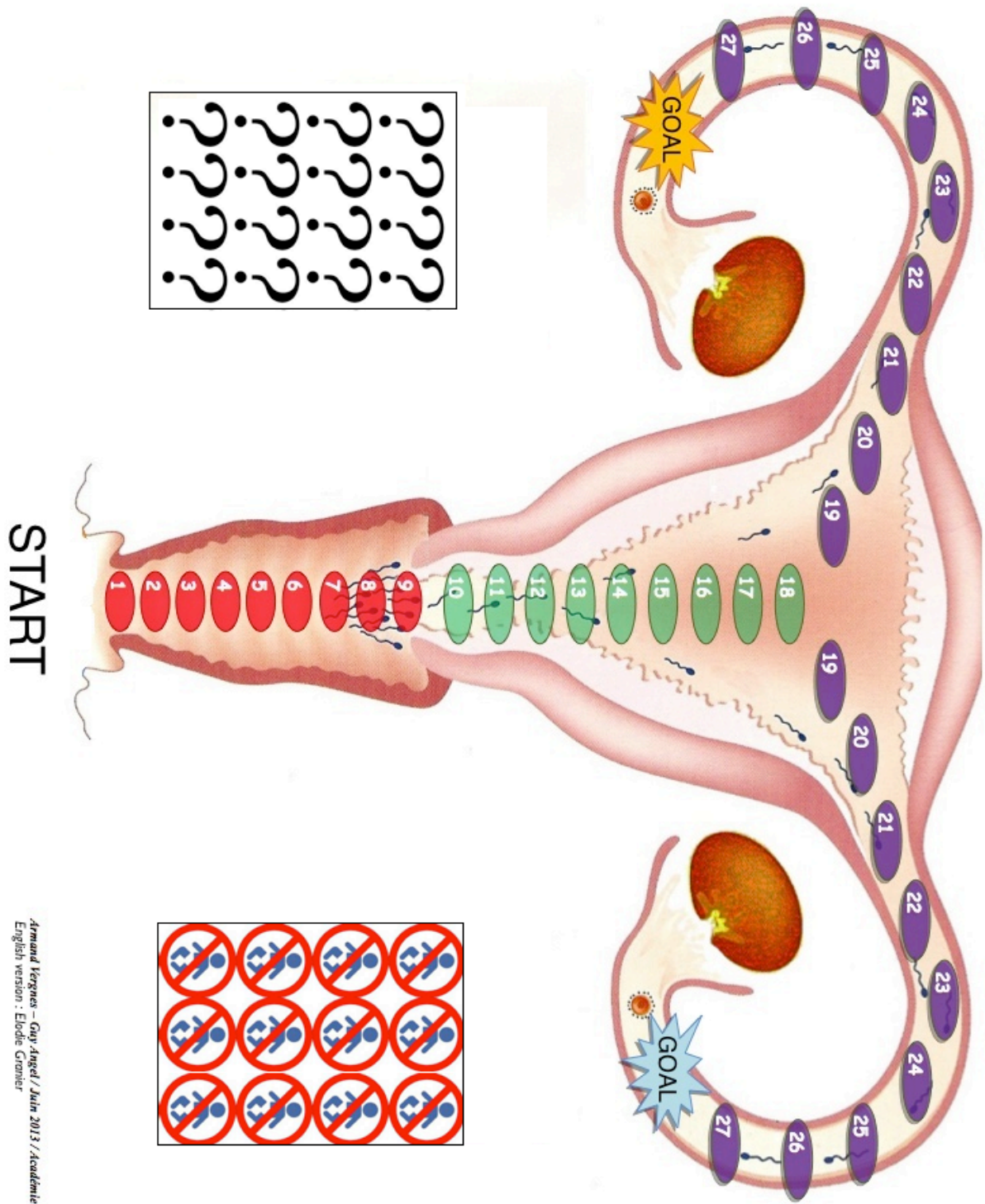
It is the referee who, with his "REFEREE" cards, checks the effectiveness of the contraceptive means.

Warning: Contraceptives which have a general action are always effective but those which act on sperm cells are effective in certain parts of the female genital tract. Other methods of contraception have a much too low effectiveness to be considered as a contraceptive. They can't slow down the sperm cells of the opposing teams.

End of the game:

The team that first reaches or goes beyond the "GOAL" space, fertilizes the oocyte and wins.

Game board



Referee cards



Start of the game

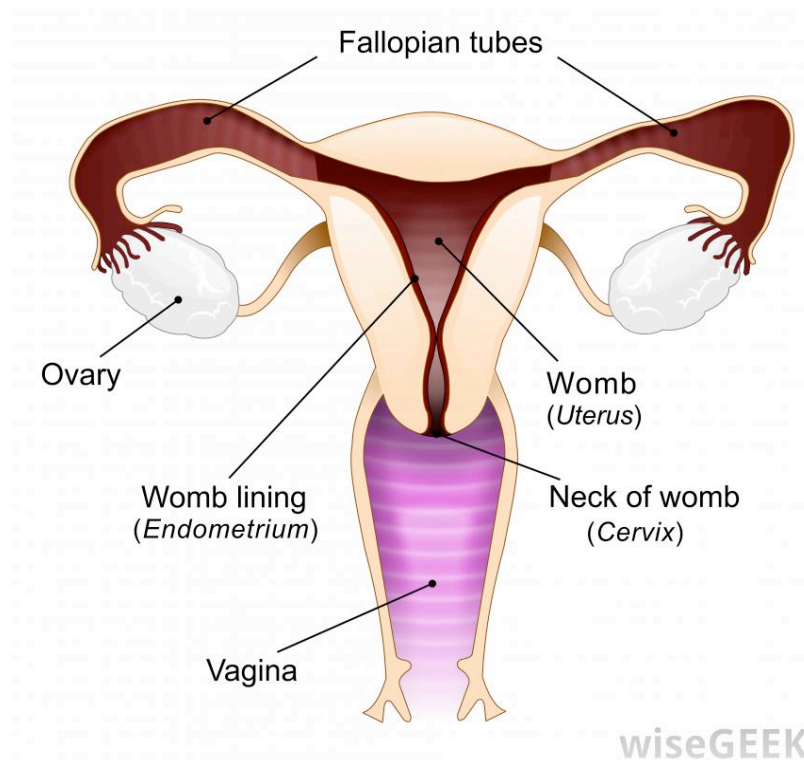
The game starts when you give their anatomy cards to each team.

They place each card on the female reproductive system.

Look if the cards are correctly placed.

The first team that places correctly all the cards win: it starts the game.

Solutions (only for you!)



Referee card 

*Contraceptive cards used
to slow down the opponents.*

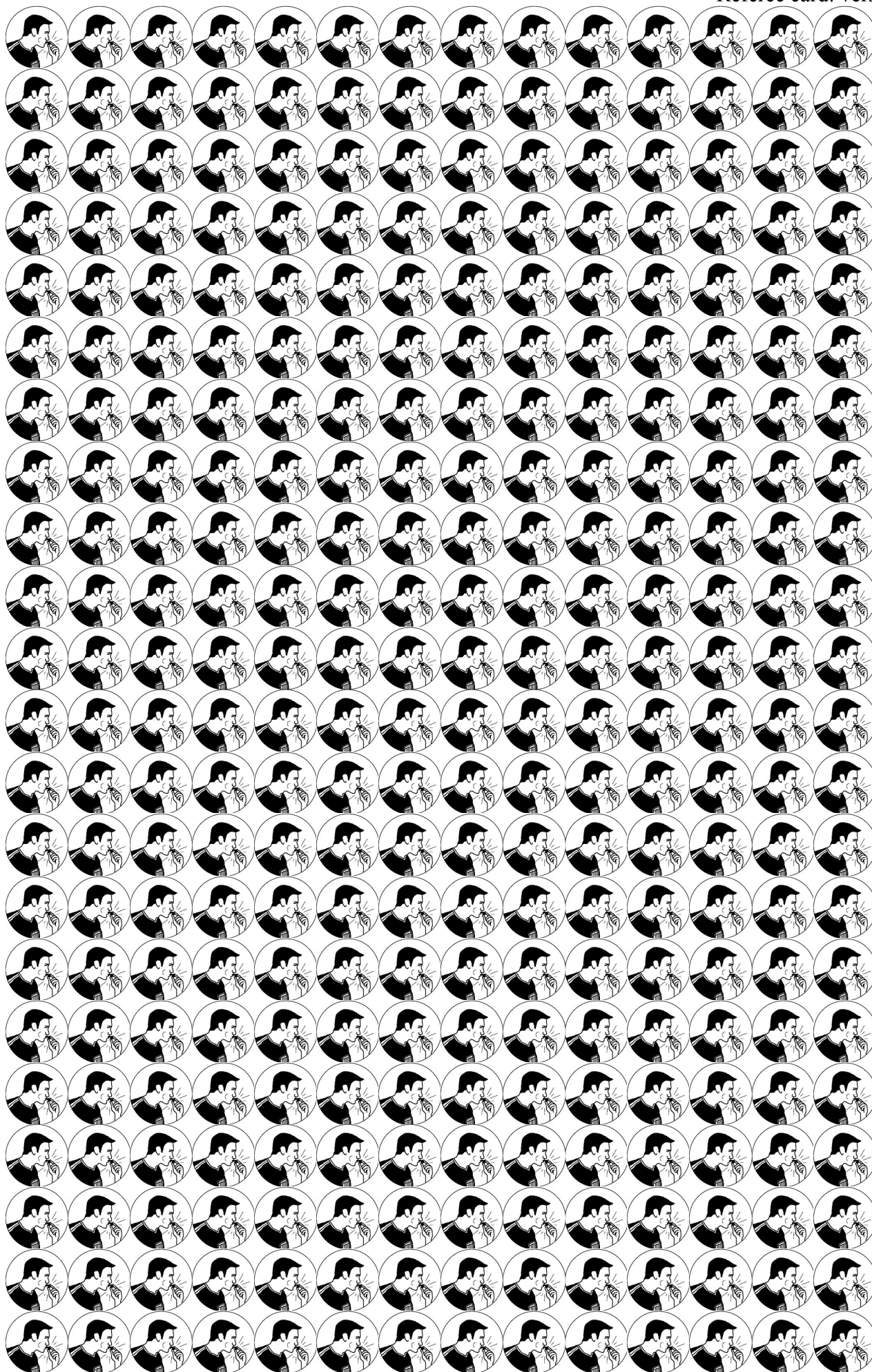
	Actions in the vagina → Cards used only from 1 to 9
	Actions in the uterus/womb → Cards used only from 10 to 18.
	Actions in all the reproductive system → Cards used from 1 to 27
	Not reliable → Cards with no effect

Contraceptive cards: Solutions

Male condom	Female condom
<u>Location:</u> Vagina <u>Prevent from:</u> penetration of the spermatozoids into the vagina <u>Utilisation:</u> only once; must be impermeable <u>Type:</u> mechanical method <u>Effectiveness:</u> must be impenetrable; EU norms	<u>Location:</u> Vagina <u>Prevent from:</u> penetration of the spermatozoids into the vagina <u>Utilisation:</u> only once; must be impermeable <u>Type:</u> mechanical method <u>Effectiveness:</u> must be impermeable; UE norms
Coil	Diaphragm
<u>Location:</u> Uterus <u>Prevent from:</u> Nidation of the "egg" <u>Utilisation:</u> 3-5 years <u>Type:</u> mechanical method <u>Effectiveness:</u> no anti-inflammatory taken	<u>Location:</u> Neck of womb <u>Prevent from:</u> penetration of the spermatozoids into the uterus/womb <u>Utilisation:</u> several times <u>Type:</u> mechanical method, used alone <u>Effectiveness:</u> leave the diaphragm in the vagina during 48h after sex intercourse; Must be used with spermicides
Spermicides	Vaginal ring
<u>Location:</u> Vagina <u>Function:</u> Kill the spermatozoids <u>Utilisation:</u> a few hours before sex intercourse <u>Type:</u> chemical method <u>Effectiveness:</u> introduce the spermicides at least 10mn before the sex intercourse; Used with a diaphragm	<u>Location:</u> Around the neck of womb <u>Prevent from:</u> Penetrations of the spermatozoids through the neck of the womb (cervical mucus stays dense); stops the ovulation. <u>Utilisation:</u> one ring for 21 days; 7 days without any ring. Then, a new ring for a new cycle. <u>Type:</u> chemical (hormonal) method <u>Effectiveness:</u> very good if it doesn't come out!

Contraceptive cards: Solutions

Contraceptive implant	The pill
<u>Location</u>: Under the skin; in the upper arm <u>Prevent from</u>: penetrations of the spermatozooids through the neck of the womb (cervical mucus stays dense); stops ovulation; at least, stops nidation <u>Utilisation</u>: around 3 years <u>Type</u>: chemical (hormonal) method <u>Effectiveness</u>: very good except for overweight women	<u>Location</u>: all the body /oral <u>Prevent from</u>: depending on the type of pills: penetrations of the spermatozooids through the neck of the womb (cervical mucus stays dense); stops the ovulation <u>Utilisation</u>: daily during 21 or 28 days <u>Type</u>: chemical (hormonal) method <u>Effectiveness</u>: very good unless if you forget it (just 1 day) or if you vomit a few hours after you took the pill
Emergency contraception (Morning after pill)	Rhythm method 
<u>Location</u>: all the body / oral <u>Prevent from</u>: Ovulation or nidation <u>Utilisation</u>: a few hour after unprotected sex intercourse; exceptional <u>Type</u>: chemical (hormonal) method <u>Effectiveness</u>: very good if you use it a few hours after the sex intercourse	<u>Principle</u>: no sex intercourse during "wet days" (8-19e after the first day of the menstruation = fertile period) <u>Prevent from</u>: penetration of the spermatozooids into the vagina <u>Utilisation</u>: no sex intercourse during "wet days" (8-19e after the first day of the menstruation) <u>Type</u>: Natural method <u>Effectiveness</u>: not reliable because most women have irregular cycles
Withdrawal 	Contraceptive patch
<u>When</u>: just before ejaculation <u>Prevent from</u>: penetration of the spermatozooids into the vagina <u>Utilisation</u>: penis pulled out before ejaculation <u>Type</u>: Natural method <u>Effectiveness</u>: not reliable because some spermatozooids are emitted before ejaculation and men don't fell this. Men with little practice, don't fell the arriving of the ejaculation	<u>Location</u>: on the skin <u>Prevent from</u>: ovulation and nidation <u>Utilisation</u>: one each week during 3 weeks, one week without. Then you start a new cycle <u>Type</u>: chemical (hormonal) method <u>Effectiveness</u>: very good if you don't lose it and if you don't forget to change it each week.



Contraceptive cards

Location

Male condom



On which part of the male reproductive system this condom is roll over?

Female condom



In which part of the female reproductive system this condom inserted?

Coil (Cu)

(intra-uterine device IUD)



In which part of the female reproductive system is this device inserted?

Diaphragm

(cervix cape)



In which part of the female reproductive system is this device placed inside?

Spermicides



In which part of the female reproductive system are these molecules inserted?

Vaginal ring



In which part of the female reproductive system is this device inserted?

Contraceptive implant



In which part of the female body is this device placed?

The pill



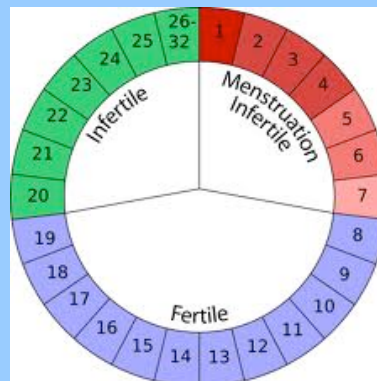
In which part of the female body do the pills act?

Emergency contraception



In which part of the female body do these molecules act?

Rhythm method



What is the principle of this method?

Withdrawal (Pull out)



During sex intercourse, when is this method used?

Contraceptive patch



In which part of the female body is this device placed?

Function

Male condom



What does it prevent?

Female condom



What does it prevent?

Coil (Cu) (intra-uterine device IUD)



What does it prevent?

Diaphragm (cervix cape)



What does it prevent?

Spermicides



What do these molecules do?

Vaginal ring



Give 2 modifications it causes in the female reproductive cycle.

Contraceptive implant



What do these molecules do?
What do they prevent?

The pill



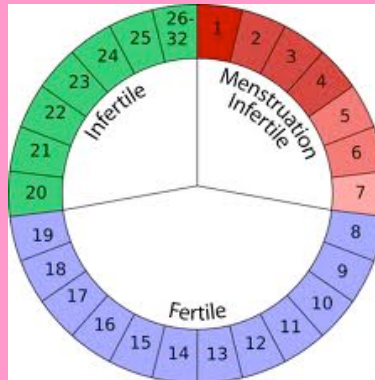
What do these molecules do?
What do they prevent?

Emergency contraception



What do these molecules do?

Rhythm method



What does it prevent?

Withdrawal (Pull out)



What does it prevent?

Contraceptive patch



What do these molecules do?
What do they prevent?

Use

Male condom

How often do couples use it?
(How many times)

Female condom

How often do couples use it?
(How many times)

Coil (Cu)
(intra-uterine device IUD)



How can women use it?
(How long)

Diaphragm
(cervix cap)



How often do women use it?
(How many times)

Spermicides

How often do women use it?
(How long)

Vaginal ring

How often do women use it?
(How long)

Contraceptive implant



How can women use it?
(How long)

The pill



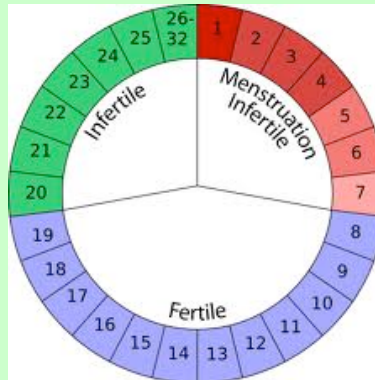
How can women use it?
(How long)

Emergency contraception



When do women use it?

Rhythm method



When do couples use it?

Withdrawal (Pull out)



When do men use it?

Contraceptive patch



How can women use it?
(How long)

Type*Male condom*

What type of contraception is this?

Female condom

What type of contraception is this?

Coil (Cu)
(intra-uterine device IUD)



What type of contraception is this?

Diaphragm
(cervix cap)



What type of contraception is this?

Spermicides

What type of contraception is this?

Vaginal ring

What type of contraception is this?

Contraceptive implant



What type of contraception is this?

The pill



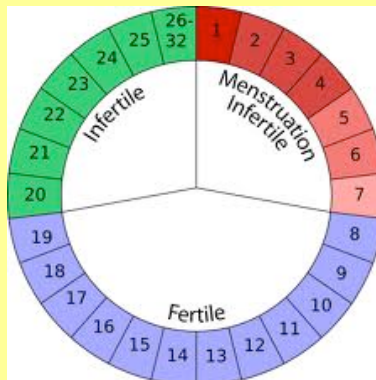
What type of contraception is this?

Emergency contraception



What type of contraception is this?

Rhythm method



What type of contraception is this?

Withdrawal

(Pull out)



What type of contraception is this?

Contraceptive patch



What type of contraception is this?

Effectiveness

Male condom



On which conditions is this condom reliable?

Female condom



On which conditions is this condom reliable?

Coil (Cu) (intra-uterine device IUD)



On which conditions is this device reliable?

Diaphragm (cervix cape)



This dispositive is not really reliable. What are the best conditions of use?

Spermicides



This method is not really reliable, What are the best conditions of use?

Vaginal ring



On which conditions is this ring reliable?

Contraceptive implant



On which conditions is this implant reliable?

The pill



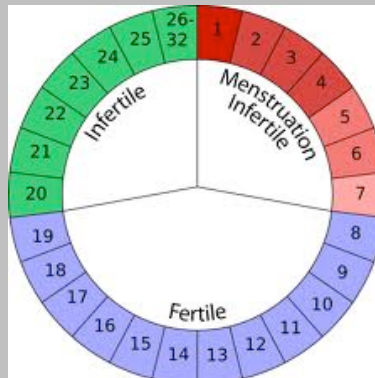
On which conditions are these pills reliable?

Emergency contraception



On which conditions is this pill reliable?

Rhythm method



This method is not reliable. Why?

Withdrawal (Pull out)



This method is not reliable. Why?

Contraceptive patch



On which conditions is this patch reliable?

Contraceptive card:Verso

Anatomy cards

Ovary

Ovary

Uterus = Womb

Uterus = Womb

Neck of womb

Neck of womb

Uterine cavity

Uterine cavity

Fallopian tube

Fallopian tube

Vagina

Vagina

Ovary

Ovary

Uterus = Womb

Uterus = Womb

Neck of womb

Neck of womb

Uterine cavity

Uterine cavity

Fallopian tube

Fallopian tube

Vagina

Vagina