# BDSM: Board-game Designed for Sexual Medicine Instruction Guide



<u>Items Needed:</u>
4 notepads
4 pencils
Play-Doh
Timer
Die
4 game pieces (I used a set of children's bangles, but pretty much any set of party favors will work)
Board (This I made out of card stock, and lots of different color circles that I arranged in a spiral shape, in a repeating pattern of green, blue, yellow, pink.)
(To be honest, you could just use a game of Cranium instead of buying all of the items above, including the board and use the purple space to signify any question category of the team's choice.)
Lots of Notecards (3 by 5) – Preferably 4 colors – I also bought a notecard box to store them in
Labels (I bought 2 by 4 inch labels) $-$ I used these to print the questions and answers instead of writing them all out.
Questions
Rules
A box to hold everything – I decorated mine with an excess of foam letters



## Rules to BDSM: Board-game Designed for Sexual Medicine

#### Introduction

This board game is to assess medical student's knowledge of sexual health and sexuality through fun interactions that will involve multiple choice questions, free response questions, charades, modeling clay, drawing, and much more!

Set up the board and lay out the Play-Doh, sets of questions, timer, and die. Divide players into equal teams of at least two people per team. Each team then chooses a game piece (heart) and puts it centered on the start space. Each team is provided with a pad of paper and a pencil.

The goal of the game is to go around the circle of the board game in a clockwise form and end in Champion's Circle.

Each space on the board corresponds with a question category by color. The categories are:

**Pink - Anatomy and Physiology – This will cover sexual anatomy and functioning.** 

**Blue - Sexuality and Society** – This will cover identity, orientation, sexuality through the lifespan, sexuality and religion, and sexuality in minority groups.

**Green - Sexual Dysfunction –** This will cover STIs, common sexual problems, and treatment options.

**Yellow - Surprise Sex** –This category contains all the rest of the topics that weren't covered elsewherelike alternative sex practices, sexual abuse, and sexual history taking.

#### Safe Space

Prior to the start of the game, all of the players should sit in a circle to come together. Then one of the players will read the following out loud.

"This is a safe space, where we will be able to answer all questions freely and engage in all activities without fear of embarrassment or judgment. We will all do our best to participate fully and have as much fun as possible."

#### Play

To begin play the team with the team member that hasn't had sex in the longest amount of time will get to go first. This team will then roll the die and move the game piece the number of spaces equivalent to the number displayed. This space will correspond with one of the question categories. One of the members of another team will read the card and then give the appropriate instructions out loud to the participating team. Then the team will follow the instructions on the card within the allotted time.

Allotted time per question is one flip of the sand timer, except for charades and molding which are allotted two flips of the sand timer.

If you are successful in completing the task on the card then proceed to the space indicated. If you are not successful in completing the task, then stay on the space that was occupied prior to rolling the die.

After one team finishes with their then play proceeds to the team on the left.

### Winning

The game is complete when the first team gets to the Champion's Circle and completes the final task. The final task is to complete one question of each category while in the Champion's Circle. When one of the teams has answered one question of each category after landing in the Champion's Circle, then that team is declared the winner.

## BDSM: Board-game Designed for Sexual Medicine Questions

**Anatomy and Physiology** – This will cover stereotypical topics straight from your medical school curriculum and textbooks!

Create as anatomically accurate as possible male genitalia using the clay.

Create as anatomically accurate as possible female genitalia using the clay.

Males have been shown to have an erection as early as:

- A. In Utero
- B. 18 months
- C. 3 years old
- D. 5 years old
- E. 7 years old

Answer: A

The organ primarily responsible for orgasm is:

- A. The penis
- B. The vagina
- C. The nipples
- D. The brain
- E. The anus

Answer: D - Corrina, H. (2010, October 26). Pleasure-Based Sexual Anatomy and Physiology .

Name at least 6 erogenous zones.

Answer: Clitoris, Penis, Foreskin, vulva, perianal skin, lips, sides and back of the neck, inner arms, axillae, sides of the thorax, back of the knees, inner thighs, feet, ears, etc.

Which of the following structures contains more than half of the nerves in the pelvic region?

- A. Clitoris
- B. Testicles
- C. Anus
- D. Penis
- E. Labia

Answer: C

Come up with 10 different slang terms for vagina in 30 seconds or less.

Come up with 10 different slang terms for penis in 30 seconds or less.

Come up with 10 different slang terms for intercourse in 30 seconds or less.

Describe what the perineal sponge is.

Answer:It's internal to the body in people with a vulva. It's between the bottom of the vaginal opening and the rectum. It's part of the clitoral system and made up of nerve endings, erectile tissue, and blood vessels. During arousal, it becomes swollen with blood and compresses the outer third of the vagina along with the vestibular bulbs and urethral sponge.

Discuss possible ethical issues involved in newborn male circumcision.

Answer: While this can cover a variety of topics the following need to be included: Religion, Medical necessity in cases of infection and phimosis, loss of erectile tissue, lack of child's choice, looking like friends/family members, cleanliness.

What is the percentage of newborn males in America that were circumcised in 2009?

- A. 20%
- B. 33%
- C. 50%
- D. 60%
- E. 75%

Answer: B

True or False: Males have more erectile tissue than females.

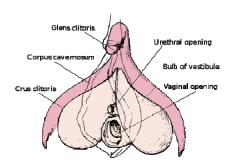
Answer: False. If you include the internal tissue, females have more.

In females, what glands drain into the urethra, and are suspected to be the origin of female ejaculation? Answer:Skene's or Paraurethral Glands.

Why do testicles sit at different distances from the body at different times?

Answer: Sperm production is very sensitive to temperature, and the testicles try to maintain an internal temperature of 94 degrees. The cremaster muscles pull the testicles closer or farther away to the body depending on if they need to be cooler or warmer.

Using the play-doh, one team member molds the internal and external clitoris and the other team members guess the organ.



Pictionary: Using the pad and pencil, one team member draws a sex organ with their eyes closed while the other team members try to guess the organ.

Charades: Have one team member act out an orgasm and have the remaining team members guess the action.

The team has to spell the male gamete backwards. One team member will start and then the next letter will be the next team member, and it will rotate around until the word is finished.

Answer: Spermatozoa. A O Z O T A M R E P S

Which structure helps aid the descent of the gonads?

- A. Cremaster
- B. Gubernaculum
- C. Round Ligament
- D. Suspensory Ligament
- E. Spermatic Cords

Answer: B

The outer one third of the vagina contains what percent of the nerve endings in the vaginal nerve endings?

- A. 50%
- B. 66%
- C. 75%
- D. 90%
- E. 99%

Answer: D

True or False: Orgasms feel the same for men and women.

Answer: True. When asked to describe their orgasms men and women both used the same language like "pleasurable, emotional intimacy, ecstasy, relaxation, building sensations, flooding sensations, flushing sensations, throbbing sensations". Hock, R. R. (2010). *Human Sexuality*. Upple Sadle River: Prentice Hall, Pearson.

What does not happen in post-menopausal women due to lack of estrogen?

- A. Decreased Libido
- B. Vaginal atrophy
- C. Increase in vaginal pH
- D. Increase in post-coital UTIs
- E. Increase in urinary frequency, dysuria, incontinence

Answer: A, decreased libido is due to decreasing amounts of testosterone.

How do women get "wet" when aroused?

Answer: During arousal there is increased blood flow to the erectile tissues which become vasocongested. Then a clear, slippery fluid seeps from the vasocongested tissues to the walls of the vagina.

True or False: The frequency of the muscular contractions of the pelvic area (for females) and of the prostate, urethra, and muscles of the base of the penis (for males) during orgasms are identical. Answer: True, 0.8 seconds for both males and females.

Pictionary: Using the pen and paper, one team member should draw "afterglow" (the emotional and physical feeling of satisfaction, relaxation, and intimacy that follows the act of making love). The other team members guess the idea.

What does the G-spot stand for?

Answer: Grafenberg spot, named after the physician who first described the structure in the 1950s.

Using the pad and paper draw an anatomically accurate penis. The goal is to get it to length of an average penis.

Answer: The average length is 5.5 inches. This can then be measured with a ruler. Credit is given if within .5 inches.

What age do testosterone levels peak in men and women?

Answer: Both in the mid-20s.

Describe at least 3 other physiologic changes in male genitalia that accompany sexual arousal besides penile erection.

Answer: Cowper's gland secretion, color of penile glans deepens, testes increase in size and elevate towards perineum, scrotum thickens, and prostate enlarges.

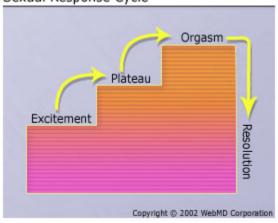
Name at least 3 sites of contractions during male orgasm.

Answer: Internal sphincter of bladder, vas deferens, seminal vesicle, anal sphincter, prostate gland, urethra, penis.

Draw the Masters and Johnson model of sexual response.

Answer: This will include 4 stages, Excitement, Plateau, Orgasm, Resolution.

Sexual Response Cycle



How large is the average adult male foreskin?

- A. 3 inches by 5 inches
- B. 4 square inches
- C. 2 inches by 3 inches
- D. 4 inches by 4 inches
- E. 10 square inches

Answer: A

Which of the following sets of structures are not homologous?

- A. Penile glans and clitoral glans
- B. Penile shaft and labia minora
- C. Testicles and ovaries
- D. Scrotum and labia majora
- E. Foreskin and clitoral hood

Answer: B. Penile shaft is homologous with the clitoral shaft, and the labia minora is homologous with the underside of the penis.

**Sexuality and Society** – This will cover identity, orientation, sexuality through the lifespan, sexuality and religion, and sexuality in minority groups.

Which of the following, if any, is not typical for child between the ages of 0 to 3 years old?

- A. Be curious and explore their own body and other's bodies
- B. Touch their genitals for pleasure
- C. Talk openly about their bodies
- D. Too young to experience physiologic functioning of erection and vaginal lubrication

E. Be able to say and understand, when taught the appropriate names for body parts

Answer: D

Are any of the following activities worrisome in children under the age of 6, if so which one?

- A. Masturbation
- B. Playing Doctor
- C. Co-bathing with friends or siblings
- D. Walking in on his/her parents having sex
- E. Dressing up in the clothes of the other gender

Answer: All of these activities are common and not cause for alarm in the parents.

Which of the following, if any, is not typical for children between the ages of 4 to 5 years old?

- A. Experience vaginal lubrication or erection
- B. Inability to understand gender roles
- C. Touch their genitals for pleasure
- D. Play games like doctor
- E. Ask about where babies come from

Answer: B

Which of the following, if any, is not typical for children between the ages of 6 to 8 years old?

- A. Look to peers, media, and other sources for information about sex
- B. Understand gender role stereotypes
- C. Recognize the social stigmas and taboos surrounding sexuality
- D. May engage in same-gender sexual exploration
- E. Socialize with both genders equally

Answer: E

Which of the following, if any, is not typical for children between the ages of 9-12 years old?

- A. Understand jokes with sexual content
- B. Concerns about being normal
- C. Feel anxious about puberty
- D. Be exceptionally open about asking question of caregivers
- E. Value privacy highly

Answer: D

Which of the following, if any, is not typical for children between the ages of 13 to 17 years old?

- A. Choose to express their sexuality in ways that may or may not include sexual intercourse
- B. Recognize the role media play in propagating views about sex
- C. Lack the capacity to understand option and consequences of sexual expression
- D. Have the capacity to learn about intimate, loving, long-term relationships
- E. Have an understanding of their own sexual orientation

Answer: C

What percentage of 17 year old males reported vaginal intercourse in the past year? A. 10% B. 20% C. 40% D. 60% E. 80% Answer: C What percentage of girls will become pregnant at least once before the age of 20? A. 10% B. 15%

- C. 25%
- D. 33%
- E. 45%

Answer: D

What percentage of the population remains sexually active into their 80s?

- A. 10%
- B. 25%
- C. 40%
- D. 50%
- E. 75%

Answer: B

The rate of anal cancer in men who have sex with men compared with the general population is:

- A. The same as the general population
- B. 5 times higher
- C. 40 times higher
- D. 80 times higher
- E. 100 times higher

Answer: D, this would also apply to anyone who engages in unprotected receptive anal intercourse.

What is the term for a person who identifies with the gender assigned to them at birth?

Answer: Cis-gender

What is the term for a person whose gender identity is neither male nor female, is between or beyond genders, or is some combination of genders?

Answer: Gender-queer

Name at least 4 forms of gender expression.

Answer: Feminine, Masculine, Androgynous, Butch, Drag, etc.

Name at least 3 changes a transsexual man could expect from testosterone therapy.

Answer: Voice lowering, hirsutism (increase in body hair), enlarged clitoris, loss of menses, acne (at least temporarily).

Name at least 5 sexual orientations.

Answer: Heterosexual, Homosexual, Bisexual, Asexual, Pansexual, Gay, Lesbian, Queer, Questioning.

Define the difference between Gender Identity and Gender Expression.

Answer: Gender Identity is a person's sense of being masculine, feminine, or other gendered. Gender expression is a person's choice and/or manipulation of 'gender cues'. Gender expression may or may not be congruent with or influenced by a person's biological sex.

Drag Doll: One team member will be the model and guesser. The rest of the team members will move the player's body, dress them, get them to perform actions, all without speaking or writing to get the model to guess the term"Drag".

Which of the following terms is not problematic or derogatory in reference to transgender terminology?

- A. Transvestite
- B. Pre-operative
- C. Cross dresser
- D. Transition
- E. She-male

Answer: D

Name at least 5 different obstacles a transgender person may face when seeking medical care. Answer: Lack of insurance coverage, Ill-informed physicians, harmful self-treatment, job-discrimination, obstacles to marriage recognition, tenuous parenting rights, violence and abuse, unsafe public restrooms, unsafe schools, Lack of appropriate identity documents, unemployment, poverty.

Each team member has to speak for 30 seconds each describing a friend without using their name, gender-identifying terms, or any gender specific pronouns.

All of the team members write down the first three words that come to mind when they think of the term "gay". Then the team members have to match at least two of the terms on the papers to another member.

All of the team members write down the first three words that come to mind when they think of the term "lesbian". Then the team members have to match at least two of the terms on the papers to another team member.

All of the team members write down the first three words that come to mind when they think of the term "heterosexual". Then the team members have to match at least two of the terms on the papers to another team member.

Which of the following, if any, does not occur in male sexuality due to aging?

- A. Erection is less spontaneous, less firm
- B. Decreased ejaculatory volume, force
- C. Delayed ejaculation/retrograde ejaculation
- D. Erectile dysfunction
- E. Decreased refractory period

Answer: E

Define the concept of heterocentric.

Answer: It's the presupposition that everyone is heterosexual and will be treated as such. It includes heterocentric intake forms and screening questions. This includes all aspects of society and media that cater to heterosexuality.

What is the likelihood that and identical twin of a homosexual person will also homosexual?

- A. 75%
- B. 50%
- C. 40%
- D. 25%
- E. 10%

Answer: B

How many of the following countries have laws making it illegal to homosexual or engage in homosexual behavior: Egypt, Nicaragua, Morocco, CzechRepublic, Vatican City, Iran, India, Turkey, Singapore, and the Philippines?

Answer: 6, Egypt, Nicaragua, Morocco, Iran, India, Singapore all have laws banning same sex behaviors.

What is the percentage of gay male high school students that attempt suicide?

- A. 37%
- B. 28%
- C. 15%
- D. 9%
- E. 5%

Answer: B, which is seven times higher than the percentage of straight male high school students that attempt suicide.

Which of the following groups has the highest rate of alcohol abuse?

- A. Heterosexual women
- B. Homosexual women

C. Bisexual women

Answer: C

What is the percentage of transgender people that have been denied needed health care?

- A. 39%
- B. 27%
- C. 20%
- D. 12%
- E. 5%

Answer: B

Name 2 risk factors for breast cancer that lesbian women are more likely to have than heterosexual women?

Answer: Nulliparity, Alcohol consumption, Parity after the age of 30, barriers to proper screening, lower levels of use of oral contraceptive pills.

What are levels of depression in gay men compared with the general population?

- A. The same as
- B. 2 times higher
- C. 3 times higher
- D. 5 times higher
- E. 10 times higher

Answer: D

True or False: Lesbians need to go to the Ob/Gyn for gynecologic cancer screening less often than heterosexual women.

Answer: False. Lesbians have higher risks for many of the gynecologic cancers.

Name 3 risk factors for heart disease that lesbian and bisexual women are more likely to have than heterosexual women.

Answer: Smoking, High blood pressure, high BMI, high cholesterol, lack of cholesterol screening, and alcohol use.

True or False: Homosexual households have equal rates of domestic violence compared to heterosexual households.

Answer: False. Domestic violence in homosexual households occurs at about half the rate (11%) of heterosexual households (20%). O'Hanlan, K. (2010). *10 Things Lesbians Should Discuss with their healthcare provider*. San Francisco: GLMA.

Name at least 5 barriers gay and lesbian patients may have to seeking medical care.

Answer: Finding a sensitive provider (without homophobic attitudes), Legal recognition of relationship partner benefits, health care decision-making), inadequate public health infrastructure, lack of health insurance, lower income, housing and job discrimination, violence, heterosexist history and intake forms, lack of provider training, impact of ethnicity/race.

True or False: On average people ages 57 to 85 have sex less often than those aged 18 to 57. Answer: False. On average both set have sex up to two to three times per month.

Describe a situation in which someone's biological sex, gender identity and sexual orientation do not "match".

**Sexual Dysfunction** – This will cover STIs, common sexual problems, and treatment options.

What percentage of men over the age of 50 experience erectile dysfunction?

- A. 30%
- B. 40%
- C. 50%
- D. 60%
- E. 70%

Answer: C

What percentage of elderly men self-report use of an erectile medication in their most recent sexual event?

- A. 15%
- B. 25%
- C. 35%
- D. 45%
- E. 55%

Answer: A

Using the pencil and paper draw a comparison of atrophic vaginitis and a healthy vagina.

Answer: The atrophic vagina should include vaginal dryness, pale mucosa, lack of vaginal folds, smaller introitus.

Name at least 3 treatments for atrophic vaginitis.

Answer: Non-hormonal lubricants (liquibeads, oil, Sylk, Replens), Hormonal Treatments (cream, suppository, ring), Physical Therapy, Education (Normalization, Hormonal Treatments, home physical therapy techniques)

Pictionary: Using the pad and paper, have one team member draw "STI Testing". Without using and words or symbols have the rest of the team members guess the action.

Using the pad and paper, have one team member draw at least two treatment approaches for erectile dysfunction. Without using and words or symbols have the rest of the team members guess the items. Answer: Can include education, cock rings, medication, vacuum, implants, injections

A 74 year old female patient comes into your office and recently had a hip replacement surgery. She is anxious to engage in sexual activity with her boyfriend again, and she is curious as to safe positions to utilize. Use the pad and paper to draw at least 2 safe positions to use.

Answer: Any position that involves the woman in a position that doesn't put any weight bearing on her hip or knees is generally acceptable such as spooning or missionary.

What is the most common treatment for a difficulty with lubrication during and after menopause? Answer: Estrogen cream

Using the pen and paper, draw out one of the following common sexual complaints:erectile dysfunction, difficulty achieving orgasm, lack of lubrication. Without using and words or symbols have the rest of the team members guess the action.

For a bonus roll, do NOT draw any genitalia

The number of people infected with an STI annually in the US is:

- A. 1 million people
- B. 3 million people
- C. 6 million people
- D. 12 million people
- E. 25 million people

Answer: D

Draw a pie chart with the following slices: People living with HIV aware of their status and receiving treatment, People living with HIV aware of their status and not receiving treatment, People living with HIV not aware of their status or receiving treatment. (This data applies to the United States) Answer: This should result in slices roughly one third each. Credit will be given if within 10% for each slice.

Which of the following STIs if any is less common in MSM compared with the general male population?

- A. Syphilis
- B. Gonorrhea
- C. Hepatitis A
- D. HPV
- E. Chlamydia

Answer: Men who have sex with men are at increased risk for all sexually transmitted infections.

Which of the following is not true regarding HIV in MSM?

- A. 47% of all people infected since 1981 are MSM
- B. Majority of new cases since 1998 are African American or Latino
- C. 31% of all new infections in MSM are among adolescents
- D. Prevalence among all young MSM is 2-3%
- E. It is accompanied by an increase in all STIs

Answer: D. Prevalence among young MSM is 5-9%

Which of the following is least likely to be spread between women via sex with another woman?

- A. Herpes
- B. HPV
- C. Trichomoniasis
- D. Chlamydia
- E. Candidiasis

Answer: D

In the United States there are currently how many people living with HIV?

- A. 500,000
- B. 900,000
- C. 1 million
- D. 1.5 million
- E. 2 million

Answer: B

Have one team member act as a physician giving another team member the results of a positive HIV test.

The member playing the role of the physician should try to include the following actions: Stating the result in a direct neutral tone, address individual needs (sources of emotional support, information about HIV infection and transmission, risk reduction, partner notification, medical care), and concerns, make a short-term plan (ask the patient what they will do after leaving your office, provide specific appropriate written referrals, close the session but not the door).

Describe the P.L.I.S.S.I.T. Model for Approaching Sexual Health Problems.

Answer: P – Permission: For the physician to discuss sex with the patient. For the patient to discuss sexual concerns now or in the future. To continue normal sexual behaviors

LI – Limited Information: Clarify misinformation, dispel myths, and provide factual information in a limited manner.

SS – Specific Suggestions: Provide specific suggestion directly related to the particular problem IT- Intensive Treatment: Provide highly individualized therapy for more complex issues.

A 64 year old post-menopausal woman comes into your office for her yearly visit. When you inquire about her sexual functioning she mentions that she is experiencing increased vaginal dryness. How would you respond? All team members need to give one solution.

Answer: Using the PLISSIT model discuss permission, limited information, and offer specific suggestions.

The team has to spell aloud the most prevalent reportable STI backwards. One team member will start and then the next letter will be the next team member, and it will rotate around until the word is finished.

Answer: Chlamydia – A I D Y M A L H C

Which of the following is true of PDE5 inhibitors?

- A. Can be used with Nitroglycerin
- B. The drug names usually end in -adil
- C. Are taken as a suppository
- D. Can cause vision changes and sudden blindness
- E. Can be injected

Answer: D

List at least 3 reasons for the increasing prevalence of STIs among the elderly?

Answers: Male condoms slip off softer erections, No worry about pregnancy, Condoms may be difficult to access due to cost or living situation, Internal condoms are expensive and awkward, "It won't happen to me" attitude

What is the percentage of women experiencing sexual dysfunction?

- A. 14%
- B. 21%
- C. 26%
- D. 31%
- E. 43%

Answer: E

What is the percentage of men experiencing sexual dysfunction?

- A. 14%
- B. 21%
- C. 26%
- D. 31%
- F. 43%

Answer: D

True or False: As you age, if you don't use it you lose it, in reference to sexual functioning.

Answer: True. Erectile tissues as well as pelvic muscles need regular circulation and exercise to be their best. For women, Kegel exercises, regular masturbation, and using vibrators are all useful in keeping the

genital area healthy and responsive. Regular masturbation and fantasy are useful for inducing regular blood flow to the genital area for men.

Name 3 ways to increase the likelihood of sex at the end of the day.

Answer: Help with chores, planned intimacy, go to bed clean, sharing intimate secrets, touching throughout the day, etc.

Name 3 ways breast cancer and its treatment can affect sexual functioning.

Answer: Post-surgical pain, nausea, decreased energy, vaginal ulcers, early menopause, loss of libido, vaginal discomfort and dryness, hot flashes, decreased self-esteem, depression, anxiety, weight loss, side effect of new prescriptions, raw throat from vomiting.

Give at least 3 specific suggestions for post-cancer treatment sexual dysfunctions.

Answer: Lubrication (hormonal, and non-hormonal), Sexualize the bedroom that has become medicalized, nap before intercourse, schedule sec in the morning, sex furniture, alternative positions, positive affirmation by partner, emphasize intimacy and open mindedness, silk sheets,

Name at least one way that SSRIs can help sexual functioning and at least one way that they can be detrimental to sexual functioning.

Answer: SSRIs can improve depression and anxiety and therefore increase sexual desire. SSRIs can be used to treat premature ejaculation. SSRIs can also cause impaired ejaculation and anorgasmia.

Name 5 risk factors of sexual dysfunction in men.

Answer: Obesity, hypertension, high cholesterol, hormonal imbalance, medications, diabetes, STIs, sedentary lifestyle, unhealthy eating, tobacco use, alcohol abuse, substance abuse, poor sleep, poor self-esteem, depression and anxiety, chronic stress, adverse relationship, poor technique, fear and falsehoods.

Name 3 common sexual dysfunctions in men.

Answer: Low sexual desires, erectile dysfunction, premature ejaculation, delayed or inhibited ejaculation, orgasmic dysfunction

True or False: Kissing is not associated with risk of any sexually transmitted infection.

Answer: False. Kissing is associated with Herpes, especially in the presence of an open sore.

What STI is associated with the following symptoms in men: Painful, burning sensation during urination or bowel movement, and/or cloudy discharge from penis or anus? It can be cured with oral antibiotics. Answer: Gonorrhea

What STI is associated with the following symptoms in women: yellow or green discharge accompanied by an unpleasant odor, genital irritation, and pain upon urination? Hint: It is caused by a parasite.

Answer: Trichomoniasis

What STI is associated with the following symptoms in both men and women: Genital irritation and extreme itching, often said to be the most intense itching imaginable?

Answer: Pubic Lice

What STI is associated with the following symptoms: Thick, cloudy discharge from the vagina or penis occurring one to three weeks after exposure, pelvic pain, irregular periods, discomfort during urination, irritation of the vaginal and/or anal area, or can be asymptomatic?

Answer: Chlamydia.

What STI is associated with the following symptoms: A painless sore that appears at site of contact that heals completely, followed weeks or month by symptoms that include low grade fever, sore throat, fatigue, headache, alopecia and skin rashes typically on the hands or feet?

Answer: Syphilis.

Name 5 common medications in 4 different drug classes that can cause female sexual dysfunction. Answer: 1. Psych meds, SSRI2. Antihypertensives/CV, Clonidine 3. Hormones, OCPs 4. GI/Motility Agents, Reglan.

**Surprise Sex** –This category contains all the rest of the topics that weren't covered elsewhere like alternative sex practices, sexual abuse, and sexual history taking.

How many deaths occur nationally every year due to intimate partner violence?

- A. 100 deaths per year
- B. 300
- C. 500
- D. 1,000
- E. 1,300

Answer: E

Which of the following groups is at the highest risk for intimate partner violence?

- A. Caucasian women
- B. Hispanic women
- C. African American women
- D. Native American women
- E. Men

Answer: D

Name at least 5 physical symptoms that can be associated with intimate partner violence.

Answer: Bruises, knife wounds, pelvic pain, headaches, back pain, broken bones, heart/circulation conditions, gynecological disorders, pregnancy difficulties (low birth weight), STIs, central nervous system disorders, gastrointestinal disorders, old/untreated injuries, poor explanations, hidden injuries, fatigue, chronic pain, eating disorders, alcohol/drug abuse.

One team member is going to play a victim of intimate partner violence, she presents with bruising and vaginal bleeding. The remainder of the team members will act as medical personnel. Act out a sensitive and appropriate patient encounter.

The team members need to figure out that she is a victim of intimate partner violence through questioning.

Name at least 5 barriers to a person being unable to free themselves from an abusive relationship. Answer: Economic conditions, immigration status, cultural values, religion, safety issues (women who leave are at a 75% greater risk of being killed by their batterer than those who stay), extended family pressure, depriving children from father, fear of losing custody, guilt, shame, love, loyalty, denial, insecurity.

What percentage of college students who were raped knew their assailant?

- A. 50%
- B. 60%
- C. 70%
- D. 80%
- E. 90%

Answer: E

A 36 year old male to female transgender patient is coming in to your office for her initial visit. Using one team member as the physician and one team member as the patient, act out a 2 to 3 minute sexual history.

What is the percent of physicians that take a sexual history some or all of the time?

- A. 15%
- B. 25%
- C. 35%
- D. 45%
- E. 55%

Answer: B

Using the pad and paper, draw some examples consensual marks that may be seen in a patient that engages in BDSM practices.

Examples: Should have even mark distribution, avoidance of spine and kidneys, bruising over muscles and fleshy areas, avoidance of sacrum and coccyx, non-damaging, sterile technique: Fire cup marks, impact marks, needle play, caning, rope marks (not applied over major nerves or vessel).

What does the acronym BDSM stand for?

Answer: Bondage/Discipline, Dominance/ Submission and Sadism/Masochism.

Charades: Paraphilic Infantilism: Adult Baby Play which is characterized by the uncontrollable desire to wear diapers, due to reasons other than medical necessity, and/or be treated as an infant or toddler.

All of the other teams must write down what they think the definition of "bagpiping" is and submit it to the participating team. The reader of the card should also include a card with the correct definition of "bagpiping" – to stimulate to orgasm a man with one's armpit. Then the participating team must choose the correct definition. Bonus roll – goes to the team whose answer was chosen, or if a team correctly defined the term.

All of the other teams must write down what they think the definition of "basket shopping" is and submit it to the participating team. The reader of the card should also include a card with the correct definition of "basket shopping" – to check out the size of a man's penis through his clothes. Then the participating team must choose the correct definition. Bonus roll – goes to the team whose answer was chosen, or if a team correctly defined the term.

Using the pad and paper, one team member draws "Kinky". Without using any words or symbols, the remaining team members must guess the idea.

The percentage of pregnancies in the United States that are unintended across all age groups is?

- A. 10%
- B. 20%
- C. 30%
- D. 40%
- E. 50%

Answer: E

List at least 8 questions you could ask in a thoughtful sexual history.

Answer:Are you currently sexually active? Have you ever been sexually active? Are your partners men, women, transgender, or both? How many partners have you had in the last month, six months, and lifetime? Are you satisfied with your sexual functioning? Has there been any change in your sexual desire or the frequency of sexual activity? Do you have or have you ever had any risk factors for HIV (blood transfusions, needle stick injuries, IV drug use, STDs, risky partners)? Have you ever had any sexually related diseases? Have you ever been tested for HIV/would you like to be? What do you do to protect yourself from contracting HIV? What method do you use for contraception? Are you trying to become pregnant? Do you participate in oral sex/anal sex? Do you or your partner use any particular devices or substances to enhance your sexual pleasure? Do you ever have pain with intercourse? Do you have difficulty in achieving orgasm/maintaining an erection? Do you have any questions or concerns about your sexual functioning?

What is the WHO definition of sexual health?

Answer:Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

One of the team members hums a sexy song of their choice and the rest of the team members have to guess which song it is.

Suggestions - "Physical" "Let's talk about sex"

Charades: Voyeurism - The condition of being responsive to, or dependent on, the risk of beingapprehended while illicitly peering at an individual (usually female) or a couple undressing orengaged in sexual activity, in order to obtain erotic arousal and facilitate or achieve orgasm. Avoyeur is also known as a peeping Tom.

Charades: Frotteurism - The condition in which a person is dependent on rubbing against and feeling thegenital or other region of the body of a stranger, especially in a tightly packed crowd, in order toobtain erotic arousal and facilitate or achieve orgasm.

The team has to spell aloud the fetish that involves self-induced strangulation, sometimes to the point of near unconsciousness backwards. One team member will start and then the next letter will be the next team member, and it will rotate around until the word is finished.

Answer: Autoerotic asphyxiation – NOITAIXI(y) HPSA CITOREOTUA

How many days after having unprotected sex can the emergency contraception, Ella (ulipristal acetate) be taken and still be effective according to the FDA?

A. 1 days

B. 3 day

C. 5 days

D. 7 days

E. 14 days

Answer: C

Name at least 3 forms of contraception.

Answer: Pill, shot, IUD, withdrawal, condoms (male and female), calendar method, and spermicide

Pictionary: Have one team member draw Mutual Masturbation using the pad and paper. Without using and words or symbols have the rest of the team members guess the action.

Pictionary: Have one team member draw a Dental Dam using the pad and paper. Without using and words or symbols have the rest of the team members guess the action.

Pictionary: Have one team member draw Abortion using the pad and paper. Without using and words or symbols have the rest of the team members guess the action.

Name this item, which can now be found in sex toy shops, was initially used to treat "female hysteria" and was sold in the Sears Roebuck catalogs as a "beauty aid".

Answer: Vibrators

Patients who come to you for advice might need to hear a little more about examples of sex toys to feel comfortable going shopping. With your team, come up with 5 different categories of sex toys. Answers: Vibrators, Anal beads, butt plugs, strap-ons, whips/ gags /handcuffs (BDSM props)

What is the difference between polyamory and an open relationship?

Answer: Polyamory is romantic love with more than one person, honestly, ethically, and with the full knowledge and consent of all concerned. Open Relationship (primary/secondary model) is when the people involved in a committed long-term partnership both decide they are open to having secondary relationship with people outside their primary relationships. In this instance their primary relationship will take precedence over any secondary relationship in terms of commitment, priority and time.

Name 3 warning signs of sexual assault in children.

Answer: Trouble walking or sitting, displays knowledge or interest in sexual acts inappropriate for his/her age, makes strong efforts to avoid a specific person without obvious reason, doesn't want to change clothes in front of others, STI or pregnancy under the age of 14, runs away from home, depression or withdrawal from friends/family, seductiveness, eating disorders, self-injury, delinquency, secretiveness, sleep disturbances, conduct problems, unusual aggressiveness, suicidal ideation.

What percentage of all Americans have sex every week?

- A. 23%
- B. 36%
- C. 41%
- D. 53%
- E. 65%

Answer: D

On average sex for the average couple lasts?

Answer: Between 3 and 13 minutes. If the team answers anything in this range they are given credit.

All of the other teams must write down what they think the definition of "elastrator" is and submit it to the participating team. The reader of the card should also include a card with the correct definition of "elastrator" — pliers adapted to place rubber rings on the nipples of either men or women, originally designed to castrate animals. Then the participating team must choose the correct definition.

Bonus roll — goes to the team whose answer was chosen, or if a team correctly defined the term.

Name 3 factors that could contribute to a man or woman's decision to engage in prostitution. Answer: Poverty, childhood abuse, drug addiction, early sexual initiation, discrimination in other professions (transgender people) **BDSM Question Bibliography:**You can email <a href="mailto:shsp@amsa.org">shsp@amsa.org</a> if you would like more information.

American Cancer Society . (2007). Sexuality for the Woman with Cancer. American Cancer Society, Inc.

CA STD/HIV Training Center. (n.d.). The Positive HIV Test Result Disclosure Session.

Clinic, S. B. (2008). Comprehensive Sexual Medicine for Men.

Corrina, H. (2010, October 26). Pleasure-Based Sexual Anatomy and Physiology.

Davis, J. H. (n.d.). Sexuality in Adulthood. NJ Center for Sexual Wellness. Powerpoint.

Healthy Women and AANP. (2010, January ). *Healthy Women* . Retrieved 2011, from Sexual Health: www.healthywomen.org/sexualhealth

Hinkle, C. (2011, January 25). Childhood Sexual Assault, Sexual Assault. Powerpoint.

Hock, R. R. (2010). Human Sexuality. Upple Sadle River: Prentice Hall, Pearson.

Levkoff, L. (2010, November 9). AMSA SHSP Seminar: Childhood and Adolescent Sexuality . Powerpoint.

Levkoff, L. (2010). Sexual Development Throughout Childhood and Adolescence.

https://docs.google.com/fileview?id=0Bw68AncT-QYZDhlODk5NGUtZmZkMi00NjQ2LWExMTctNDZhOTVhNWMwYjcx&hl=en&authkey=CPSnjo4L.

Margaret Nusbaum, C. H. (2002, Vol 66, Number 9). The Proactive Sexual Health History . *American Family Physician*, 1705-1712.

Miller, e. a. (2007). Bisexual Health: An introduction and model practices for HIV/STI prevention programming. *Appendix A and B*. National Gay and Lesbian Task Force .

Morehouse Glossary. (2011). The Paraphilias.

O'Hanlan, K. (2010). *10 Things Lesbians Should Discuss with their healthcare provider*. San Francisco: GLMA.

Project, M. A. (2009). Snapshot: Advancing Transgender Equality . MAP.

Saadi, A. (n.d.). Cancer and Sexuality. SHSP Final Project 2009-2010. Powerpoint.

Schneider, J. S. (2011, January 11). Bisexuala, Gay, Lesbian, and Queer Health. Powerpoint.

Sharon Aaron, M. V. (2009, November 12). Beyond Screening: Understanding Victims of Domestic Violence. Miami, FL: Victim Advocacy Center FIU.

- The Surgeon General. (2001). THE SURGEON GENERAL'S CALL TO ACTION TO PROMOTE SEXUAL HEALTH AND RESPONSIBLE SEXUAL BEHAVIOR. Washington, DC: US Department of Health and Human Services.
- Thorp, S. (n.d.). Beyond Whips and Chains. SHSP Final Project 2009-2010.

  Powerpoint.http://www.amsa.org/AMSA/Homepage/EducationCareerDevelopment/AMSAAcad emy/SHSP/SHSP\_projects.aspx
- Women Helping Women. (2011, January 25). Healthcare Provider Screening and Referral for Domesetic Violence. Powerpoint.