

FREEZE PLAY^Ô

HIV Education and Awareness Game and Workshop for Youth and The Community

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Texas Children's Hospital-Baylor College of Medicine



FREEZE PLAY^Ô INSTRUCTIONS How to Play, Quick Facts, and Survey

FREEZE PLAY^Ô is for use by you and your community
*An educational product of Kids' Council-Caregivers' League
Texas Children's Hospital and Baylor College of Medicine
A quality of life and community outreach program for all persons dealing with HIV*

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FREEZE PLAY^Ô HIV Education and Awareness Game and Workshop for Youth and The Community is an interactive educational game about HIV facts designed for teen youth, young adults, and the community to learn about HIV so that maturing youth and their family and community members can become empowered with evidence about HIV through a fun and interactive method.

The FREEZE PLAYTM packet includes two parts. The game and workshop can be played individually or in a group of any number of persons. Through Freeze Play activities, communities can dispel HIV myths and gain HIV facts in a supportive and fun environment.

- (1) "Freeze Play GameTM" helps teen, family, educational, and community members to readily grasp HIV facts and develop evidence-based thinking strategies.
- (2) Freeze Play WorkshopTM helps teen, family, educational, and community members to learn how to develop thoughtful discussions about HIV quality of life issues, how to appreciate differences in perspectives, and how to identify advocacy resources within communities.

FREEZE PLAY^Ô Purpose

- To empower youth and the community with basic HIV facts through an interactive and fun educational game and workshop.

- To provide an attractive method for youth, their families, and their communities to teach each other about HIV facts and quality of life.
- To provide evidence-based knowledge, resources, and references for further learning about HIV facts.

FREEZE PLAYÔ Target Group

Teen-aged youth, young adults, and their family and community members. Healthcare professionals, educators, community-based organizations, students/in-trainees, and individuals/groups interested in learning and teaching HIV facts.

FREEZE PLAYÔ Game Time

Questions 1-10 plus Bonus Question: approximately 40 minutes. Duration may be longer depending on discussions during group answer period.

FREEZE PLAYÔ Workshop Time

Variable

FREEZE PLAYÔ Packet

1. FREEZE PLAY™ Game Questions: 10 plus Bonus
2. *Envelopes: 11
3. FREEZE PLAY™ Guide of Questions and Answers
4. FREEZE PLAY™ Workshop
5. Facts and References

Items you can add to the game

1. Favorite music
2. *Small prizes that can be applied to further learning, such as stickers, pencils, mini-journals, frames

*Contact Kids Council-Caregivers League to inquire about these supplies or use/create your own.

FREEZE PLAYÔ How to Play

FREEZE PLAYÔ Game Methods: How do I/we play?

1. Number envelopes 1 through 10 and Bonus. From printed copy, separate FREEZE PLAY™ Game Questions (cut or tear). Insert into each envelope the matching numbered question (For example, Envelope #1 has question #1 inside, Envelope #2 has question #2 inside, and so on). Total of 11 questions. One question per envelope.
2. Designate a person or pair of persons as the FREEZE PLAY™ Facilitator(s) to facilitate the game and use the materials provided as a quick reference for clarifying questions, confirming answers, and reading explanations and discussions. If more than one Facilitator is chosen, attempt to include a participating teen, family, or community member as a joint Facilitator.
3. Bring or make your favorite music that can start and stop over and over throughout the game. If a music player is not available, fun interactive percussion can be created by having designated members stomp feet, clap hands, or pat table tops. *You can also do*

this without any sound and use a change in lighting, such as flickering lights on and off.

4. Have group participants seated or standing comfortably.
5. Game begins when FREEZE PLAY™ Facilitator announces “PLAY!” and music starts. At the same time Envelope #1 (with Question #1 inside) is handed off from the FREEZE PLAY™ Facilitator(s) to any participant in the group. The participants then continue to hand off the envelope **as quickly as possible** until the music stops (“THE FREEZE”). *(If lighting changes are used in place of music or sound, keep light bright during hand-to-hand passing of the envelope and then flash lights off and back on again for “THE FREEZE”).* FREEZE PLAY™ Facilitator(s) will want to shout “FREEZE!” and give clues to the group or persons working music or lighting systems so that all “freezes” at the same time.
6. The person with envelope in hand when the music/percussion/lighting stops and when Facilitator shouts “FREEZE!” is the designated FREEZE PLAY™ Person.
7. The FREEZE PLAY™ Person stands and reads the question and answer choices aloud to the group.
8. Anyone/everyone who thinks they know the answer, shout it out! Facilitator(s) will want to encourage a group effort in attempting to answer the questions correctly.
9. FREEZE PLAY™ Facilitator(s) will want to confirm correct answer aloud and review reasons for the chosen answer. Group discussions can occur.
10. The FREEZE PLAY™ Person (the one who got stuck reading the question and answer choices aloud) is awarded a small prize immediately after correct answer has been explained by the FREEZE PLAY™ Facilitator(s) and discussed by the group.
11. Repeat until all 10 questions and the Bonus question have been answered.
12. FREEZE PLAY™ Workshop on HIV and Quality of Life can be done following the FREEZE PLAY™ Game questions or at another session.
13. Be creative, learn, and have fun with FREEZE PLAY™!
14. With repetition, participants will learn to master the HIV facts and concepts and build self-confidence and self-esteem with the knowledge they have gained. Those who have developed Freeze Play™ mastery can learn to become effective Freeze Play™ Facilitators for themselves, their own group, and new community groups.

Author and Acknowledgements

Lenora M. Noroski, Freeze Play™ Concept and Content Author; Editor, *Copyright 2003.*

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FREEZE PLAYÔ Quick Facts

- 60 million people worldwide have HIV/AIDS
- 3 million people lost their lives to HIV/AIDS in 2001
- 1 in 90 people in Texas has HIV
- 1 in 15 minority people in Texas has HIV
- 1 in 3 persons are HIV infection in selected areas
- In the United States, the fastest growing HIV populations are among women, ethnic minorities, teen youth and young adults, and in the southern United States, including Texas
- HIV is 99% preventable from HIV-infected mother to her newborn
- HIV is 100% preventable

Add other “quick facts” helpful to your community here.

Freeze PlayÔ Selected References

www.baylorpediatricaids.org

www.cdc.gov

www.nih.gov

www.unaids.org

www.hivatis.org

Add other references here that you/your community find helpful.

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Kids' Council-Caregivers' League for community youth
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Allergy & Immunology and Pediatrics, Lenora M. Noroski, MD Houston, Texas**

Email comments to: kids council@texaschildrenshospital.org



FREEZE PLAY[®] SURVEY

Thank you for using Freeze Play[™]. Please send your response to:
Kids Council-Caregivers' League, Texas Children's Hospital 6621 Fannin
(Mail code FC 330.01) Houston, Texas 77030 at 832-824-1319
kidscouncil@texaschildrenshospital.org
fax 832-825-1260 Attn: KC-CGL

Your response is important to us. Please tell us about you/your group.

1. Your name
2. Name of your organization or group
3. Your email
4. Your mailing address (include street address, city, state, zip)
5. Age of participants in Freeze Play
under 13 13-18 yrs 18-25 yrs 25-50 yrs over 50
6. Your setting or location for Freeze Play
School Work Religious Community Home
other _____
7. Did you find Freeze Play to be an effective educational tool?
Yes No
8. Tell us how you used FREEZE PLAY and give us your comments here and by e-mail at kidscouncil@texaschildrenshospital.org.

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