



Stand/Sit Icebreaker

OBJECTIVE

This exercise is designed to get your group more comfortable with each other and with talking about sexual and reproductive rights. It also helps participants think about how sexual and reproductive rights affect their everyday lives.

TIME

10-15 minutes

INSTRUCTIONS

- Read each statement to the group.
- Participants should stand if the answer to the questions is yes and sit if the answer is no.
- Pause between each statement to give the participants time for processing.

Stand if:

1. You have ever felt nervous buying condoms.
2. You have ever lowered your voice when talking about abortion.
3. Your parents talked to you about sex.
4. You've heard people making fun of LGBTQ-identified people.
5. Someone has confided in you about their sexually transmitted infection (STI).
6. If you ever heard someone speaking positively about a teenage girl choosing to continue a pregnancy?
7. If you ever heard someone speaking negatively about a teenage girl choosing to have an abortion?
8. If you have read news stories about the sexual and reproductive health needs of survivors of a natural disaster?
9. If you've heard that emergency contraception (EC) causes an abortion.
10. If you have heard someone rationalize their abusive partner's behavior.