



GAME RULES

& FACILITATOR'S GUIDELINES

CARE TO TELL ?©

BREAK THE SILENCE, BUILD YOUR INCLUSIVE SOCIETY



CARE TO TELL ?[©]

BREAK THE SILENCE, BUILD YOUR INCLUSIVE SOCIETY

Game rules & Facilitator's guidelines

ALM-Formation, Morgane Gancedo
during the GiveLab project with its 10 European partners



5 to 12 players
+ 1 facilitator possible



From 30 minutes (about 1 round)
to 2 hours (about 4 rounds)

HOW TO READ THE GAME RULES & FACILITATOR'S GUIDELINES

Care to Tell? © can be played as a group, with or without a facilitator.

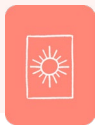
A facilitator does not actively play the game, but organizes it, and makes sure everything goes well for the entire group they “facilitate” it. The facilitator uses the game to help the group reach their objectives, learn, and empower themselves on the subject of gender-based and sexual violence.

WITH A FACILITATOR

Use the guidelines below to ask yourself pertinent questions, get tips, ideas, and resources to help prepare your facilitation.

The questions in the facilitator's guidelines are designed to boost your reasoning, and the tips and suggested answers to help you out. However, you are encouraged to find your own answers.

Being a facilitator is a proper job, but you can learn about facilitating by training and using guidelines such as the ones found in this booklet. These were created in collaboration with the trained facilitators for Care to Tell?© in Europe.



THE GUIDELINES ARE IDENTIFIED with beige frame and spread out in the game rules.

WITHOUT A FACILITATOR

If you play without a facilitator, just read the rules (in black) and skip the facilitator's guidelines.

GAME OVERVIEW

Care to Tell? © is a collaborative role-playing game.

The objective of the game is
to facilitate conversations
on gender-based and
sexual violence

as a tool for prevention as well as
handling existing conflicts.

It is designed for all actors in
volunteercamps i.e. young volunteers,
group/camp leaders, and workers
within the organization.

Care to Tell?© was designed during
the GiveLab project, a 2-year
project funded by the European
Union (Erasmus+ programme
see details below).

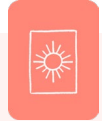


By boosting empathy, critical thinking, active listening and communication, Care to Tell?© encourages participants to move on from the current society (represented by the base of the board) and helps create social transformation through a paradigm shift towards inclusivity and diversity.

Under the careful guidance of the key characters **Story**, **Care**, **Wisdom**, and **Word**, participants – or **Living souls** - can share experiences and decide how they can implement change together. A visual representation of the new version of society then appears by adding the tiles to the base of the board at the end of each round.

**AND WHAT IF
IN THIS NEW SOCIETY, WORDS SUCH AS
DIVERSITY, INTERSECTIONALITY
AND INCLUSIVITY TOOK OVER
FROM HATE, DISCRIMINATION
AND VIOLENCE ?**





BEFORE DECIDING TO FACILITATE THIS GAME,

Ask yourself these questions and define your own answers: here are suggestions for inspiration

O1 Why do I want to facilitate this game? What is my motivation?

Inspire societal change, prevent sexual and gender-based violence, deal with an existing issue, as part of the healing process of my own experience and trauma.

REMEMBER : Facilitating is all about the group, not you. But you need to ask yourself what your place in it means. What drives you? You need to know why before defining how.

O2 Am I ready to hear and facilitate a group of people dealing with fictional and/ or real sexual and gender -based violence (from everyday sexist comments to rape or murder)? What do I need to do to be ready to facilitate?

Mental preparation (watching inspirational videos), physical preparations (sleeping, doing sports, eating properly...), practicing keeping calm through deep breathing, rehearsing key sentences ("There seems to be a misunderstanding; would you mind telling us what your understanding of the situation is?"), questioning my own limits.

REMEMBER : It is almost always scary to start something new such as facilitating on difficult subjects, the first try might not be your best. Practice makes perfect!



03 How do I deal with difficult emotions such as disgust, anger, sadness, confusion, hopelessness...?

By working on my own emotional intelligence (naming my emotions and defining my needs accordingly), accepting that I can feel strong emotions but do my best to keep them under control, accepting that I can't control emotions of others but can help guiding them.

REMEMBER : Violence, when not dealt with, often leads to more violence. Providing a safe environment to express and deal with it is a concrete action to reduce violence within our society.

04 How do I encourage inspiration?

By sharing inspiring stories, leading by example, rewarding the efforts of the players, congratulating them, offering small gifts.

REMEMBER : Inspiration can come instantly but sometimes more time is needed to process what's being said, therefore, you might not see inspiration in players straight away. It might come later though. These are long-term goals.

The aim of these questions is to help you make your facilitation decisions.

You can decide to go forward and do it, not do it, or not do it yet, at any time during your preparations. You may make any changes to the game that make you more comfortable with facilitating, and/ or what you believe would be a better adaptation to the characteristics of your audience.

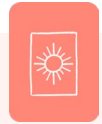
**VIOLENCE,
WHEN NOT DEALT WITH, OFTEN
LEADS TO MORE VIOLENCE.
PROVIDING A SAFE ENVIRONMENT
TO EXPRESS AND DEAL WITH
IT IS A CONCRETE ACTION
TO REDUCE VIOLENCE WITHIN
OUR SOCIETY.**



TRIGGER WARNING

Some elements of conversation may trigger strong reactions in participants.

They should not hesitate to pick up an Emotion, Pause or Stop card if feeling overwhelmed. They may also opt to leave the game, and in that case, should be looked after until they feel better. In some instances, they may decide to contact a mental health specialist.



BEFORE PLAYING THE GAME

01- Read the trigger warning (and the disclaimer at the end of the booklet), then explain it in your own words to the players.

02- Reassure them, explain your role and the fact that they can ask you for support or help.

Examples of phrasing to encourage them:

- *"We are all in this game together. You can ask me anything and I'll do my best to help you."*
- *"The very existence of this game is a sign of evolution."*
- *"Yes, this is an emotional game, that's why it is worth sharing the burden and not carry it alone."*

03- You may feel the need to define and set your own boundaries. In that case, make your own adaptations before starting the game.

Example of boundary setting: "Because of my own life-story, I do not feel ready to facilitate a discussion and work on the subject of paedophilia. If stories related to that subject come up during the game, I acknowledge the importance of them, share with you my deepest sympathies and support, while asking you to respect my boundaries on the topic. Please limit sharing on that specific topic if you can. If you absolutely feel the need to discuss it, state "trigger warning: paedophilia" before doing so.

CARE TO TELL ?© ENCOURAGES PARTICIPANTS TO MOVE ON FROM THE CURRENT SOCIETY AND HELPS CREATE SOCIAL TRANSFORMATION THROUGH PARADIGM SHIFT TOWARDS INCLUSIVITY AND DIVERSITY.



CONTENT

1 BOARD

made of : 1 base and 4 social transformation tiles
+ 3 empty tiles for players to draw on

170 CARDS

12 Role cards
+ 12 character description for each role



STORY



WISDOM



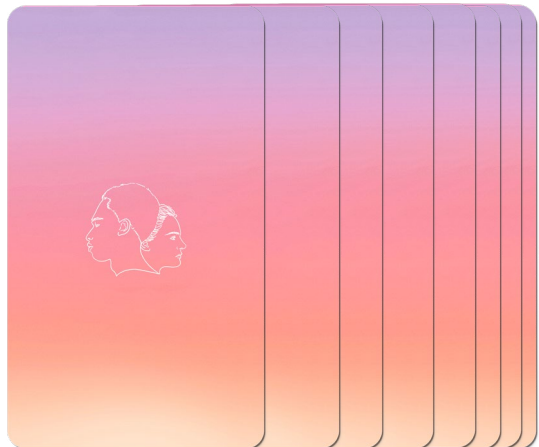
TALE

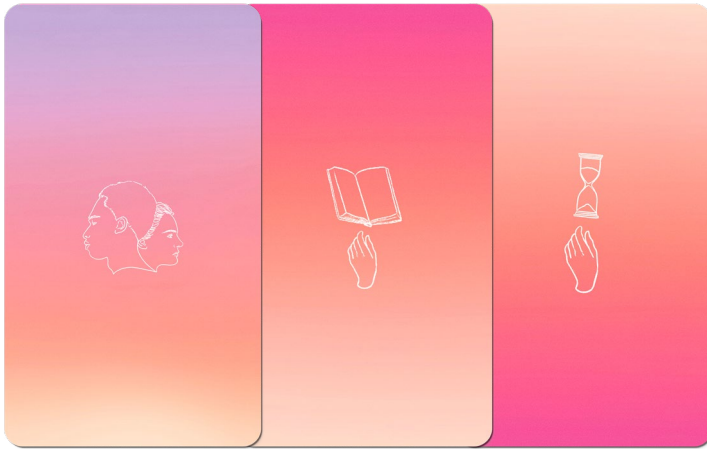


WORD



CARE

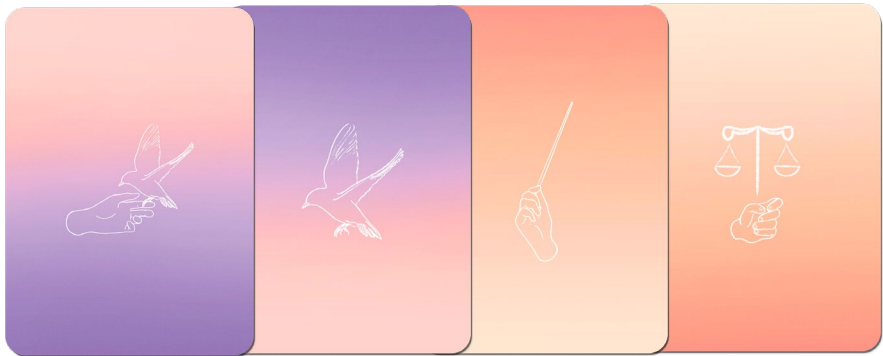




ROLE

ACTION

INTENTION



EMOTION

NEEDS

DEFINITION

HELP

50 Help cards

40 Definition cards

+ 1 Definition cards categories matrix

10 Needs cards

+ 4 Needs card Matrix

30 Emotion cards

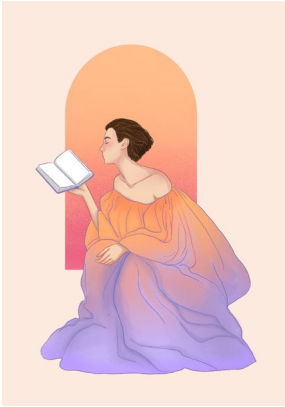
16 Action cards

12 Intention cards

1 GAME RULES BOOKLET

Including facilitator's guidelines

ROLE DEFINITIONS



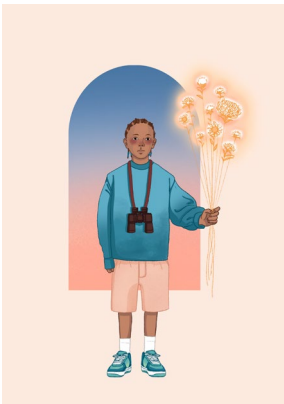
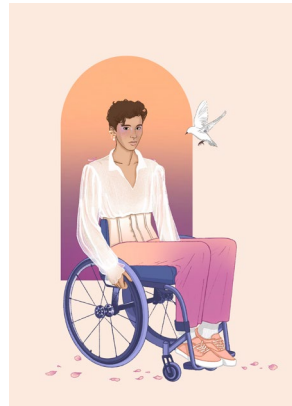
STORY

Starts the game by telling a story inspired by Action and Intention cards and asks the group an open question to prompt a conversation.

Story responds to any questions from the players to help them answer.

CARE

Suggests Emotion or Needs cards at any time during the game to support participants. They take special care of the well-being of all players during the game. As the number of players grow, needs and emotions amplify, and so a second Care character is added (for 8+ groups).

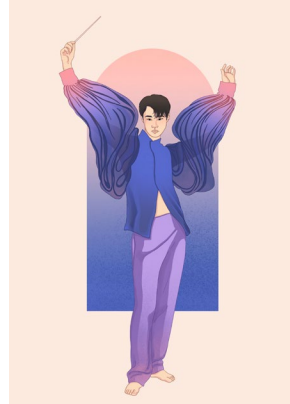


WISDOM

Provides resources to the players by suggesting Help cards.

WORD

Makes sure everyone understands the vocabulary and suggests pauses to analyze definitions, as putting a name on trauma can often be difficult. The group discusses and agrees on their definition of a word. Anyone can ask for Word's help.



LIVING SOULS

Are the participants. They try answering the open question asked by Story, as deeply as possible. They synthesize the possible solution ideas and do recaps for the group.

NUMBER OF PLAYERS: 5 to 12 players



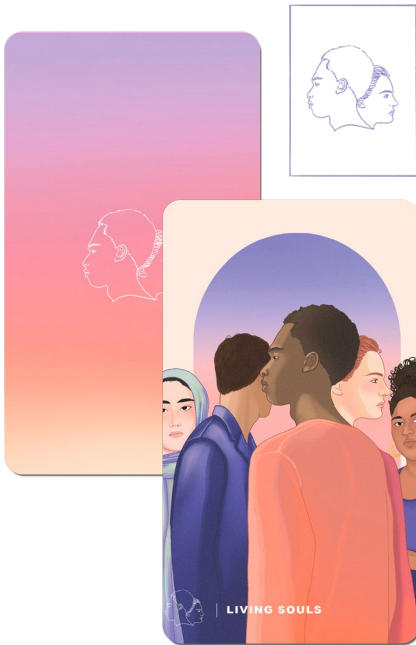
5 to 7 players
1 Story, 1 Care, 1 Wisdom, 1 Word
+ up to 3 Living Souls

FOR LARGE GROUPS

From 8 players 2 Care characters

From 10 players 2 Wisdom characters

CARDS - CONTENT -



ROLE CARDS

- 1 **Story**
 - + 1 Story character description
- 2 **Care**
 - + 2 Care character description
 - + 4 Needs cards matrix
- 2 **Wisdom**
 - + 2 Wisdom character description
- 1 **Word**
 - + 1 Word character description
 - + 1 Definition cards categories matrix
- 6 **Living souls**
 - + 6 Living Souls character description



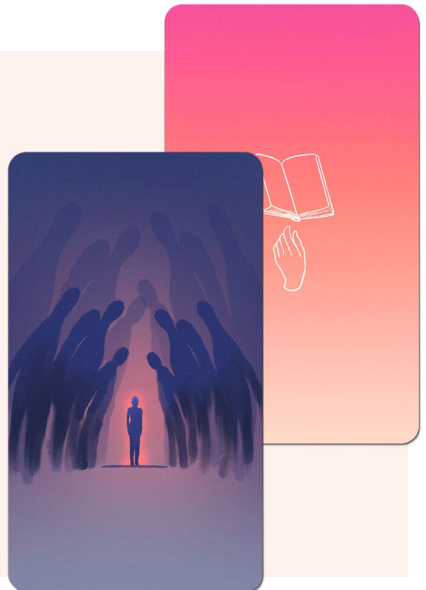
ACTION CARDS

16 for 4 rounds

They are a metaphorical representation of the major types of gender-based and sexual violence. No vivid representation of violence is ever shown.

Rather, the cards offer an illustration that is always open to interpretation.

Players can draw and use more cards.



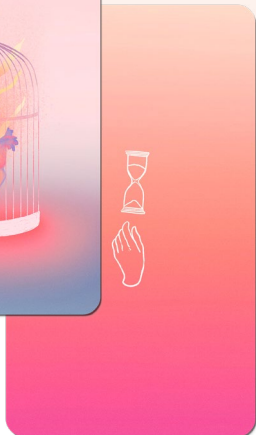


INTENTION CARDS

12 cards for 4 rounds

They metaphorically represent various intentions (from positive to negative) that can be associated with gender-based and sexual violence.

Players can draw and use more cards. Many combinations of Action and Intention cards can be used.



VOCABULARY CARDS

40 cards

All definitions are a simplified synthesis of various definitions across the globe and different areas of expertise (Law, Sociology, psychology, Social...).

They serve as a basis for discussion only and can be analyzed and redefined by the group.



07.

CONSENT

To give someone permission voluntarily and freely through an explicit yes.



vocabulary

07.

Do not confront a potentially violent situation with a group. Remove the person involved and take them to a safe space first.



human



HELP CARDS

5 different types (50 in total)




07.

Do not confront a potentially violent situation with a group. Remove the person involved and take them to a safe space first.




human

Human beings




05.

Consult a psychologist.



institutions
organisations

Institutions/Organizations



01.

"All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood."

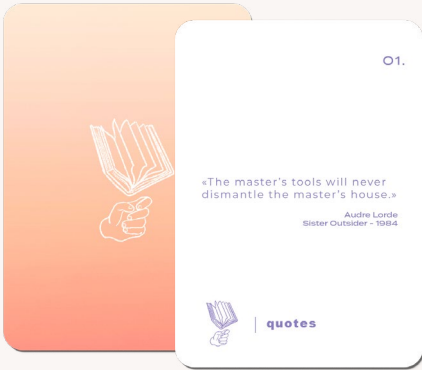
Article 1 - Universal declaration of human rights - 1948



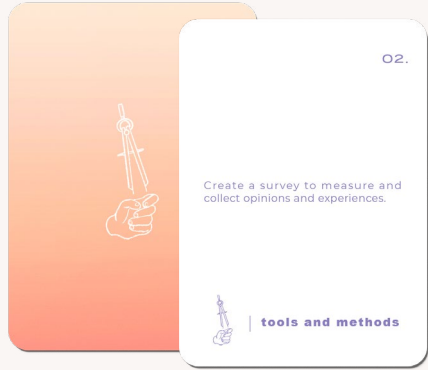
law

Law

- CARD CONTENT -



Quotes



Tools / method

Before facilitating, read all the Help cards and look up anything you do not understand or know. Read through the resources at the end of the game rules.



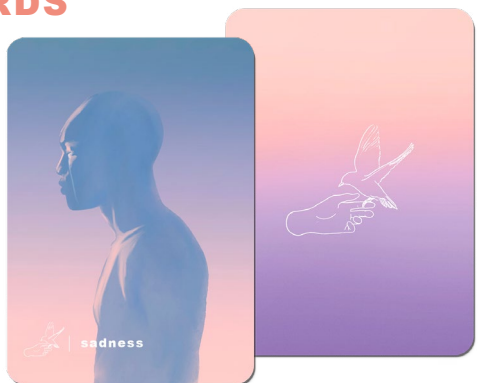
The cards are designed for the European context but can be adapted internationally. Players can add cards specifically to their country's situation on the blank cards provided.



EMOTION CARDS

40 cards

- 5 Sadness
- 5 Joy
- 5 Anger
- 5 Fear
- 5 Disgust
- 5 Surprise





NEEDS CARDS

10 cards in total

- 1 STOP - I need a time out:

This card addresses one person's needs only. If a participant feels the need to have a break, they can pick

up the card and show it to the group. Then the person can leave the game, and even the room, should they feel the need to. They can come back at any time (or not). They may ask for someone to come with them but, in any case, Care asks them if they need any help and can direct them to a quiet place in the building.truthh).

1 Collective STOP – The group needs a time out: Anyone can ask for a collective break during the game. The game stops immediately and the whole group then takes a break.

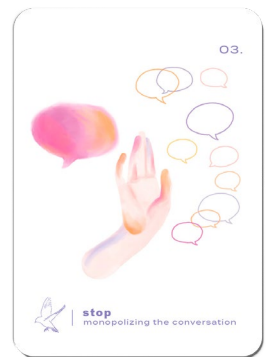
It can be resumed later (or not). One of the Care characters is in charge of the collective stop card. They can suggest it to the group at any time.

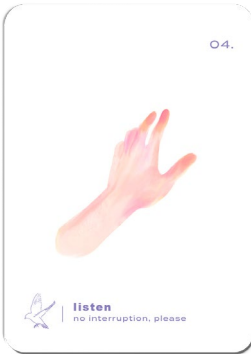
1 STOP monopolizing the conversation:

Sometimes players, as in real-life, monopolize the conversation in an egocentric manner.

If someone monopolizes the conversation and does not give the other players space, **Care** reminds the player that this is a collaborative game based on listening and sharing skills and that listening is as important as sharing, while handing them a Stop monopolizing the conversation card.

When someone receives a STOP monopolizing the conversation card, they finish their sentence and stop talking. They need to wait for every other player to have shared something before talking again.

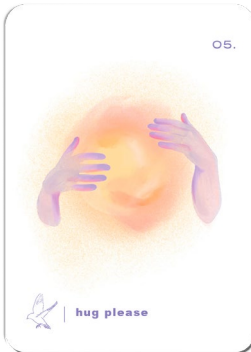




1 Listen (No interruption, please): Any player can pick up a Listen (No interruption, please), when they want to share something important without being interrupted.

When the person holds this card, no one can interrupt them. But players can take an **individual Stop card** and take a break if necessary.

Care makes sure that this is respected, asks anyone that might be interrupting to stop, and reminds the rule for this card. The only card that can be used simultaneously is an individual Stop card to take a break.



1 Hug please: Any player may ask for a hug at any moment during the game by picking up this card.

When they hold it, any other player can volunteer to hug them. Consent needs to be clear and stated out loud (“Yes”) by all the people hugging. Care can also hand it out to a player, who can either accept or reject it.



1 I need to SCREAM :

Any player may ask to scream at any moment during the game by picking up this card. If they pick it up while someone is talking, they wait until the person is over with their point before using it to scream anything they want (sounds or words in any language).

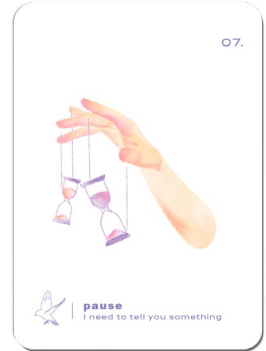
When they hold it, any other player can volunteer to scream with them. They can choose to leave the room to do so (or not). **Care** can hand over a **SCREAM** card to someone when they think they might need it. The player can accept it or reject it. **Care** makes sure that the participants who needed to scream then settle down nicely (and can suggest a complementary **Shake it off** card).

Care can hand over a hug card to someone when they think might need it. The player can accept or reject it.

1 PAUSE (I need to tell you something):

Any player can pick it up at any time when they feel the need to share something immediately.

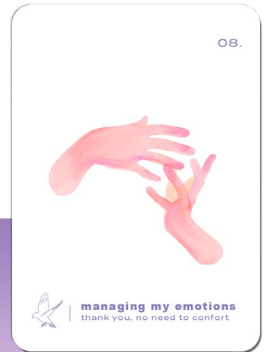
This card stops the person who is talking and the player holding the card shares what they want to say. The only moment this card cannot be picked up is during a **Listen (No interruption please)** or **Moment of Truth**.



1 Managing my emotions, thank you (No need for comfort):

This card goes together with any Emotion card. When someone picks up an Emotion card, they can pick up a **Managing my emotions, thank you** card to manifest that they do not want to talk about it and do not want any involvement from anyone.

No other player may ask about the person's emotions or get involved in any way if the person is holding this card and **Care** can't hand them any other cards.



1 Moment of truth (I need to tell you a real-life story):

Any player can pick it up at any time when they feel the need to share their story. This is the only card in the game that identifies what is shared as a real-life experience by the person sharing. The person holding it expresses what they want to say to the extent they wish to.

Care makes sure that everyone has access to the Emotion cards and all the Needs cards, and that no one interrupts the person sharing.



1 Shake it off : This card is used when the group needs a mental and/ or physical break.

Participants can then dance, shake their body, laugh... anything that relieves tension for the group (individually and collectively).

Care suggests this card at any moment of the game (except when Story speaks). Any player can ask for it as well (except when one of these 2 Needs cards are used: Listen (No interruption, please) or Moment of truth).



SETTING UP THE GAME

NUMBER OF PLAYERS: 5 to 12 players



TIME

From 30 minutes (about 1 round) to 2h (about 4 rounds)

As a group, you may decide on a set time for which to play the game or choose to play to the end, i.e. when the board is complete. A round can last between 10 minutes up to 1 hour according to the level of difficulty of the question asked and the decisions of the players.

In case of time constraint, either limit the length of a round by deciding on a set number of ideas to answer the question or set an amount of time per round.

Sort out the role cards according to the number of players.

Up to 7 players: 1 **Care** manages the game

From 8 players: 2 **Care**

From 10 players: 2 **Care** and 2 **Wisdom**

A volunteer (or facilitator if the game is facilitated) assigns randomly the following roles to players by handing them the corresponding card: **Story, Care, Wisdom, Word, Living Souls**. Should anyone disagree with their role, the person organizing the game may give them a different role or they can exchange with someone else.

All players familiarize themselves with their role, read their character's description and prepare their cards accordingly.

The players set the cards on the table:

«voir plan feuille A3 plateau de jeu grand format»



The players set the cards :

Action and Intention cards in front of **Story**

Emotion and Needs cards in front of **Care**

Help cards in front of **Wisdom**

Definition cards in front of **Word**

Pen and paper for **Living souls**

- SETTING UP THE GAME -

Story takes the two decks of Intention and Action cards and mixes each deck. They place one pack of Intention cards and 1 of Action cards in front of them, face down.

Care and **Word** arrange their cards face up so that all participants may see them and familiarise themselves with all the cards and possibilities.

Wisdom makes 5 decks with the 5 different types of Help cards (Quotes, Tools/Method, Institutions/ Organisations, Law, Human beings), face down.

The players set the cards :

From 6 player, the multiple **Living Souls** decide who will take notes of the possible answers to the question and do recaps when the group asks.

From 8 players, the 2 **Care** players discuss on how to share their responsibilities.

From 10 players, the 2 **Wisdom** characters decide how to share the Help cards.

The board base tile is placed in the middle of the game table. The 7 social transformation tiles are set on the side to be added to the board at the end of each round

Structure of board once completed (other combinations possible but the base always stays in the same place).



As the facilitator, you are in charge of creating and maintaining a safe environment in which players can feel secure and trust each other.

Supported by the features of the game, you manage “a bubble” that enables people to create together, focus, care, and trust each other. **First, trust yourself**, your knowledge and understanding of the audience, and develop ideas from this.

You may want to use this checklist of questions for guidance (with suggested answers and tips):

O1 How do I take the players out of their context and bring them together towards a common activity?

Find a quiet room, place a sign on the door saying, “Do not disturb”, welcome the players before coming into the room, use incense to create a relaxing atmosphere.

REMEMBER : The physical environment is key in feeling secure. Remember to prepare the space before the game.

O2 How do I prepare the physical space according to the Needs card?

Find a space where it is possible to scream, a space where players using an individual stop can be alone, recenter, focus, or the possibility to move around the table to volunteer for a hug.

REMEMBER : Facilitating the game is a physical act as well.

O3 How do I take into account the diversity of the players?

Ask for pronouns from everyone before the game starts, ask if there are any disabilities that would require adaptations (if so, adapt to the need), ask for the languages spoken by the players so you and the players can identify potential translators if needed.

REMEMBER : Taking the specific needs of players into consideration can have a strong impact on making them feel at ease.

04 What materials could I bring/ show them to help and foster a familiar environment for them?

Pen, paper, paperboard, books, comics, games, illustrations, videos.

REMEMBER : Choose the material according to what you think will be familiar to the audience, and what can expand their horizon. Be careful not to drown them in too much information either - balance is key.

05 How do I feel comfortable preparing the players?

Explain the history and logic of the game, share stories about your own life to inspire them, do a relaxation/ breathing exercise, introduce an ice- breaker.

REMEMBER : You can use the trigger warning presented above. You can start with a manual activity like drawing the social transformation tiles as presented below.

06 Do I use all the Action and Intention cards?

Select only cards that you think relate to the specific issue you want to talk about, take out cards you do not feel comfortable dealing with or think might be too triggering for you audience.

REMEMBER : You cannot control which emotions the cards will bring out in the players.

07 How do I define my posture as a facilitator?

Present yourself and your role in today's game, synthesize your posture with key words, set boundaries.

REMEMBER : You can use the resources at the end of the game rules to guide you.

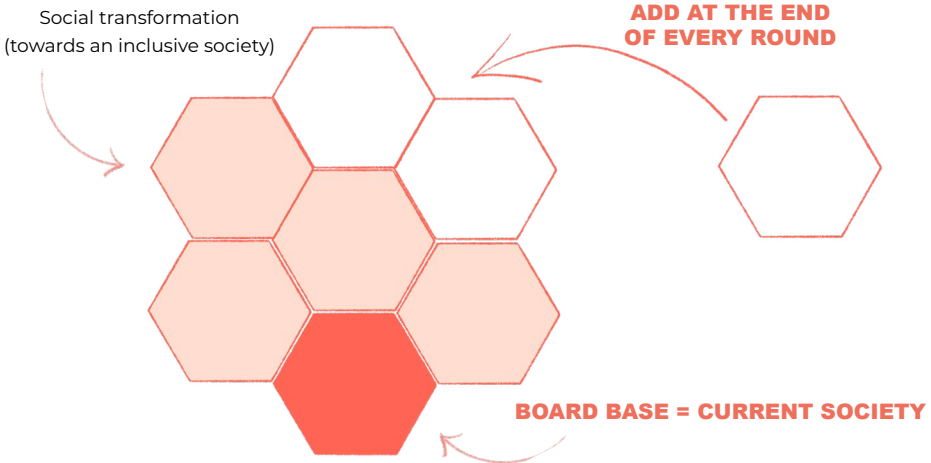
08 Are there existing conflicts in the group of

Assign the roles to the players for the 1st round, define or remind the rules of social interactions within the group.

REMEMBER : Conflict can be summed up as a disagreement combined with emotions. The more conflictual the situation, the more emotional the game. The Emotion and Needs cards are your main tools in this situation.



You can't control narratives or emotions, but you can provide a safe space for people to talk.



Suggestion for an introductory activity to the game:

Imagining social transformation board tiles.

- 01- Ask the players to **imagine** what an inclusive society would look like to them.
- 02- Ask who likes to **draw, doodle, paint**. Create groups with at least one person that likes to draw, paint, doodle per group. Give them a blank tile each.
- 03- Ask them to **brainstorm their ideas** on what an inclusive society would look like.
- 04- Ask them to **draw sketches** of their ideas first on blank paper, then on the blank tile.
- 05- Use the tiles created during the game.

3 blank tiles are included in the game box. You can order more via the link on the resources below or you can simply cut some on a cardboard piece.

HOW TO PLAY



STORY picks four Action cards, three Intention cards, and places them face up for the whole group to see.

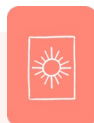
Taking inspiration from the cards, **Story** starts telling a story (fictional, real, or in between) in as many details as possible. It is also possible for **Story** to ask **Care** for Emotion cards to support the story. At the end, Story asks an open question to the group to start the conversation.

Examples of open questions to start the conversation with (according to the context of the story):

- What would you do in this situation?
- Who or what do you think could possibly help?
- Have you ever felt that way? What did you do?
- Who can help in case of discrimination?
- What are the tools to heal from shame?

LIST OF YES/ NO QUESTIONS

To ask yourself before facilitating:



- 01- Do I allow myself to share personal stories? If so, do I do it before the game to open the conversation and dedramatize sharing on such issues? Or during the game to enrich the discussion?
- 02- Do I bring extra resources (books, comics, materials...)?
- 03- Do I set up the game on the table before explaining it?
- 04- Do I give instructions on the type of stories?
- 05- Do I take notes of their suggestions and ideas on a board to help the Living Souls?
- 03- Do I add to their ideas?
- 04- Do I write Story's question on a board or on any other visible space (or let the Living Souls do it)?

There are no absolute right or wrong answer. Asking yourself these questions beforehand prepares you better.

Story, or the facilitator, writes down and validates the final phrasing of the question for all the players to see and understand.

As all players start sharing their ideas, feelings, and answers to **Story's** open question, the designated **Living Soul** takes notes.

The key characters make sure that the players' needs, emotions, and support are cared for and they may, at any time, guide the development of the round by picking up a card. For example, **Care** may suggest a **Shake it off** or any other Needs card, **Wisdom** may offer any Help card underlying a helpful institutions, law, quote, method, or human help available to help deal with the situation, or **Word** can suggest the definition of a word which might not be clear for everyone.

Players can also pick up cards according to their emotions to tell or show the group how they feel and what they need e.g., **I need a hug, please**. Any player can ask Story more questions to understand the situation better. Story gives as many details as possible, fictional, or real, to their discretion.

WISDOM looks through Help cards to guide the participants by proposing cards that give concrete information about laws, institutions, and services available in the field. Players can also ask for specific resources.

In the case of a large group, the second **Wisdom** can also do a quick search on the internet or in any of the extra resources brought by other players (or the facilitator), to provide answers. The aim is to raise awareness and critical thinking towards information so that participants can do research of their own on what applies to their country. Blank cards can be filled individually to enrich the game.

WORD makes sure all players know or understand the meaning of the words used so that the conversation can be effective. Cognitive bias, cultural and social background can sometimes give even a simple word a different meaning. **Word** assists the players in finding and agreeing on a common definition. Naming a situation is an important step towards healing.

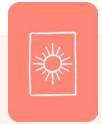
CARE suggests Emotion or Needs cards at any time during the game to support participants. They take special care of the well-being of all players during the game, and as such, the second Care (for 8+ groups) handles the collective STOP card.

- HOW TO PLAY -

A round is considered complete when **Story, Care, Wisdom,** and **Word** agree that the question asked by Story at the beginning was sufficiently answered and brings about helpful steps towards social transformation. A social transformation tile is then added to the board base to show the progress and illustrate the social transformation to come.

At the end of each round, the **Living Soul** in charge of notetaking synthesizes the main ideas. The group uses the proposed solutions to grow.

All players are invited to take inspiration from the list of ideas and come up with an action that they commit to in their personal life.



As the game deals with personal, interpersonal, and systemic issues, the extent of the task can feel overwhelming for players.

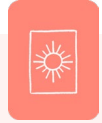
As the facilitator, insist on valuing the importance of finding ideas, and building together. For instance, you can pick the major ideas for you, help the players defining their commitment by highlighting them and finding examples on how to concretely put them into place in their life.



The game ends when the board is complete, revealing social transformation.

However, the group can decide to stop the game any time they want according to all the players' needs and the time available.

 **7 rounds max.**



Discomfort can be part of the game as it is part of the process of dealing with violence and trauma.

As the facilitator, give space and time to the players. Moments of silence are key during the game, let them happen. However, you also want the players to be motivated and benefit from the game.

Here are some final tips on how to help with that:

- O1-** Remind yourself and the players how brave you all are in learning on how to deal with violence, manage emotions, and express needs.
- O2-** Value the empowerment aspect of the game. You are all becoming stronger citizens and getting actively involved in society.
- O3-** Thank the people for sharing (especially during the moments of truth).
- O4-** Remind the players of the big picture of the game: they are building a more inclusive and less violent society.

DISCLAIMER

Playing Care to Tell?© can be therapeutic. But it is not therapy. It is a game to help break the silence, facilitate conversations, and foster initiatives towards a more inclusive society.

It is a first step in healing individually and collectively but not the only step. The creators of the game emphasize the importance of consulting therapists, attending trauma workshops, contacting lawyers, mediators, and other specialists to continue the healing process.

The game creators acknowledge the emotional difficulty of the game - it is in direct correlation with the level of violence within our society.

However, the game creators are not responsible for any emotional distress that might arise during and beyond the game. The game acknowledges and guides strong emotional responses in the smoothest possible way (Needs, Emotion cards, Care's role, human beings' resources, facilitators...). Emotional reactions are inherent to the topic, yet essential for moving forward.

The game creators believe in the social and societal value of the game, and in learning how to handle violence collectively with care, adequate vocabulary, and relevant resources.

Enjoy creating social transformation!





CARE TO TELL ?[©]

BREAK THE SILENCE, BUILD YOUR INCLUSIVE SOCIETY

ALM-Formation, Morgane Gancedo
during the GiveLab project with its 10 European partners

Copyright © 2024
Creative Commons Licence
Imprimé à Montpellier, France

GIVELab -

"Laboratory against gender-based inequalities and violences in international volunteering" is a 2-year project funded by the European Union (Erasmus+ programme). Its aim is to provide youth professionals, learners and young people with tools on the theme of gender, sexist and sexual violence. We wish to enrich education resources for the prevention of gender-based, sexist, and sexual violence in order to lift the taboo on these discriminations.

The game Care to Tell? © is the result of an innovative and transdisciplinary training course led by 10 European partners: Solidarités Jeunesses (France), Association des Compagnons Bâisseurs (Belgium), Coordinadora d'Organitzadors de Camps de Treball Internacionals de Catalunya (Spain), Associazione Link APS (Italy), Asociacion Las Ninas del Tul (Spain), Grenzenlos - Interkultureller Austausch (Austria), Lunaria Associazione di Promozione Sociale (Italy), Active Rainbow (Latvia), Association Concordia (France), Gönüllü Hizmetler Derneği (Türkiye).

ALM-formation

is a French company specialized in leading practical skills development trainings in English and French on cross-disciplinary knowledge and methodology for universities and other organizations. The company organizes workshops, trainings, and facilitation for special projects. ALM-Formation designs bespoke board games and other pedagogical tools in a co-building approach with the future players, in partnership with Morgane Gancedo's illustration workshop. Marine Pansu & Laurence Moss from the ALM-Formation team co-created Care to Tell?©.

Morgane Gancedo

Is a French artist, illustrator and art director who creates unique visual experiences. Sensitive to the link between text and image, Morgane Gancedo weaves a thread between these two media to tell a story. Her artistic work focuses on light, which she enjoys using to spark emotions and connections.



Co-funded by the
Erasmus+ Programme
of the European Union



EXTRA RESSOURCES

FOR THE GAME

To read, refer to, use during the game:

References used in the creation of the game
(particularly for Help and Definition cards):

Reference	Available in English	Available in French
Books and articles		
Sister Outsider: Essays and Speeches, Audre Lorde, The Crossing Press Feminist Series, Freedom, California, 1984.	X	X
The Ethical Slut, Janet W Hardy & Dossie Easton, Ten Speed Press, 2017.	X	X
Beyond the gender binary, Alok Vaid-Menon, Pocket Change Collective, Penguin Workshop, 2020.	X	
Life isn't binary, Alex Iantaffi & Meg-John Barker, Jessica Kingsley Publishers, 2020.	X	X Vous n'êtes pas binaire (Personne de l'est !)
Intersectionnalité, Kimberlé W. Crenshaw, Editions Payot & Rivages, Paris, 2023. Based on the 2 base articles defining intersectionality : - "Demarginalizing the Intersection of Race and Sex: A Black Feminist Critique of Antidiscrimination Doctrine, Feminist Theory and Antiracist Politics", University of Chicago Legal Forum, Volume 1989, article 8. - "Mapping the Margins: Intersectionality, Identity Politics, and Violence Against Women of Color", Stanford Law Review, volume 43, n°6, July 1991.	X	X
Une brève histoire de l'égalité, Thomas Piketty, Editions du Seuil, 2021.	X (A brief history of equality)	X
Can the Monster Speak?, Paul B. Preciado, Fitzcarraldo Editions, 2019.	X	
En finir avec les violences sexistes et sexuelles – Manuel d'action, Caroline de Haas, Robert Laffont, 2021.		X
Transidentités, les clés pour comprendre (enjeux et richesses de parcours trans), Aline Alzetta-Tatone, Editions In Press, 2022.		X
L'homme politique, moi j'en fais du compost, Mathilde Viot, Éditions Stock, 2022.		X
La boîte à outils de la gestion des conflits, Jacques Salzer & Arnaud Stimec, Dunod, 2022.		X
Défaire le discours sexiste dans les médias, Rose Lamy, JC Lattès, 2021.		X
Tonic immobility during sexual assault – a common reaction predicting post-traumatic stress disorder and severe depression, Anna Möller, Hans Peter Söndergaard, Lotti Helström, Acta Obstetricia et Gynecologica Scandinavica, 2017.	X	
Le coût de la virilité - Lucille Peytavin- Éditions Anne Carrière, 2021.		X
Borderlans/La Frontera : The New Mestiza (ENG/SPA) - Gloria Anzaldua - Aunt Lute Books, 2012.	X	
La femme gelée, Les années - Annie Ernaux- Gallimard- 1981 & 2008		X
An Apartment on Uranus - Paul B. Preciado- Semiotext(E), 2020	X	

Comics		
Drawing power women's stories of sexual violence, harassment, and survival, Diane Noomin anthology, Harry N. Abrams; Illustrated edition, 2019.	X	X (#Balancetabulle)
Des princes pas si charmants (et autres illusions à dissiper ensemble), Emma, Massot éditions, 2019.	X	
The Reddest Rose : Romantic Love from the Ancient Greeks to Reality, Liv Strömquist, Fantagraphics Books, 2023.	X	X (La rose la plus rouge s'épanouit)
Movies and series		
Sex Education, Netflix, 2019-2023.	X	X
Friends, NBC, 1994-2004.	X	X
Stranger Things, Netflix, 2016-2024.	X	X
Big Little Lies, HBO 2027-2019	X	
Orange is the new black, Netflix 2013-2019	X	
Videos		
Kimberlé Crenshaw - What is intersectionality - National Association of Independent Schools (NAIS) - Youtube – 2018.	X	
Legislation		
Universal declaration of human rights, 1948.	X	X
Istanbul Convention, 2011.	X	X
Websites		
Universal declaration of human rights – UN https://www.un.org/en/about-us/universal-declaration-of-human-rights	X	
The Istanbul convention text and follow up on signatures and ratifications : https://www.coe.int/en/web/gender-matters/council-of-europe-convention-on-preventing-and-combating-violence-against-women-and-domestic-violence	X	
Withdrawal of Turkey from the Istanbul Convention : https://www.euronews.com/2021/07/01/istanbul-convention-turkey-officially-withdraws-from-treaty-protecting-women	X	
European Institute for Gender Equality (EIGE) Gender Statistics Database https://eige.europa.eu/gender-based-violence/what-is-gender-based-violence Specifics by countries: https://eige.europa.eu/gender-statistics/dgs/browse/genvio	X	
Study on perception of EU citizens about gender-based violence (Eurobarometer): https://europa.eu/eurobarometer/surveys/detail/2115	X	X
CRPIS Île-de-France, Le Centre régional d'information et de prévention du sida et pour la santé des jeunes https://www.lecrpis-idf.net/le-crpis-idf/qui-sommes-nous		X

YOU ARE ENCOURAGED

to add and enrich the resources
as you play and facilitate the game!



To order more blank tiles



To download a PowerPoint presentation
of the methodology of the game creation
and the objectives.

TABLE OF CONTENTS

INTRODUCTION

How to read the games rules	03
Facilitator's guidelines	03
Game overview	04
Before deciding to facilitate this game	06
Trigger warning	09

CONTENTS

Content of the game	11
Role definitions	13
Cards	15

SETTING UP THE GAME

Number of players & Time	22
The players set the cards on the table	23
Structure of board	27

HOW TO PLAY

The key characters	28
--------------------------	----

EXTRA RESSOURCES

Disclaimer	32
About the authors	35
References used in the game	36



CARE TO TELL ? ©

BREAK THE SILENCE, BUILD YOUR INCLUSIVE SOCIETY

ALM-Formation, Morgane Gancedo
during the GiveLab project with its 10 European partners