

Introduction

The Safe, Sensible, Social game was designed by a group of clients of the North East Council on Addictions (NECA) thanks to funding from the South Tyne and Wear N.H.S Trust's Safe, Sensible Smaller Grants fund. We are grateful for the NECA clients' input and real insight into issues around the impact of alcohol misuse on people's lives as well as for their creativity energy and imagination in helping us to design the game.

EBC worked with the NECA clients to design a board game which would educate, inform and entertain young people while raising awareness of the dangers of alcohol misuse.

Safe, Sensible, Social is based on and mix of the simple Snakes and Ladders dice game model with elements of the Monopoly 'Chance' and 'Opportunity' cards. It can be played simply as a board game or as a trigger for deeper discussions on the issues around alcohol misuse. In compiling the questions information has been taken from a number of reputable sources including NECA, the NHS and related websites.

Some of the issues raised in the game mean it is only suitable for young people aged 11 plus. It can also be played by adults.

Preparing to Play

1. Print out the Board Game – A3 size and laminate.
2. Print out the game cards, A3, two sided and laminate (You may need to rotate one side of the sheets first, depending upon your printer setting). Once laminated cut the sheets evenly into individual cards and place them at the side of the game board in three piles.
3. Print out the Rule of the Game Sheet.

You will need

- A dice
- Tokens for each player i.e. buttons, tiddlywinks

How to Play

1. Throw the dice to establish who goes first – the player throwing six goes first.
2. Take turns to throw the dice and move around the board squares, numbered 1-100, according to the number thrown on the dice.
3. If a player lands on one of the three types of special squares another player takes a card of the same colour as the square landed on and reads out the words on the card.

There are three types of card – linked to squares on the game board.

- **999 cards** – leading to penalties which see the player moving back a set number of spaces.
- **Just What Are You Drinking Cards** – questions and answers that can generate discussion around alcohol related issues
- **Do You Know question cards** – which can lead to a player moving forward if they get the answer correct.

4. The object of the game is to be the first player to reach Square No 100.
5. Players must throw the exact number needed to land on Square No 100.

You can find other downloadable resources linked to alcohol issues for use with young people by visiting:

<http://www.ebcltd.org.uk/SafeSensibleSocialProject.html>

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