

ADULT GUIDE

Shh! This is our little secret. In this kit you'll find 4 dice that can open up your conversations with the children in your life and provide opportunities for bringing up sensitive topics!

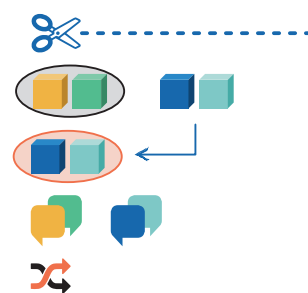
There are no "right" answers! Your dice might ask a question, remind you of your past, bring up a pressing topic with the other person, help you think about the future, or make you laugh!

THE DICE

1	BODY	areas of the human body
2	QUESTION	who, what, why, where, when, how
3	SENSES	see, hear, taste, touch, smell, feelings
4	TOPICS	health, privacy, growth, hygiene, etc.

WHAT TO DO

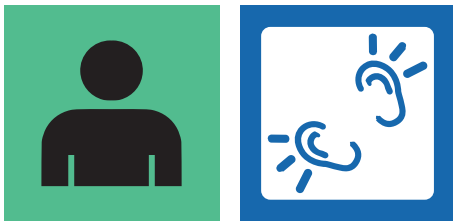
1. Assemble the Dice (Cut, Fold, Glue/Tape)
2. **One person** rolls all 4 dice and chooses 2 dice.
3. The **Other person** gets the remaining 2 dice.
4. Talk! Laugh! Play! Ask! Answer!
5. Do it again! (and take turns on who rolls the dice!)



There are NO WRONG INTERPRETATIONS OR ANSWERS
— only endless conversational opportunities.



WHAT WILL YOU TALK ABOUT?



Who do/don't I listen to?
Who listens to you?



When are you private?
When do you protect yourself?
When have you felt unsafe?
When do you feel safe?



Do you know what Mental Health is?
I have a Headache
A Smart Medical Professional



What makes you feel safe
in private/public?
What's the difference between
"private" and "public"?



No one touches our private parts.
It hurts right here.
They touched me there.



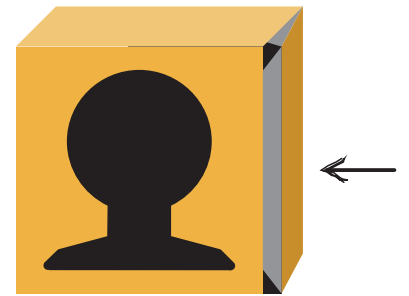
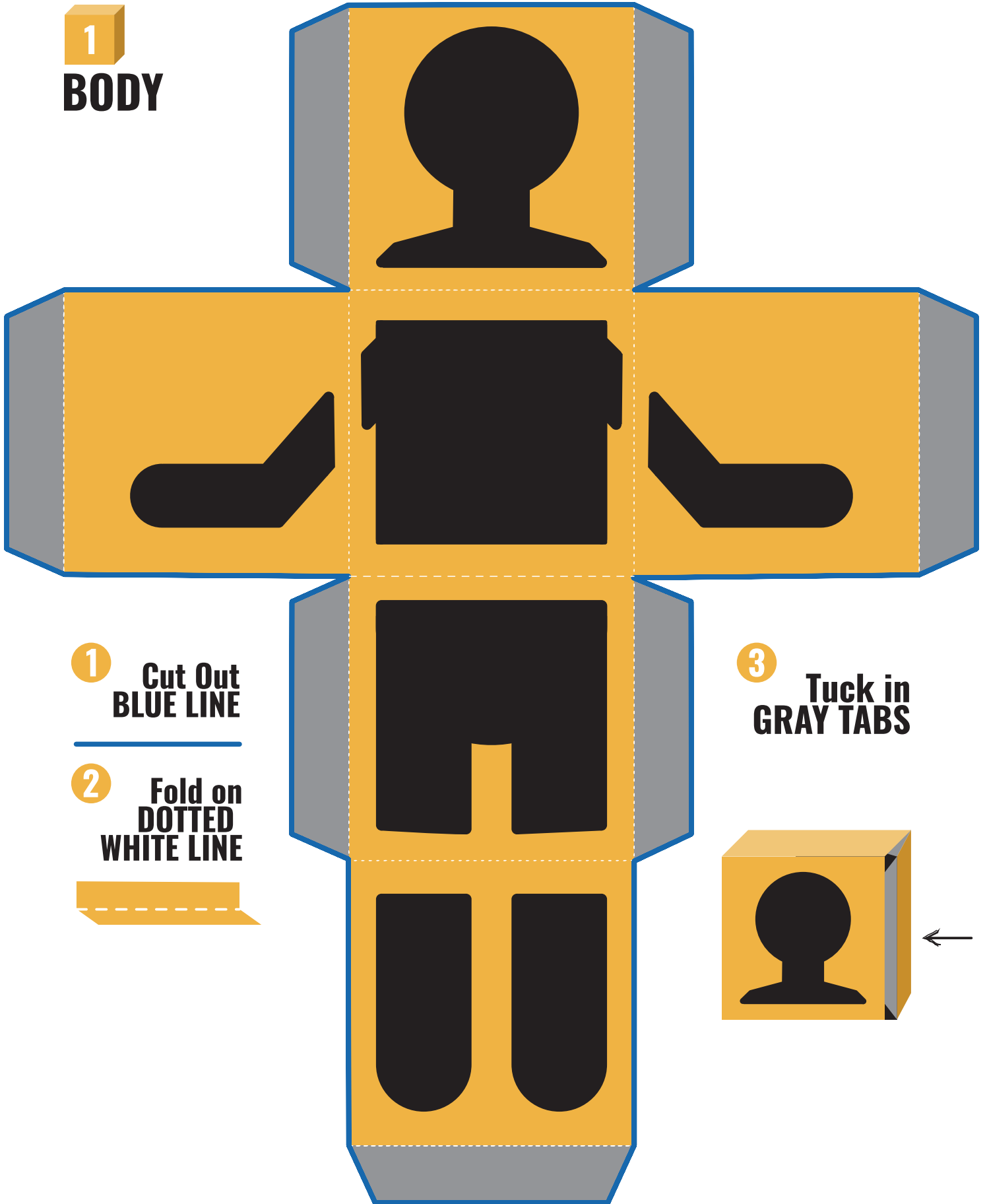
Why do I grow?
Why does my vision change?
Why are you hopeful?



When are you gonna wash
- your smelly armpits?
- your stinky shirts?

1

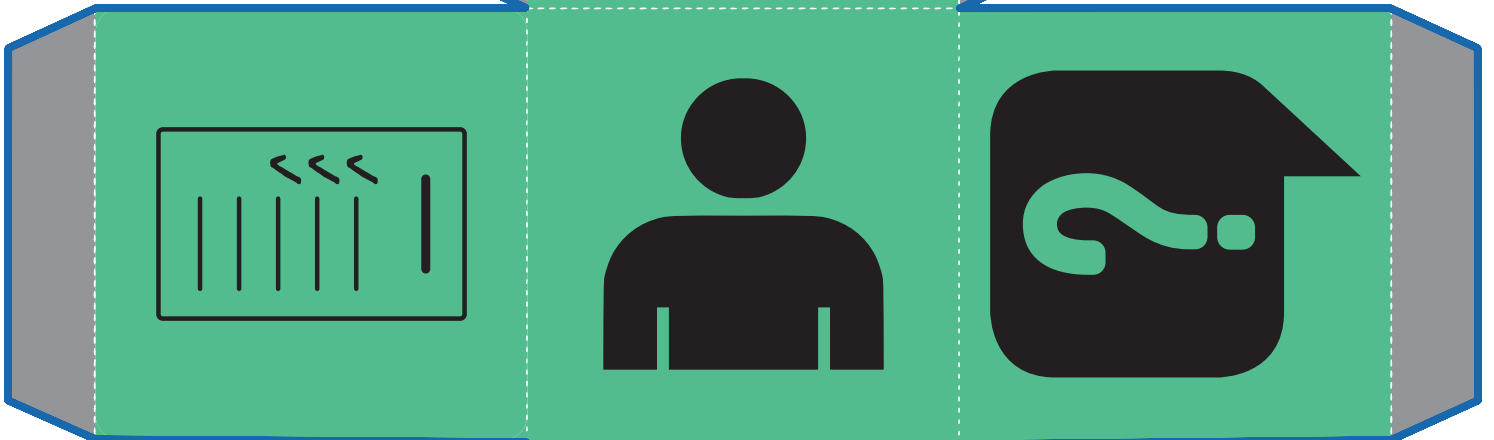
BODY



2

QUESTION

HOW ↓



← WHERE

↓ WHY

WHO ↗

← WHAT

← WHEN

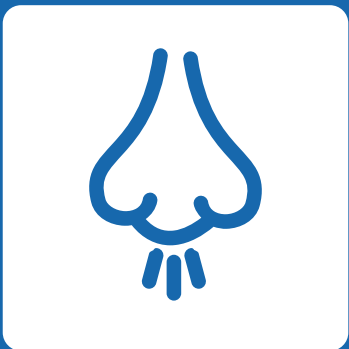
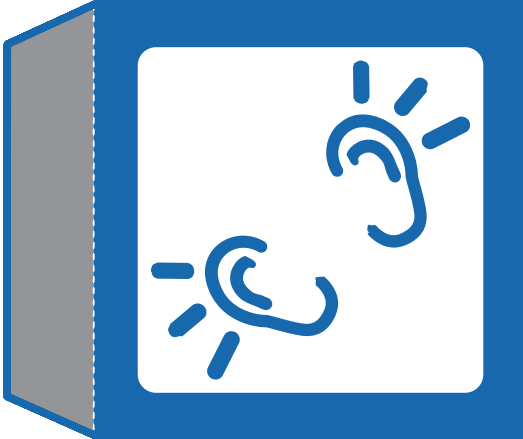
3

SENSES



← SEE

HEAR ↴



↴ TOUCH



SMELL ↗



← TASTE



← EMOTION

4

TOPICS

HAPPY ↘



← HEALTH
MEDICAL

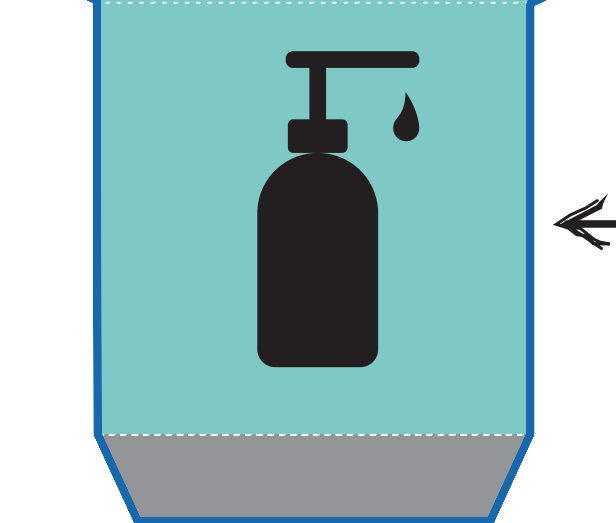
↙ SAD



↖ PRIVACY
SECRETS



← GROWTH
PUBERTY
CHANGE



← HYGIENE
CLEAN