

The Migration Journey

Game Overview

This game is designed to educate players of ages 10 and up on various migration journeys depending on one's legal status. Legal status of immigrants is one of the primary issues that directly affect social determinants of health due to the stress of immigration, through determinants such as socioeconomic status, acculturation, intergenerational conflict, cultural constraints, and biological/behavioral transmission of trauma. This stress leads to higher cortisol levels, activating the HPA axis and becoming major factors in determining health rates in these communities. In this "migration journey," we focus on the specific experiences of Latino-American migrants, and players will attempt to maintain their health by putting down chance card events that either lower their own cortisol levels or add cortisol levels on other players. The cortisol points listed on the cards are distributed to characters based on their status. "Chance" cards are given scenarios that can happen in the life of an immigrant which can affect them long-term, causing chronic stress, raising/lowering their cortisol levels, and ultimately affecting their health outcomes. Every chance card is a random event that can happen to a character. The goal of the game is to be alive after all the chance cards are put down, as well as to have lower cortisol levels than all other players in the game.

Materials

- 81 chance cards
- 6 reverse
- 3 character swap cards
- 7 skip cards
- Mini chalkboard
- Chalk
- Eraser
- 2 Dice

Set Up

1. Every player chooses seven chance cards.
2. Place the remainder of the chance cards in the middle.
3. Each player takes turns rolling the dice.
4. The player with the highest number rolled gets to choose their character first.
5. The remaining players each get to choose their characters in a preceding order, highest to lowest points.
6. Once the game is started, start a timer on your phone to keep track of continuous time
7. After ten minutes have passed, there will be a letter that as a group all players should discuss
8. After twenty minutes have passed, each player will be given individual letters to open according to their respective characters that will help them decide their end game strategies
9. At the end of the game, there will be a final letter to all players to discuss

Gameplay

See below

1. The player with the highest number rolled from the dice goes first.
2. The player decides on what card to reveal to the group. The card will have different points listed (according to legal status). These points can be negative (which would decrease cortisol level) or positive (which would increase cortisol level). The player chooses either to use the card on themselves or to use it on another player, if it applies to them. The player places the card in the center after their decision is made.
 - a. Besides these cards that gives the player points, there are also additional cards that are supposed to help the player out:
 - i. Swap Hands Cards (a card that has a drawing of the hands and has the words “swap hands” on it): the player with the

- card can swap their immigration status and their points with the person of their choosing
- ii. Reverse Cards (a card that has a reverse arrow on it): it reverses the order of the player
 - 1. If you are going counter-clockwise, you now go clockwise and vice versa
 - iii. Skip Turn Cards (a card that has a circle with a dash across it): the person of your choosing skips their turn for a round.
3. The points are updated on the chalkboard.
 4. The player then picks up another card from the deck.
 5. Players must always have 7 cards unless it is nearing the end of the game and the chance card stack is diminishing.
 6. The game starts by proceeding clockwise.
 7. Repeat steps 2 to 6, adding cards in the middle, creating a stack.
 8. Continue repeating steps until there are no more chance cards left to draw.
 9. However, if the player reaches 10,000 cortisol points, then that player is eliminated. The game continues with the other players.
 10. The person with the lowest points wins the game.
 11. At the end of the game, open the “Ending” paper to learn about the reasons why each player ended with their cortisol levels.

Character Overview

Players will have a choice to choose between being a Latino-American with one of the legal statuses listed below:

- 1. Undocumented migrant** - illegal, indocumented, irregular, clandestine, those unlawfully present in a country, entered illegally or overstayed their visa, in the U.S. may have access to school and emergency medical care but have no resident/citizen benefits

- a. Potential Strategy:** It is quite likely that the negative scenario cards (the ones that increase cortisol points) will affect undocumented migrants the most. It is beneficial to attack either the refugee or Temporary Protected Status holder since they will most likely have higher cortisol points than green cards holders. Therefore, there is a higher chance that they will reach 10,000 cortisol points and be eliminated from the game before you.
- 2. Green Card Holder** - green card holders, legal residence that never expires, a prerequisite to citizenship, acquired through employment, family relationships, etc.

 - a. Potential Strategy:** There are many positive scenario cards (the ones that decrease cortisol points) for green card holders and the negative scenario cards (the ones that increase cortisol points) do not increase your cortisol levels to the same extent as other immigration statuses. Therefore, a potential strategy is to use negative scenario cards to attack other players and keep the beneficial cards for yourself for later use. This will prevent other players from realizing you have an unfair advantage over them and they will not team up against you.
- 3. Refugee** - forced to leave out of their home country because they could no longer be protected by their government, must petition for refugee status by showing that they are being prosecuted or fear of being prosecuted for their race, religion, ethnicity, membership in a particular social group, political views

 - a. Potential Strategy:** It is quite likely that the negative scenario cards (the ones that increase cortisol points) will affect you more than the others. It is beneficial to attack either the temporary protected status or undocumented migrants since they will most likely have higher cortisol points than green cards holders. Therefore, there is a higher chance that they will reach 10,000 cortisol points and be eliminated from the game before you.

- 4. Temporary Protected Status (TPS) - DACA, TPS;** liminal legal status, protect unauthorized immigrants from deportation and allow them to work for a temporary time if they meet certain criteria such as being in the country for a certain time or no more than a minor criminal record
- a. **Potential Strategy:** It is quite likely that the negative scenario cards (the ones that increase cortisol points) will affect you more than the others. It is beneficial to attack either the refugee or undocumented migrants since they will most likely have higher cortisol points than green cards holders. Therefore, there is a higher chance that they will reach 10,000 cortisol points and be eliminated from the game before you.

These characters will have different societal events affect their cortisol levels in varying amounts, by which may affect the course of your health progress. Being a certain character will help you see firsthand the societal experiences associated with a certain legal status on health in the Latino-American community. Through this, we can empathize better with these minority groups and give awareness to the detrimental health effects by these statuses.

Citation for Definitions:

- <https://www.migrationpolicy.org/content/explainer-who-immigrant>