

Background on the Game of Uterus

We made this game...

with the goal of illuminating the countless injustices that are experienced by those who menstruate. We seek to dispel the myth that there are a lot of choices and free will when it comes to deciding how to menstruate and that the experience is safe and equitable for all. Our game immerses players into the lives of these individuals and the adversities that challenge the process and maintenance of menstruation. While there are multiple legislative measures that work to control, limit and conceal menstruation, there remains a research gap regarding the health effects that come with using some menstrual products. The Game of Uterus addresses the cultural, biological, political and social factors that impact the way an individual proceeds with menstruation. By playing this game, players will be able to experience these varying implications and form a better understanding of the difficulty and danger that comes with menstruating in a society that heavily stigmatizes this natural bodily function.

Throughout the game players will encounter challenges and success with each turn. While playing The Game of Uterus, players will come to understand that with the use of most menstrual products comes exposure to endocrine disrupting chemicals (EDCs). The term EDC has a number of varying definitions, and in combining definitions from The Endocrine Society, National Institute of Environmental Health Sciences, and the World Health Organization, EDCs can be defined as natural and man-made chemicals that interact with the body's natural hormone processes and can mimic, interfere with, or block them; these chemicals can be found in a variety of sources and have the potential to negatively impact the environment and human body. Examples of EDCs are BPA and phthalates (found in plastics), parabens (used as an artificial preservative in cosmetics), and dioxins and furans (byproducts of the bleaching process for tampons, pads and liners). Exposure to EDCs is linked to hormone imbalance, immune system disruption, fertility

issues, and certain cancers. In our game, players will start by drawing a character card at random where they will find a *starting point value* specific to each character. This value speaks to the level of EDC exposure and relative ability to control this exposure with higher numbers meaning less exposure/greater control and lower numbers signifying the opposite. The agency to mitigate EDC exposure can be based on one's socioeconomic status (SES), ethnicity/race, age, and geographical location. Players will use these points throughout the game to interact with the *chance cards* and develop an understanding regarding the impact that background has on how individuals menstruate as they desire and in a safe way.

We hope players will...

- Form a better understanding of the quantity and variety of additives that can be found in menstrual products to better help them choose the healthier option for them.
- Work to break down the stigma towards menstruation that often dictates how menstruating individuals manage their periods
- Rethink the stigmas that they may have towards menstruation that may be restrictive towards those who menstruate
- Recognize the varying levels of accessibility of these products and the social factors that contribute to this
- Understand the impact that legislation has on these individuals and how only recently have there been efforts to display ingredient transparency to consumers
- Acknowledge that these circumstances impact numerous individuals: cisgender women, transgender men who still menstruate, nonbinary individuals, partners and family members of those who menstruate, etc.
- And ultimately, realize that menstruation is a natural bodily process that should not be stigmatized, concealed, or monetized.

Game Instructions



1. The game is suitable for 2 - 5 players and will take approximately 35 - 50 minutes to complete. Each player will start out by choosing a character card, which will include information on the character's starting points, background, name, age, ethnicity, and salary.
2. Start at the start sign on the board. During each round, each player will roll the dice to determine the number of spaces they will move forward. Players will take turns rolling the dice, and after each player has rolled once, that will be one completed round. The game will finish after each player has played 10 rounds.
3. On the board, there are blue (biology) and yellow (social) chance spaces. If the player lands on a biology chance space, they will draw a card from the biology card deck. On the other hand, if the player lands on a social chance space, they will draw a card from the social card deck. The players must follow the directions on the card and add/subtract points as such throughout the game.
4. Tracking points - Track your points using the "Point Tracker Sheet". You will need a pen or pencil to do this. Each character is given a different number of starting points according to their character card at the beginning of the game. As the players go through the game, add and subtract points as necessary in the workspace provided. Write down your final total at the end of the game at the bottom of the sheet.

NOTE: At the end of the game if you are interested in understanding more about what your points mean, see the explanation located on the "Background of the Game of Uterus" sheet.

5. While there is no clear winner, take a look at each other's points sheets at the end of the game to see how each

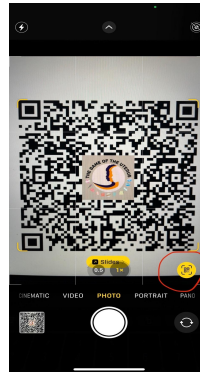
player/character was impacted through the social and biological scenarios throughout the game.

Additional Notes



- *Learn more!* Scan the QR code for both the biology and social chance deck, and the link will take you to a presentation. On each card, there will be a number that corresponds to the slide number in the presentation, which will have additional information regarding the card you picked up.

NOTE: If you are using a smartphone to scan the QR code, you **MUST** open the link on safari or another web browser in order to be directed to the correct slide. Do not open the link to the QR code using the Google Slides app if you have it on your device. Click the icon circled in red in the photo below then click “Open in Safari.”



- The impact of the biological and social cards are limited to the turn they were drawn (unless otherwise stated on the card) and do not carry over to the following rounds. For example, if a chance card says your character has gotten pregnant, the pregnancy and its associated impacts on the point system will only be applicable during the round in which the card was drawn.



POINT TRACKER SHEET

Write down your starting points here:

Do your calculations here:

Write down your final points here: