

FACILITATOR GUIDE

HOW TO USE THE EVERYDAY HARM BOARD GAME

This game helps people:

- talk together
- listen to each other
- notice everyday harm
- learn about each other
- learn about what helps people feel safe and respected
- reflect on the things that help, and not harm people

People only share what they want to share.

WHAT YOU NEED

- The game board
(see layout suggestion below – can print on A3 or A4)
- A dice
- 4–6 player tokens (coins, buttons, etc.)
- Decks of cards:
 - Everyday Harm Cards (5 colours – one for each step)
 - Culture Cards (yellow)
 - Getting to know you (Pink)

BEFORE YOU START

Set the tone and reassure players

“This game is about learning together.

You do not have to answer every question.

You can pass at any time.”

Make sure people know:

- they are in control
- it is okay to say “pass”
- it is okay to take a break

Set up the space

- Sit at the same level
- Make sure everyone can see the board
- Go slowly
- Do not rush

How it feels is very important.

HOW TO PLAY THE GAME

1. Each person takes a turn.
2. Roll the dice.
3. Move your piece.
4. When you land on a colour, pick up a card that matches the colour, OR you can pass OR you can choose to pick up one of the ‘Getting to know you’ cards.

WHAT EACH COLOUR MEANS



BLUE – NOTICE

Noticing early signs

These questions help people notice:

- small changes
- early signs
- when something might not feel okay



GREEN – ACKNOWLEDGE

Listening and believing

These questions help people talk about:

- feeling heard
- feeling respected
- being valued



ORANGE – RESPOND

Helping in the right way

These questions are about:

- support
- choice
- helping *with* someone, not *for* them



RED – REPAIR

Making things right

These questions can feel harder.

They talk about:

- mistakes
- saying sorry
- fixing things



PURPLE – POSITIVE CHANGE

Making things better over time

These questions help people think about:

- what works
- what helps
- what makes support relationships better



YELLOW – CULTURE

How the place feels

These questions talk about:

- belonging
- respect
- kindness
- fairness



PINK – GETTING TO KNOW YOU

A person can choose one of these cards instead of a coloured step question.

The facilitator can also offer one if:

- someone feels unsure
- the group needs a lighter moment
- emotions feel a bit heavy

IF SOMEONE FEELS UPSET OR QUIET

Watch for:

- silence
- fidgeting
- looking away
- change in mood

You can say:

- “We can pause.”
- “You don’t have to answer.”
- “Would you like a break?”

ENDING THE GAME

End gently.

Do not end on a hard question.

IMPORTANT SAFETY RULES

- People can pass at any time
- No one has to explain
- No one corrects another person’s experience
- What is shared stays respectful

If staff and people with disability are together:

- let people with disability speak first
- ask staff to listen before talking

REMEMBER

- Go slowly
- Listen more than you talk
- Safety comes first
- The game works because of how it is held

The way you play the game is as important as the game itself.



NOTICE



ACKNOWLEDGE



RESPOND



REPAIR



POSITIVE CHANGE



CULTURE



GETTING TO
KNOW YOU