



**PY  
BC**

**PLAY YOUR  
BEST CARD**



## **Think or chat to someone who played the game about ...**

- What was the most challenging scenario today?
- What was the easiest scenario today?
- What would you have done in these scenarios?
- What surprised you in the game today?
- What values or ideas will guide you for challenges in the future?

**After each of these questions ask, why did you feel this way?**



**Want to talk to friends  
or whānau about the  
scenarios? Here are some  
conversation starters ...**

What would you  
do in this scenario?

Have you ever  
heard of anyone  
in this situation?

The response  
that won was ...  
What do you think?

# GOT MORE QUESTIONS?

## Youthline

0800 37 66 33

Free text 234

[talk@youthline.org.nz](mailto:talk@youthline.org.nz)

Offers a free confidential counselling service for you and your parents, family and friends.



## Alcohol Drug Helpline

[alcoholdrughelp.org.nz](http://alcoholdrughelp.org.nz)

0800 787 984

Free text 8681

Provides friendly, confidential, non-judgmental, professional help and advice about drinking or drug use.

# GOT MORE QUESTIONS?

## The Lowdown

Free text 5626

[thelowdown.co.nz](http://thelowdown.co.nz)

A website to help you understand depression and anxiety.

## RainbowYOUTH

[ry.org.nz](http://ry.org.nz)

If you are wondering about your gender or sexual identity RainbowYOUTH can help.

# PLAY YOUR BEST CARD

A game created with teenagers for teenagers. PLAY YOUR BEST CARD is a story-based card game, exploring situations and challenges that we can face as teenagers, the ways that we can respond and how we can support each other too.

If you want advice or  
information on health topics  
contact: [pybc@hpa.org.nz](mailto:pybc@hpa.org.nz)