



Youth OCEANS Pleasurenesia
presents

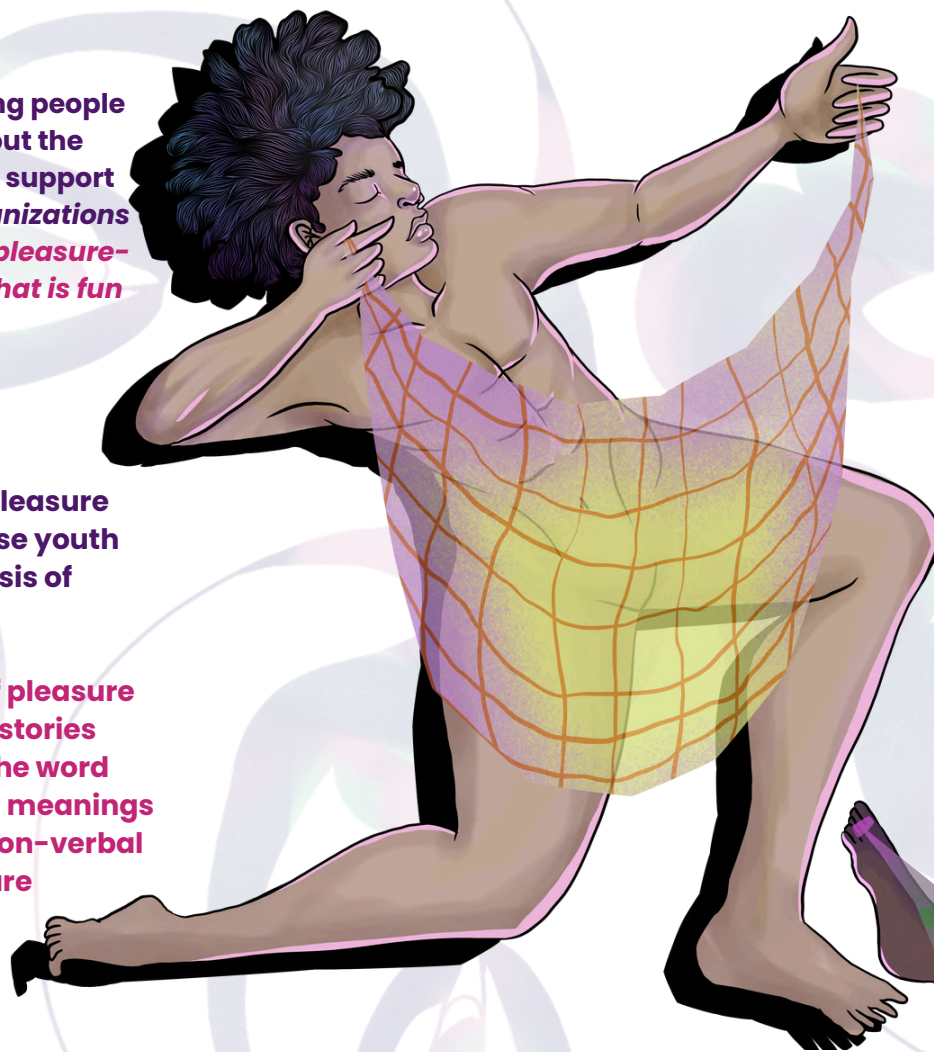
NENE OR NAH?

Nene or Nah? is a card game for young people in the Pacific to talk and learn about the *pleasure principles*. It is designed to support and inspire young Pasifikas and organizations to *openly discuss sex positive and a pleasure-based approach to health in a way that is fun for youths!*

The vaka journey of creating the pleasure principles for the Pacific with diverse youth voices of the Pacific form the basis of "Nene or Nah?" including:

- The celebration and openness of pleasure existing across our Pasifika histories
- The flexibility and richness of the word pleasure in Pacific languages and meanings
- The importance of humour and non-verbal cues in discussing pleasure

This card game aims to **create a safe, comfortable and fun space for Pacific youth to have open talanoa's and openly explore perspectives, experiences and questions that arise.**



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DOWNLOAD ONLINE

CARDS HERE





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NENE OR NAH?

Created by Youth Oceanic Consortium for Engagement, Advocacy and Networking in Sexual and Reproductive Health and Rights (Youth OCEANS): this is a youth-led, Pacific-centred game that explores pleasure, boundaries, consent, myths, and wellbeing in a fun, safe, and culturally grounded way.



The game is designed to spark Talanoa and reflection in an edutainment setting complementing *Pleasurenesia: A Pasifika Guide to talking about Pleasure*

NENE = good / feels right / respectful
NAH = crossed a line / not okay / uncomfortable



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GAME MODES

The game has five decks, each serving a different purpose:

1. Scenario and Wanem Feeling Cards:

This has two modes.

- Wanem Feeling Cards (fast):* Fast, high-energy. Players react to scenarios without talking in-depth, focusing only on reacted feelings. Great for breaking the ice.
- The full, signature game mode.* Players respond to scenarios using feelings, then talanoa to explore the meaning. This mode is fun, reflective, and creates shared learning.

2. Veitalanoa Cards

Veitalanoa cards spark conversation, reflection, and collective learning about pleasure, respect, and boundaries. They encourage participants to *vei talanoa* (talk, share, reflect) without personal pressure.

3. Menin Malele cards

Menin Malele meaning something to understand are Myth/Truth Cards. Challenge common misconceptions about pleasure, consent, and wellbeing in Pacific contexts. Players guess whether statements are myth or truth, then learn the factual explanation.

4. Va'a Cards

Boundaries cards. Va'a is our relational connection to each other and the need to respect each other's space and journey: Practice identifying safe, unsafe, and grey area behaviours in scenarios. Players classify statements as Red Flag, Green Flag, or Grey Area.

5. Create your Pleasure Principles:

A reflective mode where players co-create a list of shared Pleasure Principles based on what came up in previous rounds.

Players can combine decks in different game modes depending on energy, time, and discussion goals.



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PLAYING SCENE

The game works:

- Best at 4–10 players
- Best played sitting together on a mat, in a circle
- Shoes off, phones down, relaxed energy
- Best with your music playlist in the background
- Snacks all around



How to Play: Core Flow

Ps. Each game mode has their own instructions in their section too!

- Choose a game mode (menu below)
- Sit together on a mat in a circle
- Draw cards according to the game mode
- Use Wanem Feeling cards to respond to scenarios
- Pull Veitalanoa cards or Myth/Truth cards for discussion
- Play moves clockwise; if using facilitator – they support, keep time, and ensure safety
- After 3–5 rounds, co-create your own

Pleasurenesia Principles based on patterns, feelings, and reflections



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NENE OR NAH?

A Pacific card game for young people to talanoa about pleasure, consent, and boundaries, in a fun, safe, and culturally grounded way.



PLEASURENESIA



**youth
CEANS**

WANEM-FEELINGS



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WANEM-FEELINGS

This has two modes.

Wanem Feeling Cards (fast): Fast, high-energy. Players react to scenarios without talking in-depth, focusing only on reacted feelings. Great for breaking the ice.

The full, signature game mode. Players respond to scenarios using feelings, then talanoa to explore the meaning. This mode is fun, reflective, and creates shared learning.



WANEM-FEELINGS

**You told someone you met
at a youth event that
you're not interested, but
they keep messaging you
every night on messenger
and reacting to all your
stories.**

WANEM-FEELINGS

In your friends group chat, someone shares a joke about a girl's body after sports practice, and people start adding laughing emojis while she stays silent.

WANEM-FEELINGS

You're with your partner after a church youth gathering, and when you say "I'm not ready," they stop straight away and check if you're okay.

WANEM-FEELINGS

**During a family
talanoa, an elder says
young people
shouldn't talk about
pleasure because it
goes against culture
and respect.**

WANEM-FEELINGS

You wake up feeling good about yourself, put on your favorite outfit, and walk through your community feeling confident in your body.

WANEM-FEELINGS

Your friends are talking about relationships, and one says, "everyone else is doing it, why are you still saying no?" and keeps pushing you.

WANEM-FEELINGS

You tell someone you're not comfortable doing something, and they respect it immediately without asking you to explain why.

WANEM-FEELINGS

**At a family gathering,
your uncle says that
young people talking
about sex and pleasure
are being influenced in
the wrong way.**

WANEM-FEELINGS

**Someone you trusted
shares a private
message or photo of
yours with others
without asking you
first.**

WANEM-FEELINGS

**You're in a relationship
where you feel safe to
speak up, and your
partner listens to you
without judging or
getting angry.**

WANEM-FEELINGS

**At a public event, an
aunty loudly
comments on your
weight and body, and
others nearby hear
and laugh.**

WANEM-FEELINGS

You're performing a traditional dance or at a youth event, and it makes you feel proud, strong, and connected to your body.

WANEM-FEELINGS

Someone you're seeing says, "if you really cared about me, you would say yes," making you feel pressured and guilty.

WANEM-FEELINGS

You attend a youth workshop where other young people are openly talking about consent, relationships, and pleasure in a way that feels safe and respectful.



WANEM-FEELINGS

**Make your own
scenario**

VEITALANOA CARDS



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VEITALANOA CARDS

Veitalanoa cards spark conversation, reflection, and collective learning about pleasure, respect, and boundaries. They encourage participants to veitalanoa (talk, share, reflect) without personal pressure.



VEITALANOA CARDS



**What does pleasure
mean to you?**

VEITALANOA CARDS



**What makes
something feel safe,
comfortable, and
enjoyable for you in a
relationship or
situation?**

VEITALANOA CARDS



**In your life, who usually
decides what is okay or
not okay when it
comes to pleasure?**

VEITALANOA CARDS



**How does your culture,
family, or church
shape the way you
think about pleasure?**

VEITALANOA CARDS



**When does something
that feels good stop
feeling good or safe for
you?**

VEITALANOA CARDS



**What makes young
people feel truly
respected in
relationships or
situations?**

VEITALANOA CARDS



**Why is consent
important when it
comes to feeling safe
and experiencing
pleasure?**

VEITALANOA CARDS



In your daily life, what things get in the way of feeling joy, comfort, or freedom?

VEITALANOA CARDS



How do age, power, or authority (like elders, partners, or leaders) affect situations involving pleasure?

VEITALANOA CARDS



**In your daily life, what
does pleasure mean to
you beyond sex?**

VEITALANOA CARDS



**If you imagined a youth
space in your
community, what would
a pleasure-positive
Pacific space look and
feel like?**

VEITALANOA CARDS



**Among your friends, how
can you support each
other's boundaries in
relationships and
situations?**

VEITALANOA CARDS



In your friend groups or group chats, how can humour make conversations about pleasure easier or more harmful?

VEITALANOA CARDS



**What role can elders
(like aunts, uncles, or
church leaders) play in
creating safe
conversations about
pleasure?**

VEITALANOA CARDS



When you're online, how does social media shape the way you see pleasure, relationships, or your body?

VEITALANOA CARDS



**In your everyday life,
what is one small action
—by you or others—that
helps you feel safe and
respected?**

VEITALANOA CARDS



**Now, what do you want
to ask? Start a new
discussion with your
question**

Youth OCEANS presents

MENIN MALELE CARDS

Myth/Truth Cards

Menin Malele cards' meaning something to understand. Challenge common misconceptions about pleasure, consent, and wellbeing in Pacific contexts. Players guess whether statements are myth or truth, then learn the factual explanation.



MENIN MALELE CARDS



MENIN MALELE CARDS

MYTH OR TRUTH?

**Talking about pleasure
is not part of Pacific
culture.**



MENIN MALELE CARDS

MYTH

Pacific cultures have long histories of joy, connection, and knowledge about relationship. These conversations have always existed, just in different forms.

MENIN MALELE CARDS

MYTH OR TRUTH?

**Pleasure and consent
go together**



MENIN MALELE CARDS

TRUTH

**Real pleasure only happens
when everyone feels safe,
respected, and has clearly
agreed.**

MENIN MALELE CARDS

MYTH OR TRUTH?

**Youth are too young to
understand pleasure**



MENIN MALELE CARDS

TRUTH

Young people understand their own bodies, feelings, and boundaries, and deserve the information to make safe, informed choices.

MENIN MALELE CARDS

MYTH OR TRUTH?

**Feeling good in your
body is part of
wellbeing**



MENIN MALELE CARDS

TRUTH

Wellbeing includes how you feel physically, emotionally, and mentally, feeling comfortable in your body is part of that.

MENIN MALELE CARDS

MYTH OR TRUTH?

**Silence keeps young
people safe**



MENIN MALELE CARDS

MYTH

**Silence creates confusion,
while open and honest
conversations help young
people stay informed,
confident, and safe.**

MENIN MALELE CARDS

MYTH OR TRUTH?

**Pleasure is only
sexual**



MENIN MALELE CARDS

MYTH

**Pleasure can come from
many things, connection,
laughter, culture,
movement, and feeling good
in yourself.**

MENIN MALELE CARDS

MYTH OR TRUTH?

**Everyone experiences
pleasure the same
way**



MENIN MALELE CARDS

MYTH

Pleasure is personal and shaped by culture, identity, experiences, and what makes each person feel safe and respected.

MENIN MALELE CARDS

MYTH OR TRUTH?

**Respecting
boundaries is optional
in relationships**



MENIN MALELE CARDS

MYTH

Respecting boundaries is essential, it builds trust, safety, and healthy relationships.

MENIN MALELE CARDS

MYTH OR TRUTH?

**Asking for consent
kills the vibe**



MENIN MALELE CARDS

MYTH

Consent builds trust and comfort, which actually makes shared experiences feel safer and more enjoyable.

MENIN MALELE CARDS

MYTH OR TRUTH?

**Talking about
pleasure is
embarrassing**



MENIN MALELE CARDS

MYTH

It might feel uncomfortable at first, but open conversations can be empowering, respectful, and even enjoyable.

Youth OCEANS presents

VA'A CARDS

Boundaries cards. Va'a is our relational connection to each other and the need to respect each other's space and journey: Practice identifying safe, unsafe, and grey area behaviours in scenarios. Players classify statements as Red Flag, Green Flag, or Grey Area.



VA'A CARDS



VA'A CARDS

**Someone respects your "no"
the first time, even when
others around you are
saying you should just go
along with it.**



GREEN FLAG



**They respect your decision
without pressure, even when
others don't.**

VA'A CARDS

You tell someone a joke is making you uncomfortable, but they keep going and say, "relax, it's just for fun."



RED FLAG



They ignore your discomfort and use humour to cross your boundary.

VA'A CARDS

You feel unsure about what's happening in a relationship, but you stay quiet because you don't want to cause drama or seem disrespectful.

Grey areas are important because: They show situations where something might seem okay on the surface, but could still make someone feel uncomfortable, pressured, or unsure, especially in Pacific contexts where respect, age, and relationships can make speaking up harder.



Silence doesn't mean consent, feeling unsure is a sign your boundary may not feel safe to express, often due to fear, respect, or power dynamics.

VA'A CARDS

You share a boundary, and the person questions it ("why?" "are you serious?") but doesn't push further or pressure you.

Grey areas are important because: They show situations where something might seem okay on the surface, but could still make someone feel uncomfortable, pressured, or unsure, especially in Pacific contexts where respect, age, and relationships can make speaking up harder.



They stop, which matters but questioning can still create doubt, guilt, or subtle pressure, especially in close relationships.

VA'A CARDS

**Before things move further,
someone pauses and asks if
you're okay and want to
continue.**



GREEN FLAG



**They actively check for
consent and prioritise your
comfort.**

VA'A CARDS

You feel pressure to say yes because you don't want to disappoint your partner, your friends, or someone older than you.



RED FLAG



Pressure—especially from relationships or hierarchy—undermines real consent.

VA'A CARDS

You open up about how you feel, and the other person listens calmly without laughing, judging, or dismissing you.

 **GREEN FLAG** 

They create a safe space where your feelings are respected.

VA'A CARDS

**A private message or photo
you shared with someone is
later posted or talked about
in a group chat.**



RED FLAG



**Your trust and privacy
are violated without your
consent.**

VA'A CARDS

A friend makes fun of you for setting boundaries, saying you're "too serious" or "acting different now."



RED FLAG



Your trust and privacy are violated without your consent.

VA'A CARDS

Your partner asks clearly if something is okay before trying it and waits for your answer.



GREEN FLAG



They respect consent and give you space to decide freely.

Youth OCEANS presents

CREATE YOUR PLEASURENESIA

A reflective mode where players
co-create a list of shared Pleasure
Principles based on what came up
in previous rounds.



**CREATE YOUR
PLEASURENESIA**

