



First Youth

Higle Railaite

GAME COMPONENTS

- 8 locations (park, tea room, bar, garage, university, noodle bar, art studio, book store) and a stencil
- Rulebook
- Friends' context sheet
- 51 situation cards
- 18 reflection cards
- Tokens for each friend (A, T, C, M, S)
- Tokens for great (blue), good (pink), neutral (white), negative (orange), bad (red) friendship levels
- 5 player's friendship tracker tiles
- Friends' friendship tracker tile
- 3 game pieces

GAME SET-UP

The game is intended for one to three players. The youngest player goes first.

1. Place the board together - you may choose to put the pieces in the stencil provided or place them separately.
2. Place the friends' tokens randomly on the board (use the circular spaces provided), one friend at a location at a time.
3. Separate the cards according to their colour, place separately with the situation description facing up.
4. Fill the friends' friendship tracker tile and your friendship tracker tile with yellow tokens.
5. Place the question tokens at a few random locations in a circular space provided at the corner of each location. 3 places are recommended, could be less or more depending on how long you want to discuss for.
6. Set your chosen figure at a random location. Could be with a friend, could be empty.
7. Read the friend's descriptions.

PLAYING THE GAME

You are encouraged to play the game honestly, with as little judgment of your fellow players as possible. The game is intended to be played out loud - share your decisions and why you are making them if you wish, speak about what you think about the different friends you encounter.

The player starting the game begins where their figure is placed. They either interact with the person in their location by taking a card according to their friendship level, take a reflection card or move to a different location. After having moved to a different location the player has to wait for their next turn before they can interact with friends.

INTERACTING WITH FRIENDS

You may only interact with two friends at a location at a time, regardless of how many friends and players are at a given location. If all of the spaces fill up, though, you may exchange places with chosen players or friends. The friends know each other through you.

To begin interacting, draw a card based on friendship level. At the beginning of the game all friends have a neutral, or yellow, relationship with the players, and the relationships build or decay throughout the game. The relationship depends on what the player chooses to do in a given situation. The situation description side of the cards represents the choice you are faced with, the other side - the following consequences that you may not have been aware of. Some friendships require more commitment than others - sometimes you will have to skip a few turns in order to strengthen your connection.

If there are multiple friends at a location, you can choose to interact with both or ignore them. If you choose to ignore one or both of them, bring your friendship level down by one. If your friendship level is orange or red, ignoring the friend does not affect your friendship.

If you choose to interact with both friends, they establish a friendship between each other. That depends on your relationship with each friend. Use the friends' friendship tracker to keep track of their friendships - they are the average of your friendship with each one. For example, if you have a red friendship with Mia and a blue with Sasha, the relationship between the two of them is yellow.

If there is no inbetween friendship level, their friendship becomes the lower color of the two - for example, if you have a yellow friendship with Mia and an orange friendship with Sasha, the relationship between Mia and Sasha becomes yellow.

If a situation card calls for you to change a location, take the friend you are interacting with.

If your friendship level reaches the highest (blue) level and you take an action to advance the relationship, you may take the friend with you to meet other friends and improve your relationships. If a relationship with a friend reaches the lowest (red) level and you take an action to worsen it, any time you interact with the friend, your relationship with their closest friend worsens. For example, if you have a red relationship with Mia and her closest friend is Sasha, every time you meet Mia you and Sasha's friendship worsens.

REFLECTION CARDS

Reflection cards are drawn when the player enters a location with a reflection card symbol, as well as when their relationship with a friend reaches the maximum or minimum level. The player is invited to ask other players to reflect too, but they are not obligated to. Reflection cards can also be drawn when the game has finished to aid all players' final game discussion, although are optional.

If the reflection cards run out, shuffle them again. Alternatively, other players may ask reflection questions when the turn for reflection comes.

ENDING THE GAME

The game ends when the cards of at least one friendship level run out. The game can be continued if the cards are shuffled again, if the players wish to extend the game.

At the end of the game the players are encouraged to reflect on their choices, why their relationships with certain friends are different from other players. Reflection cards could be used to aid this process, but please use the following questions to start with:

1. Which friend did you most identify with and why?
2. What did you learn about yourself and other players? Consider your values in life and friendship.
3. What sacrifices did you have to make or chose not to? Do you have regrets or something you are proud of?



MIA

You were immediately drawn to Mia and her work when you joined Univeristy - her art style was dark and powerful, the stories behind them fascinated you and you watched her work develop into one that's lighter and brighter. You and Mia got to know each other very quickly, mostly because you were open-minded towards her views even though some were different from what you grew up believing. Mia helped you figure out what your place in the world was and what is the reason you create. However, you also learned that Mia has a history of trauma and abuse. Mia is a genuine and warm soul, but she requires a lot of support. Mia often gets into self-destructive behavior - sometimes she asks for help, sometimes she doesn't.

TOMMY

Your connection with Tommy developed quickly, it became intense. You two had a healthy relationship at first, but it started to go downhill due to Tommy's mental health and inability to deal with distance, developing into some distance. Due to his influence and help you developed quickly, but noticed that your life was filled with highly fluctuating happiness or heartbreak. Your friends always liked you both, therefore your relationship issues mostly affected you two inclusively. You and Tommy reunited a few times after your first separation, and as time went your friendship had a more and more negative effect on your wellbeing. Tommy is very logical and STEM oriented, yet he appreciates art and good food.

ANDREAS

Andreas is your childhood friend - you met when you entered middle school and were drawn to him due to his inherently weird nature. You developed a strong and steady bond throughout your childhood and youth. Later, Andreas moved across the globe. You both have to put in the work to make a long distance friendship work. Around college you realize that your views on life and politics begin to differ from those of Andreas and have to decide how to approach it. You notice that conflict arises a little more than before, sometimes due to circumstances, other times - ego play/ due to conflict requiring you to protect your ego.

SASHA

Sasha is your childhood friend with an intense history. You and Sasha have been through a lot; you met in primary school and became very close, you maintained that relationship throughout middle school but in the late stages of puberty your values began to shift, your friendship started becoming toxic. You noticed recurring jealousy, gaslighting and manipulation manifest as part of your communication, you even went through heartbreak. While you like Sasha, you do not agree with her all of the time, Right now your relationship is quite neutral, and you share your appreciation for art and aesthetics

CAT

You met Cat in college and had an immediate strong bond. The challenge with Cat is that she is lost emotionally. Cat is very well rounded - she loves philosophy and sciences, she appreciates art and loves spending time meaningfully with people. Cat cares for you deeply from the very beginning; she radiates positive energy and is easy to communicate with. This friendship is positive, you happily help each other in class and outside of it, support each other in life outside of university too. Cat also has a completely different cultural background than you which sometimes cause discomfort; your methods of communication and confrontation may differ, societal expectations get in the way, but you manage to overcome these obstacles.