

Teacher's Guide, 45-minute lesson

## HUKKAPUTKI GAME



### What is Hukkaputki?

- An interactive story game
- Designed for ages 13–15
- Playable for free on a computer, tablet, or phone
- Instructions provided at the start of the game
- Playtime is about 7–8 minutes
- No downloads needed, direct link: [nuortenlinkki.fi/hukkaputki](https://nuortenlinkki.fi/hukkaputki)

### GAME CONCEPT

The player makes choices in familiar, everyday situations. The story progresses based on these choices. The game encourages players to reflect on different situations: Why do I think this way? What are the consequences of my decisions for myself and others? The game provides information on important topics and emphasizes the importance of making responsible decisions.

### KEY CHARACTERS

Main character: the player makes the choices.

Best friend: the main character's support.

Sofi: a friend going through challenges.

Lydia, Roope, Miro, Tuomas, Sofi's mother: characters involved in youth-related problems.

School nurse and counselor: trustworthy adults who offer help.

### What topics does the game address?

- Substances: cannabis, alcohol, e-cigarettes and snus
- Energy drinks
- Doping substances
- Digital and gambling addiction
- Mental health: self-harm, anxiety, bullying, online harassment, relationships, loneliness
- Parents' alcohol use
- Traffic safety
- Seeking help

### Discussion questions for groups

2-5 students

1. What topics and situations did you encounter in the game? List at least four.
2. What choices did you make in those situations?
3. What consequences followed or could have followed from those choices?
4. How can feelings of distress and substance use, such as alcohol, be connected?
5. How can digital and gambling addictions affect young people's lives?
6. What factors influence young people's decisions, such as using cannabis or bullying?
7. Where can a young person seek help if they experience anxiety or loneliness?

**Feedback and collaboration inquiries:**  
[nuortenlinkki@a-klinikka.fi](mailto:nuortenlinkki@a-klinikka.fi)