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Thrivopolis

Player Guide





Thrivopolis

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Suggested Citation: Sufrinko, N., Connor, E., Farmer, J., Garrido, M., Devoto, B. (2025). *Thrivopolis*. Healthy Teen Network. <https://www.HealthyTeenNetwork.org/Thrivology/Resources/Thrivopolis>

This project is supported by the Office of Population Affairs (OPA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award (1 PHEPA000006-01) totaling \$1,063,776.35 with 100 percent funded by OPA/OASH/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by OPA/OASH/HHS, or the U.S. Government. For more information, please visit opa.hhs.gov.

Acknowledgments

Thank you to the extraordinary team of contributors, reviewers, and test players whose lived experiences, expertise, and insights shaped *Thrivopolis*.

We're grateful to our Thrivology Research Alliance and Thrivology team members for their extensive guidance, expertise, and support throughout the design process: Jace Brooks; Laura Holmes, Silberman School of Social Work at Hunter College; Kaitlyn LaBonte, Healthy Teen Network; Beth Marshall, Johns Hopkins Center for Adolescent Health; Annie Smith, Johns Hopkins Center for Adolescent Health; Rebecca Skinner, Johns Hopkins Center for Adolescent Health; Dana Thomas, Adolescent Health Initiative, University of Michigan—Dana's experience facilitating board game workshops proved pivotal in the conceptualization of *Thrivopolis*—and Kim Westheimer, Wondermore, Inc. We're grateful to our team of Healthy Teen Network reviewers and collaborators for their significant contributions to *Thrivopolis*: Charlie Blue Brahm, Gina Desiderio, Janet Max, Megan Thomas, and Allison Tomai Felsen, in particular.

We're especially grateful to Laura Lloyd for her rich conversations with youth-supporting professionals and guidance in human-centered design, and to Leslie Garcia, Kaitlyn LaBonte, Renee Murrell, and Rosa Reyes for sharing their impressive experiences with us.

We're grateful to our trauma-informed and medical accuracy reviewers: Ginger Mullaney, Healthy Futures of Texas; Cody Ragonese, Equimundo; and Marlen Ramirez, Better Futures Forever. Also, we'd like to thank Montrell Vass, Johns Hopkins Center for Adolescent Health, for coordinating the trauma-informed and medical accuracy review process.

Thrivopolis would not be possible without our incredible group of prototype facilitators and players, including students at the University of Houston, *Playing Thrivopolis* workshop participants at the 2024 Teen Pregnancy Prevention Conference, and our Healthy Teen Network colleagues, Charlie Blue Brahm, Shanise Taylor, and Allison Tomai Felsen.





In the wake of the Great Unraveling in the not-so-distant future, a brave few set out to construct a utopian refuge high in the treetops. Born was Thrivopolis, a verdant, gleaming city in the lush embrace of the trees—a true testament to the enduring spirit of humanity.

As a dedicated youth-supporting professional, you are integral to this grand experiment. Your mission is to navigate a social safety net suspended in the canopy, gathering valuable resources to better the lives of those you support.

Along the way, you'll soon discover eerie echoes of the world that came before.

Round 1 Instructions

How to Set Up

Step 1. Build Thrivopolis gameboard. Shuffle the set of two-sided gameboard squares. Randomly arrange the squares in a 6 by 8 grid (6 rows and 8 columns, 48 squares total). Do not try to make the squares match with other squares—placement should be random! All gameboard squares should be placed daytime side up.

Left page: Refer to this setup example, noting that the gameboard squares are placed randomly in the grid.

Right: Each gameboard square has a daytime and a nighttime side. Blue dots or x's mark the daytime sides, while slightly bolder red dots or x's mark the nighttime sides.



Step 2. Flip 3 gameboard squares. Flip any 3 gameboard squares to their nighttime sides. (No peeking to help you decide which cards to flip!)

Step 3. Pick game characters. Each player selects one character piece and reads their character description from the character card deck out loud. (Character piece colors will align with *Thrivopolis* characters!)

Step 4. Assign resources. Shuffle the resource card deck. Deal 3 resource cards to each player face down. Players should look at their resource cards but should not show their resource cards to anyone else.

Step 5. Prepare events. Shuffle the event cards and place the cards face down in a single deck anywhere on the table.

How to Play

Object. The first player to secure all of the resources from their resource cards and return to the home square wins!

Move around the board to gather your three resources and return to the home square as quickly as possible. The first player to do so wins!

Who goes first? The player who most recently watered a plant goes first. After that, the player to their right takes their turn, and play continues in that direction.

On your turn:

1. Draw an event card, read it aloud, and follow its instructions. Then, place the event card in a discard pile.
2. Move your character piece as far along the pathway as desired or possible in pursuit of one of your three resources.

Watch Out! You can only move along the pathway represented by a dotted line. Consider which resources to pursue and how you can use the event cards to your benefit.

Once you secure the resource you're looking for by moving to its square, lay your resource card face up. On your next turn, continue looking for your remaining resources, taking care not to show these remaining resource cards to other players.

Once you have secured all of your resources, you must move your character piece back to the home square on a later turn. The first player to return to the home square wins! At this point, Round 1 is complete.

Note: Do not make changes to the gameboard. Round 2 will begin based on current gameboard setup and character piece location.

Tips

1. Groups can also designate a player to read event cards out loud.
2. When swapping two gameboard squares or flipping a square over to its other side, the player swapping or flipping decides the orientation of the square (i.e., how to lay down each square). Character pieces stay with their squares. Any character pieces on the swapped or flipped gameboard square should be returned to the same square after swapping or flipping the squares.
3. You are not limited to moving a certain number of squares; however, players are limited by the gameboard squares. Players can only travel along dotted lines—if the dotted lines do not match between two squares, the player cannot move to the next square. Event cards will shift the pathways, offering an opportunity to open certain pathways while closing other pathways.
4. If you cannot get to a resource in one turn, move your character piece to a position that will allow you to get to the resource faster during your next turn.

*Check out these
bright ideas!*



Round 2 Instructions

Object. In this round, players work together to navigate Thrivopolis pathways and collect resources that will benefit all players and the young people they support.

How to Set Up

The gameboard squares and character pieces remain in the same position from Round 1. Players keep their same character piece.

Step 1. Prepare events. Collect and shuffle the event cards and place them in a single stack, face down.

Step 2. Assign resources. Collect and shuffle all the resource cards. Deal 6 resource cards to the group as a whole, placing them face up in a line for all players to see.



*Well played today, team!
Later, uncover the research
at thrivology.com!*

How to Play

In the embrace of the Thrivopolis canopy, a young person bravely shares their journey with youth supporting professionals, revealing shadows of the trauma they carry.

Step 1. Prioritize resources. Players chart a course to help this young person heal and thrive by working together as a group to decide how and what resource cards to prioritize. Collectively, arrange the cards from highest priority to lowest priority, from left to right, debating as necessary. Players should think broadly about the social determinants of health and draw on their real-world, present-day experiences working with young people to prioritize resources. As a group, create a plan to secure as many resources as possible in the time available to play!

Step 2. Collect resources. The winner of Round 1 goes first. After that, the player to their right takes their turn, and play continues in that direction.

On your turn:

1. Draw an event card and read it aloud. Work together as a group to determine which card to flip, swap, or rotate. Place the card in the discard pile.
2. Move your character piece as far along the pathway as desired or possible in pursuit of the prioritized resource.

Round 2 play is over as soon as all resources have been collected or when time for game play runs out.

About Thrivopolis

Thrivopolis is a game and discussion designed to spark connections and inspire collaboration among a broad array of youth-supporting professionals. More than just a game, it's an experience that invites educators, clinicians, and other professionals to reflect on the labyrinth of programs and services confronting young people and the professionals who support them. Recognizing that these hard-to-navigate systems often fall short in addressing the holistic needs of young people, *Thrivopolis* challenges players to reimagine a world that truly supports young people on their journeys to heal—and thrive.

The dynamic, fast-changing environment of *Thrivopolis* mirrors the ever-evolving social, political, and economic environment of the real world. Throughout the game and discussion, players are encouraged to think big—really big—about what is possible when we expand our focus from being mindful of the trauma young people may experience to imagine visionary spaces where young people can heal from trauma and thrive in all areas of life. This approach requires that players think holistically about opportunities for change—considering both the range of resources professionals can provide to young people and the shifts needed to heal systems and structures that may be causing harm.

About Thrivology

Every young person has a right to bodily autonomy and sexual health and well-being. To realize these rights, young people need access to sexual and reproductive health programs and services.

We see you—the teachers and educators, the counselors and clinicians, the caring adults—working hard every day to make this happen. With easy access to the latest research, along with practical, helpful opportunities and resources, we know you are better supported and able to provide young

people with the very best care and education they deserve.

That's why Healthy Teen Network and Johns Hopkins Center for Adolescent Health have partnered to create Thrivology.

Thrivology creates resources using the latest research on how to provide the very best sexual and reproductive health education and care, so young people may thrive.

Thrivology is a U.S. Health and Human Services Office of Population Affairs-funded research-to-practice center. In collaboration with our Research Alliance of experts in the field and Thrivology Youth Leaders, we work to expand the delivery of trauma-informed, healing-centered practices in adolescent sexual and reproductive health programming and care.

*Want to lead your
own session? Gear up with
the Facilitator Guide
at thrivology.com!*



Healthy Teen Network



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