

The Academy for Tobacco Prevention

**Shadows of the Academy
Game Instruction Manual**



WELCOME TO THE ACADEMY.

Where things are not as they seem.

Students keep disappearing and nobody knows where they've gone. Or nobody's telling.

One night, you and your friends return to the Academy to solve the mystery. Blackboards swivel and lockers take you through tunnels that lead you underground, to a dark, noxious world. There you uncover the true fate of the missing students. They're being experimented on by the Toxic 12 and their soulless leader, Her Vileness.

Can you and your friends save your classmates before you become experiments yourselves?

HOW TO PLAY

This is a cooperative card game. Players must work together to help each other stay healthy and defeat the bosses. All players win or lose as a team.

2-4 PLAYERS

Ages 10 and up

COMPONENTS:

- 6 Hero Cards
- 12 Hero Ability Cards
- 44 Heal Cards
- 36 Harm Cards
- 12 Boss Cards

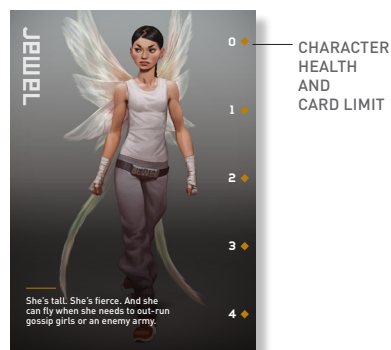


RULES

TYPES OF CARDS IN THIS GAME

HERO CARDS

These cards represent a player's character, or hero. The numbers represent the player's hand size limit and life total.



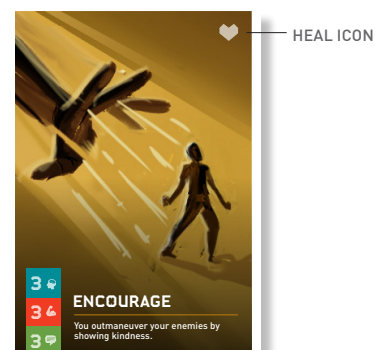
HERO ABILITY CARDS

These cards represent a hero's unique abilities. Some Hero Ability Cards must be played alone and others can be played with a Heal Card. Each card may be used once and then discarded.



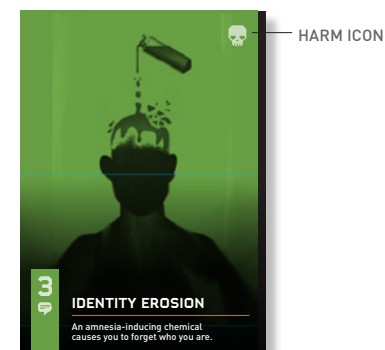
HEAL CARDS

These cards contain THREE coloured stats: red, blue and green. When players draw a Heal Card, it becomes part of their hand until they are able to play one or more to heal a harm, or to injure or conquer a boss.



HARM CARDS

These cards contain ONE coloured stat: red, blue or green. They do not become part of a player's hand. When players draw a Harm Card, they apply it to their Hero Card, covering the highest number (hand size limit/life total) still visible. This harms their character and decreases the player's hand size limit.



BOSS CARDS

When a player draws a Boss Card, it is placed face up in the centre of the playing area where it is considered 'in play'. Some bosses have an ongoing (sustained) effect, which lasts as long as they are in play. Other bosses have an immediate effect, which occurs only once as soon as the boss enters play.

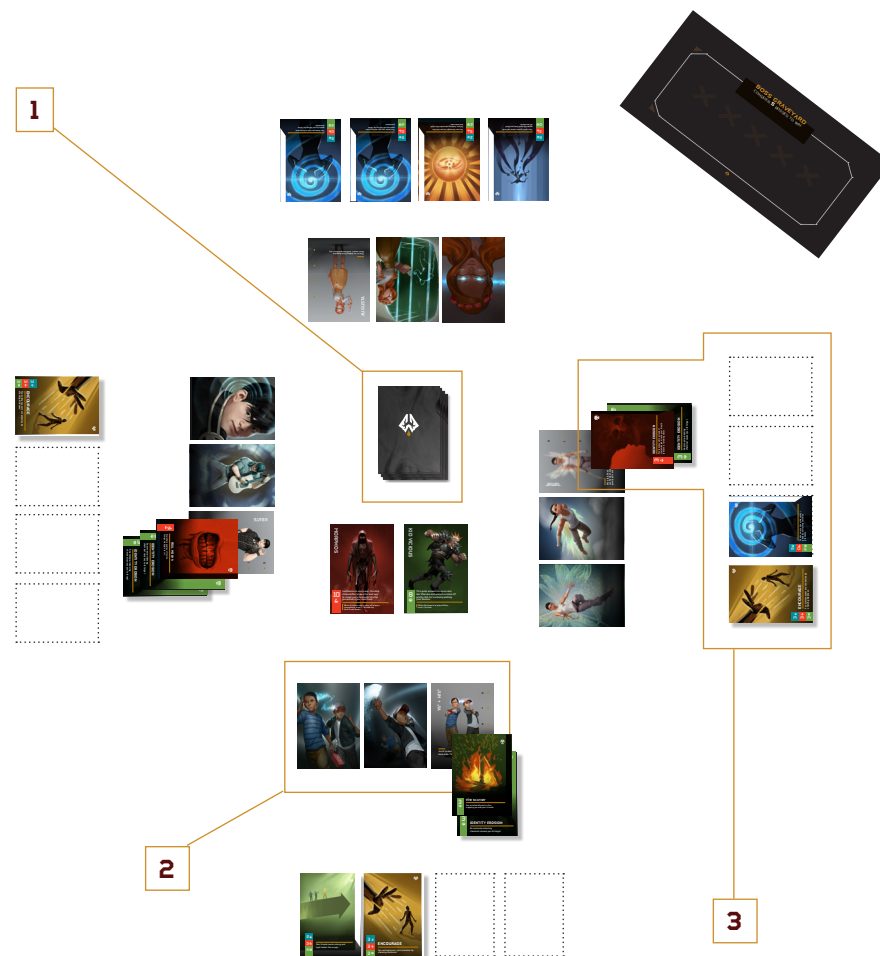


SETUP

1. Shuffle the Heal, Harm and Boss Cards together. Place this deck in the centre of the playing area.
2. Each player selects one Hero Card and that hero's two matching Hero Ability Cards. Players place their Hero Card and Hero Ability Cards face up in front of them. These three cards are not considered part of a player's hand and do not count toward the hand size limit.
3. Each player draws four cards from the deck to make up a hand.
 - If a player draws any Harm Cards at this point, they are immediately applied to that player's Hero Card.
 - If a player draws any Boss Cards at this point, the cards are placed face up in the centre of the playing area and the player draws new cards.
 - Boss Card effects are not in play until every player has drawn four cards.



CARD LAYOUT



GAME PLAY

During a turn, each player must play a card to complete one of the following actions:

HEAL A HARM

Play a single Heal Card or combine Heal Cards of lesser value to heal a harm. The stat on the Heal Card(s) must be of the same colour (red, blue or green) and of equal or greater value than the stat on the Harm Card. You may heal only one harm on your own hero or another player's hero. Once a harm has been healed, place the Harm Card and cards used to heal it in the discard pile.

INJURE A BOSS

Play one or more Heal Cards to any boss in play, weakening it. Leave the Heal Card(s) beside the boss until that boss is conquered.

CONQUER A BOSS

Play one or more Heal Cards to conquer a boss. The stat on the Heal Card(s) played to the boss must be of the same colour (red, blue or green) and of equal or greater value than the stat on the Boss Card. Once the boss has been conquered, discard the Heal Card(s) and put the Boss Card in the trophy case. Collect five Boss Cards in your trophy case to win the game!

PLAY A HERO ABILITY CARD

Play one of your unique Hero Ability Cards, taking the special action detailed on the card. Play the Hero Ability Card alone or play it with a Heal Card to intensify its effect, then place the Hero Ability Card in the discard pile.

*If you have no cards in hand at the beginning of your turn, you may play a Hero Ability Card. If you cannot play a Hero Ability Card, pass directly to End of Turn.

END OF TURN

To end a turn, draw the number of cards you require to bring your hand size up to your hand size limit. You must draw at least one card. If you draw a Harm Card, immediately apply it to your Hero Card. If you draw a Boss Card, place it in the centre of the playing area.

GAME END

PLAYERS WIN

When players conquer five bosses and have five trophies in the trophy case, the team wins the game.

PLAYERS ARE DEFEATED

All players are defeated if **a)** Any one player is unable to draw at the end of a turn due to a hand size limit of 0* or **b)** There are no cards remaining in the draw deck when a player goes to draw.

*Note: If a player draws one or more Harm Card(s) during the draw phase reducing their hand size to 0, players **do not** lose the game. The game is lost only if a player is unable to draw cards due to **beginning** their draw phase with a hand size limit of 0.



ABOUT THE GAME

SHADOWS OF THE ACADEMY IS A TOBACCO PREVENTION GAME BROUGHT TO YOU BY ALBERTA HEALTH SERVICES.

BUILDING SOCIAL COMPETENCE & SOCIAL INFLUENCE

When kids feel good about themselves, it's easier for them to resist negative peer pressure and make better choices. That's the intention behind Shadows of the Academy – a fun, interactive game that helps kids build the social competence and social influence they need to recognize and avoid risky situations.

The game delivers messages about the dangers of tobacco use and tactics for avoiding it but also encourages teamwork and collaboration. Because all players win or lose as a team, gameplay helps kids feel more comfortable and confident among their peers, particularly those outside their social circle.

- ◆ The overlord **HER VILENESS** represents the tobacco industry.
- ◆ The Bosses, or the **TOXIC 12**, represent tobacco industry tactics targeting youth.
- ◆ **THE HARMS** represent consequences and health risks associated with tobacco use.
- ◆ **THE HEALS** represent ways to disarm peer pressure and avoid tobacco.

DISCUSSION STARTERS

THE BOSSES

LOLLY GAG. Tobacco companies target youth by using kid-friendly packaging and candy and fruit-flavoured tobacco products that mask the harshness of the smoke.

DOC TOXIN. Tobacco companies leverage the addictive properties of nicotine by adding chemicals to cigarettes that enhance its affect on the brain.

LADY VAIN. Tobacco companies add appetite suppressants to cigarettes to attract people who are worried about their weight.

MORPHOS. Tobacco companies use "brand stretching" to apply their tobacco brand names or colours on non-tobacco merchandise or services.

KID VICIOUS. Tobacco companies present smoking as a form of independence and rebellion against authority figures. The reality is that smoking supports the tobacco industry, which is big business.

PEPPER RAZZI. Tobacco companies use celebrities with fun, exciting lives to convince youth that if they don't smoke they aren't cool.

DISCUSSION STARTERS

DR. DECEIT. Tobacco companies use authority figures – like doctors and nurses – in advertising to make the product seem safe.

THE AMBASSADOR. Tobacco companies use glamorous young people as "brand ambassadors" to sell and promote cigarettes, equating smoking with sexiness, glamour and sophistication.

THE WEBMASTER. Tobacco companies produce content for websites that associate cigarettes with celebrities, contemporary fashion and modern living.

THE DIRECTOR. Tobacco companies use product placement in TV and movies to associate cigarettes with fun, excitement, sex, wealth and power, and as a means of expressing rebellion and independence.

HEARTWRENCHER. Tobacco companies associate cigarettes with romance to connect the pleasures of being in love with the pleasures of smoking.

MASTERMIND. Tobacco companies use sponsorships to associate cigarettes with things we want, such as glamour, style, vitality, beauty, sports and sexual allure. Or in this case, a dog, which in the eyes of a child, is a trusted companion and coveted pet.

SAMPLE HARMS

STINK BREATH. Smoking gives you bad breath and bad breath makes others want to avoid you.

TEMPER TANTRUM. Nicotine is an addictive drug found in tobacco. When active smokers don't smoke for a period of time, nicotine withdrawal can produce a wide range of symptoms like headaches, nausea and irritability, which can drive peers away.

THE SILENCER. Smoking can give you laryngeal cancer (cancer of the larynx), which leads to hoarseness, a sore throat, cough and difficulty breathing and swallowing. In severe cases, a patient may need to have his or her vocal cords surgically removed.

SAMPLE HEALS

RESIST. Remember, you don't have to do anything you don't want to do. When a peer is pressuring you to smoke, saying "no" forcefully and with authority can be very powerful. If you aren't comfortable saying "no", try practicing in a safe environment, like at home with your siblings.

FORESEE. Making the decision to smoke now can impact your life in the future. If a peer pressures you to smoke, tell him or her that there are consequences you have to consider. For example, if you want to be a pro baseball player, say you don't want to be wheezing when you cross home plate.

DISARM. One of the best ways to diffuse a tense situation is to tell a joke. If a peer is pressuring you to smoke, you could say something like, "I wasn't always into peer pressure. My friends got me into it."

