

## nurturing potential



### Session: 'Be Safe'

#### Pre-session Preparation

Copies of worksheets

#### Learning Objective

Discussion promoting a personal understanding and appreciation of how to stay safe in line with the Every Child Matters Agenda;

- Safe from maltreatment, neglect, violence and sexual exploitation
- Safe from accidental injury and death
- Safe from bullying and discrimination
- Safe from crime and anti-social behaviour in and out of school
- Have security, stability and are cared for

*Parents, carers and families provide safe homes and stability*

#### Two minute recap of last session.

#### Hand out 'Be Healthy' Session worksheet

Ask children to write their name, date, and session number on the top of the sheet

#### Start the Session.

Divide the group into work groups and ask each work group to consider the following questions (15 – 20 minutes); writing their answers on their worksheet.

#### How would the group describe 'being safe'?

**Safe:** "avoiding risk", "out of danger", 'not causing harm to self or others'

#### What are some of the threats to staying safe? – Note group responses.

For example;

- Internet Chat Rooms (many young people use MSN messenger)
- Email
- Road safety
- Problem areas (including other countries when travelling)
- People carrying weapons for 'protection' (Most injuries are caused by the persons own weapon)
- Drugs (including Alcohol)
- Crime and Anti-social Behaviour (ask group to define anti-social behaviour, which ties in with expectation of society and the fact that society exists because of expectations and rules/guidelines)
- Peer pressure
- Bullying
- Discrimination, Prejudice, Jealousy

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**How can individuals stay safe from some of these threats?** – Note group responses.

For example;

- Do not enter into chat room conversations with anyone they do not know
- Only give their email addresses to people they know
- Refuse to be involved with people who are constantly in trouble or may be carrying weapons
- Avoid areas where trouble may happen, or is known to happen
- Learn to say no (be your own person) when you know it is better for your personal safety and health
- Do not advertise that you have possessions that others may want to take from you
- Do not take risks that could harm you
- Know where it is safe for you to be
- Know where they can find someone to talk about problems or things they aren't sure about
- Be aware if your behaviour is causing problems for other people.
- Controlling anger and feelings of frustration
- Work hard in school so that you have the skills to acquire possessions legally without resorting to taking from others.

**Relaxation – Last 5-10 minutes**

**Close session and thank participants for their time and contribution.**

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<b>Name:</b>	<b>Date:</b>
<b>Session Number:</b>	<b>Session Name: Be Safe!</b>

**Objective:** Developing a personal understanding and appreciation of how to stay safe.

**How would you describe 'being safe'?**

**What are some of the threats to staying safe?**

**How can you stay safe from these threats?**