

**Understanding Risks**

**and how to Stay Safe**

For Backpool Secondary School’s, Childrens homes

and relevent settings for children in Year 7 and above

(including further education)







**Session Plan**

**A Good Night Out 1**

**Aim**

To look at real events and consider associated safety/risk issues

**Objectives**

Young people will learn the importance of thinking ahead in order to minimise risks and have planned strategies to help keep themselves safe.

1. Ask the young person/group to identify a night out they might want eg, going to a club, party, cinema, and to consider what they should do to ensure they have a safe night out.

Either discuss or on flipchart ask them to identify and potential risks during their night out and what steps they could take to reduce that risk and keep themselves safe.

**Consider some of the following:**

Where are you going? Do you know exactly where it is? Who is taking you or are you getting a bus?

How will you get home?

Will you be travelling with a friend or alone?

Have you told someone where you are going and what time you expect to be home?

Do you have enough money?

Will you be eating or drinking?

Who are you going with – friends or people you don’t know well?

Do you know everyone else who will be there?

Are you taking a mobile – is it fully, charged? Do you have credit?

**A good night out 2**

1. Give out one copy of each of the scenario cards to 5 members of the group, which they will be asked to, read out at the appropriate point. Facilitator reads out the beginning of the story to the whole group, and then leads a short discussion on what the risks might be in going to the party.

Card 1 is then read out followed by further group discussion. The process is then repeated, with facilitator moving the story along, each of the scenario cards being read out at the points indicated and discussion taking place on the issues raised.

1. Give a copy of the Risk management toolkit and discuss what things they could do to minimise their risks on a night out.

**Plenary**

Write ‘No Risk’, ‘Low Risk’, and ‘High Risk’ on three separate pieces of paper. Cut out Scenario cards and get young person/group to place on the sheet where they predict the risk level to be.

Consider the responses and facilitate a discussion around differences in responses, why some activities are considered more risky than others, what level of risk is acceptable etc. You may wish to challenge any activities placed in the ‘Low/No Risk’ zones.

Move on to look at the level of risk if two or more activities are combined, and apply a risk label again eg, ‘Going to a house you haven’t been before’ and ‘Taking drugs’ or ‘Kissing someone you know’ and ‘Drinking alcohol’ Does this increase the risk?