



Living in Safety and Stability

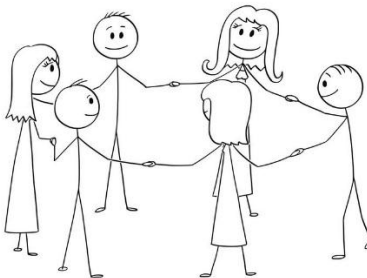


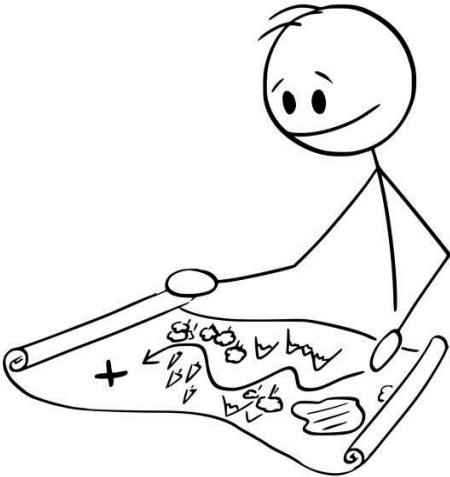
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Purpose: To help participants recognise the role they can play in making their communities a safer and better place to live.

Participant learning objectives:

1. Understand what a community is
2. Identify our role in the community
3. Identify how we can make our communities a more safe and better place to live

CONTENT	METHODS/ RESOURCES <i>Slides 122-128 can assist with this session.</i>	APPROX. TIME
What is a Community?	<p>Introduce the purpose of today’s session: to discuss how we can make our communities a safer and better place to live.</p> <p>Spend a few minutes brainstorming as a group what we think a community is. Use slide 123-4 to help participants understand the definition of community and to think about what communities they belong to.</p>	5-10 minutes depending on group size
Human Knot – Ice Breaker	<p>Ask the group to form a circle.</p> <p>Tell them to put their right hand up in the air, and then take the hand of someone across the circle from them.</p> <p>Then repeat this with the left hand, ensuring they grab a different person’s hand.</p> <p>Check to make sure that everyone is holding the hands of two different people and they are not holding hands with someone either side of them.</p> <p>They must now try to untangle themselves to form a circle without breaking the chain of hands. Allocate a specific time to complete this challenge (generally 5-10 minutes).</p> <p>Get participants to take their time to limit injuries. Ask the group not to tug or pull on each other. Monitor throughout the challenge and stop the activity if you need to. If the chain of hands is broken at any point, they must start over again.</p>	<p>25 minutes</p> 

	<p>Debrief: How well do you think the group worked together? What do you think you should have done differently? What skills did you learn from this activity that are useful when working as a team? The human knot activity highlights that everything we do as individuals, has an impact on others around us. Everything and everyone are interconnected. This is why it is so important to not only help ourselves (as discussed during the past couple of sessions) but to also help others and our communities.</p>	
<p>If I was on the Village Council</p>	<p>Resources: Scavenger hunt Reflectors/ safety equipment/ torches etc. if taking a walking tour Smart phones for photographs Notepads/ pens Flipchart & Markers & Pens Prize for scavenger hunt winners (optional)</p> <p>The aim of this exercise is to make young people more aware of their local surroundings and to maximise resources/ amenities available in their local community.</p> <p>It is also to get participants to think about some of the negative things in their community and help them to recognise that they too can help make their community safer and more stable.</p> <p>Spilt participants into smaller groups. Inform participants that this next activity is a scavenger hunt. The aim of the scavenger hunt is to find everything on the list (accurately!) in the shortest period of time.</p> <p>This task works best when participants take a walking tour of their local community. If this is not possible, google maps can be used to assist participants.</p> <p>Ensure boundaries and routes are established prior to leaving your base and ensure an adequate risk assessment is carried out to ensure the safety of all staff and participants.</p> <p>Evidence can be photographs, google map images or simply writing in the answers/ locations – do what works best for your group.</p>	



Once back at your base and/ or groups have completed the scavenger hunt, ask participants to reflect on their findings and discuss the following three points:

- What are the positive things about living in my area? Think about what resources/ amenities are available, influential people who live there, how well looked-after it is etc. Do we utilize these things?
- What are some of the negative things about living in the area? Think about how these things make you feel. Do they make you feel unsafe? Do they affect your own personal well-being? Who is responsible for these negative issues?
- Develop an action plan of what can be done to make the community feel safer and be a better place to live.

Ask each group to present and discuss their ideas to the rest of the group.

Social action task: Now ask participants to select one thing from their action plan which can make their community a safer and better place to live. This might be something simple such as random acts of kindness, picking up litter in the local park, helping an elderly neighbour etc. Ask them, together in their small groups, to carry out this task/activity within the next 7 days and send photos to the leader of them carrying out the activity (ensure photography permission is granted first). If feasible, the leader can provide participants with a small budget to help them carry out their activity.

Debrief: The community where we live, and other communities that we are a part of, have a massive impact on who we are as individuals. It is thus important to help look after our communities, spread kindness within our communities and help others, as well as ourselves, live in safety and stability.



Baseline Assessment


Resources:

[End baseline assessments](#)

Remind participants of the importance of an end baseline - to help measure their potential and to help measure progress they have made throughout the programme. Explain that this second assessment will allow their youth worker to compare knowledge and understanding before and after.

Baselines should be completed independently. However, clarify any questions/queries with individuals as they arise.

20 minutes

Overall Evaluation	<p>Resources: Informal evaluation ideas Choose an activity from the list provided.</p> <p>It is recommended that facilitators conduct a more complete evaluation at the end of the programme, collating written feedback from young people, co-facilitators, and any others involved (stakeholders).</p>	<p>30 minutes</p> <p>☆☆☆☆☆</p> 
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Scavenger Hunt

Find something/somewhere in your community that...

You love	You don't like	Is popular amongst young people	Helps you learn
Helps you keep fit	Is peaceful and quiet	You couldn't live without	You use or go to everyday
Could save your life	Keeps the place tidy	You can go to if you need help	Is dangerous
You avoid	Makes you feel good	Is fun!	Plays music
Helps you learn a skill	You wouldn't go to on your own	Makes you happy	You need more of



TO BE COMPLETED INDEPENDENTLY AT THE END OF THE PROGRAMME

Please circle your answer.

How satisfied are you with the programme you participated in?

Not Satisfied:

Satisfied:

Very satisfied:

Rate your knowledge on/ your ability to:

	Poor				Excellent
Stay safe online	1	2	3	4	5
Stay safe in the community	1	2	3	4	5
Manage money	1	2	3	4	5
Deal with difficult emotions	1	2	3	4	5
Deal with difficult or risky situations	1	2	3	4	5
Maintain a healthy lifestyle	1	2	3	4	5
Ask for help when you need it	1	2	3	4	5



Learner's Name:

Youth Club: