



## Living in Safety and Stability



Accredited Youth Work Programmes  
14 – 18 Years

Learner Name:

.....

Youth Club:

.....

# 1 Introduction to Living in Safety & Stability

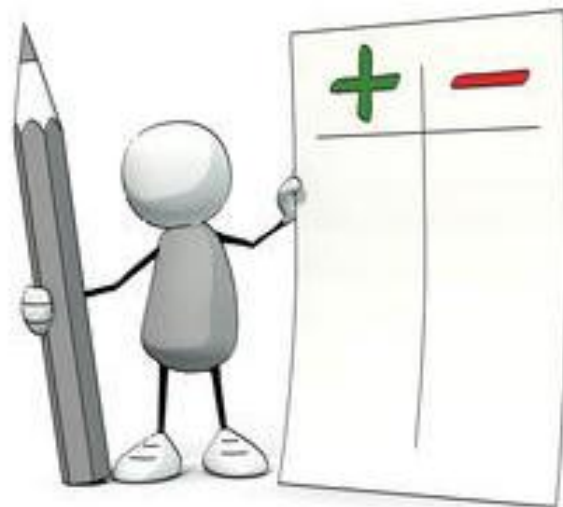
Explain what is meant by 'Living in Safety & Stability'.

Identify three factors which might negatively influence level of safety & stability.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Identify three factors which might positively influence level of safety & stability.


- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

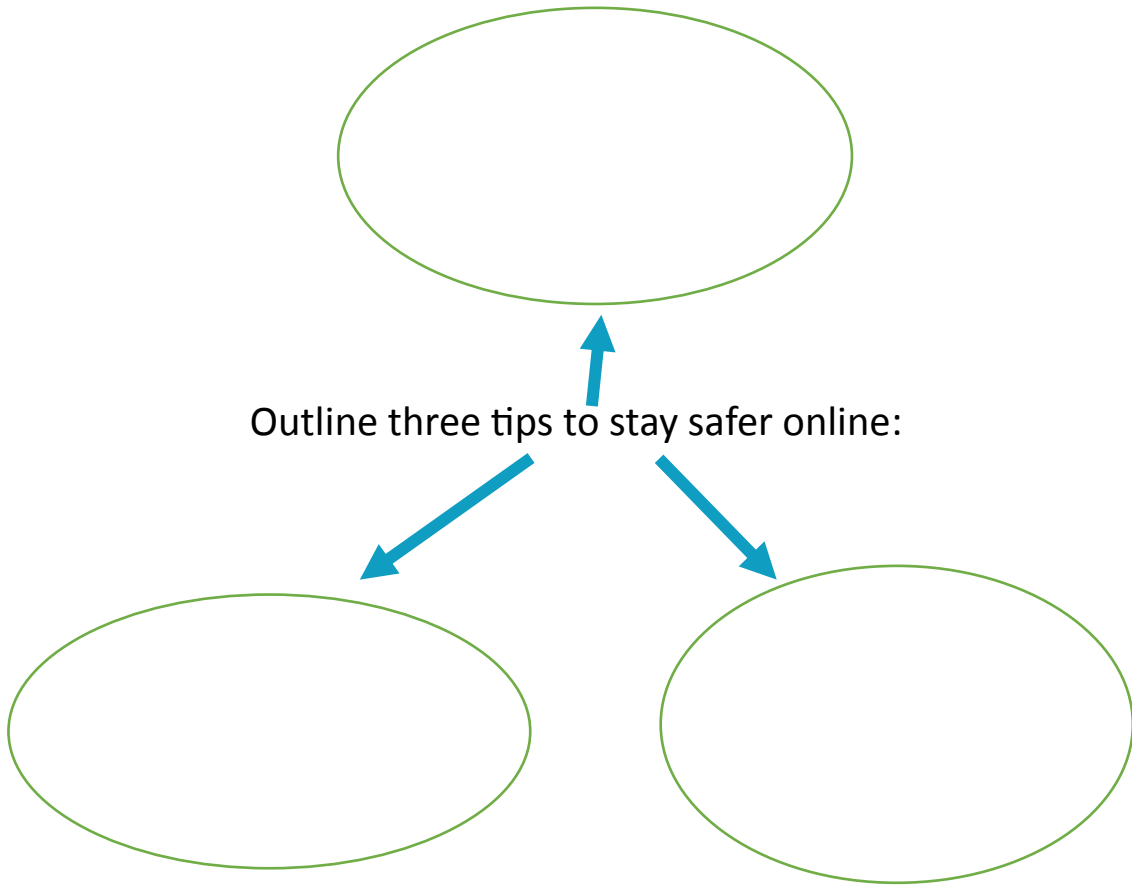


## 2 Staying Safe Online

Outline the 4 'C's relating to online risk.

RISK	OUTLINE
C	
C	
C	
C	

Describe an issue/ situation that a young person might face online	Outline how you would address this issue
1	
2	



### 3 Risk Taking Behaviours

Identify a risky scenario a young person might find themselves in	What could have been done differently? Explain how they could have avoided or can limit the risk.
1.	
2.	

## 4 Choices & Consequences

Example of good/ not so good choice made this week	Why was it a good/ not so good choice?	Outline the values that it was based on.
Good choice:		
Not so good choice:		

Skill	Why is this important when dealing with peer pressure	How do you rate yourself? 1 = Poor 5= Excellent
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5

## 5 Coping with Difficult Situations

Define what is meant by the term resilience.

Identify three steps to managing emotion, using a recent stressful situation you experienced.

List three ways in which you can increase your resilience:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



## 6 Confidence and Motivation

Rate your confidence levels before workshop (please circle):

### CONFIDENCE LEVEL

Low confidence

High Confidence

1

2

3

4

5

Identify two of your biggest strengths.	Identify two things you would like to develop and why?

What have you learned about yourself in your 'Letter to a Stranger'?

Rate your confidence levels after workshop (please circle):

### CONFIDENCE LEVEL

Low confidence

High Confidence

1

2

3

4

5



## 7 Body Confidence

Describe how media/ social media can influence own perceptions of body image.

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Describe the four ways in which we can help ourselves feel good.

Personal Hygiene	
Sleep	
Physical Activity	
Balanced Diet	





# 8 Strategies for Coping – Tools and Techniques

Outline two strategies you used to help manage stress (or another strong emotion) and how it made you feel.

Strategy	How it made me feel

List three ways in which you can improve your mood.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

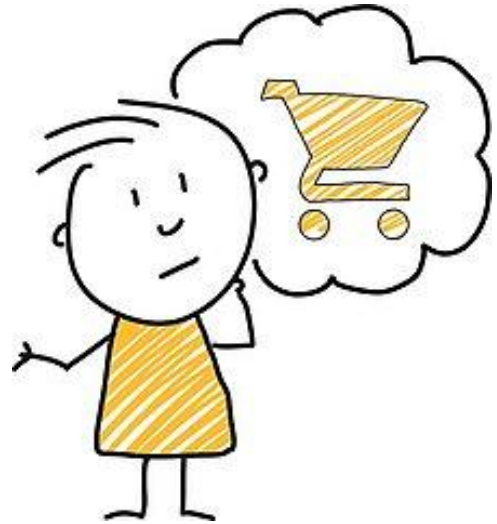


## 9 Money Management for a Better Future

<b>WEEKLY SPENDING LOG</b>		WEEK OF: _____	
MONDAY	SPENT	TUESDAY	SPENT
WEDNESDAY	SPENT	THURSDAY	SPENT
FRIDAY	SPENT	SATURDAY	SPENT
SUNDAY	SPENT	NOTES	

Highlight the essential items on your weekly spending log.

Outline three ways to spend safely and why this is important.



## 10 Looking Ahead To The Future

Identify a personal value, interest, strength and skill, and outline how this might help/ influence future career goals.

	Description	How this might help/ influence future goals
Value		
Interest		
Strength		
Skill		

Identify two obstacles you might encounter to your chosen career. Describe how you might overcome these.

I certify that all work is my own.

Signature: ..... Date: .....

Tutor Signature: .....

