



Living in Safety and Stability



Accredited Youth Work Programmes
9 – 13 Years

This booklet belongs to:

.....

The name of my Youth Club is:

.....

Using the pictures supplied:

Give three factors which negatively influence our Safety & Stability,



And three factors which positively influence our Safety & Stability.



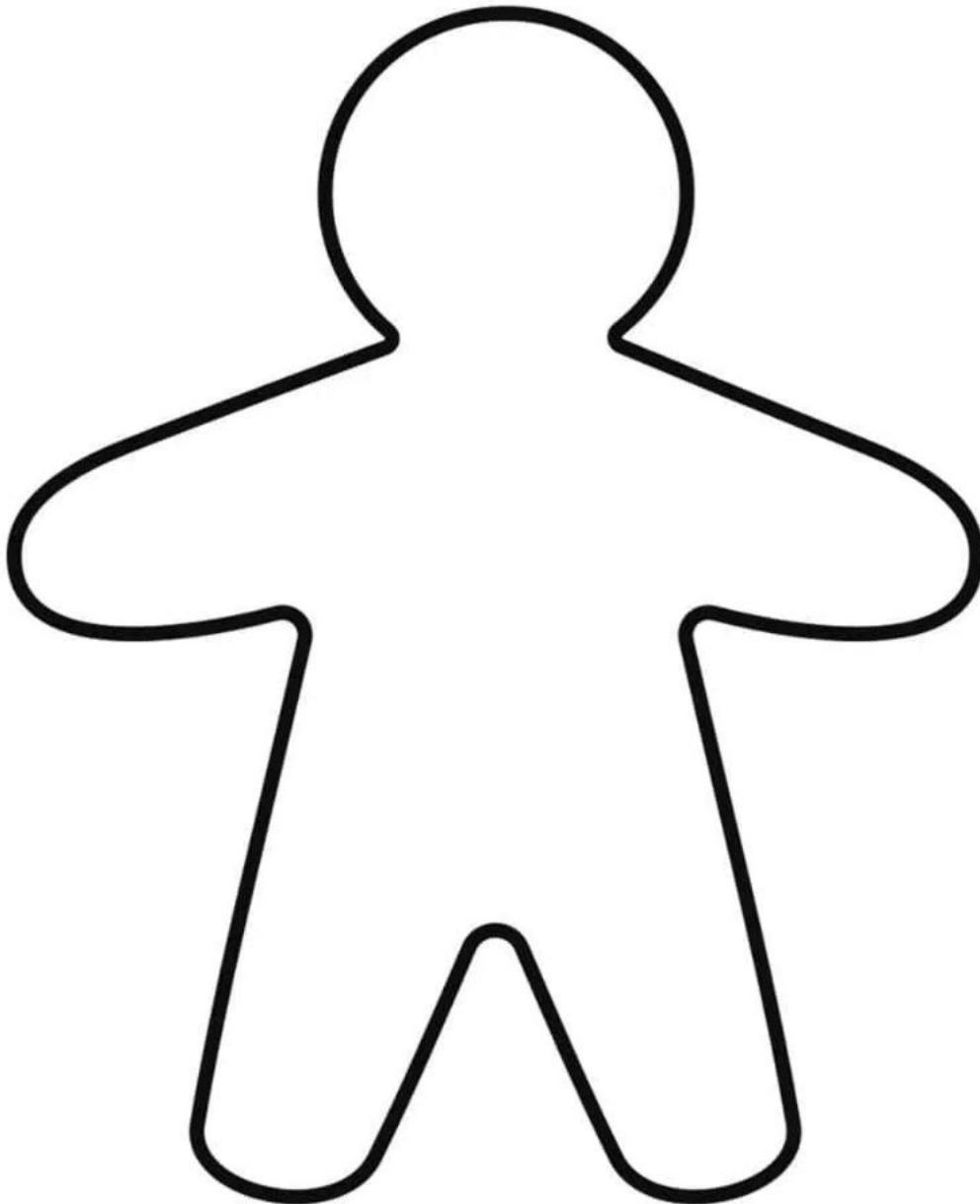
Quiz on Living in Safety & Stability – How did you do?

Give yourself a rating!

List three things you can do to help you be safer online:

1. _____
2. _____
3. _____

Illustrate all the qualities of a good friend using the template below.



Check-in Point

How I'm feeling - Pick an emoji!	Something I've learned about...	Something I've enjoyed...

List three places in the community that can help young people:

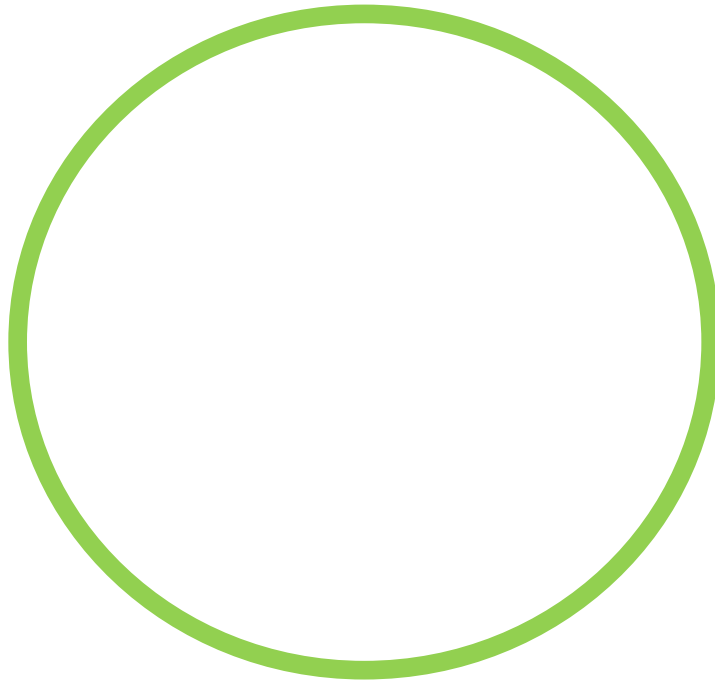
- 1 _____
- 2 _____
- 3 _____



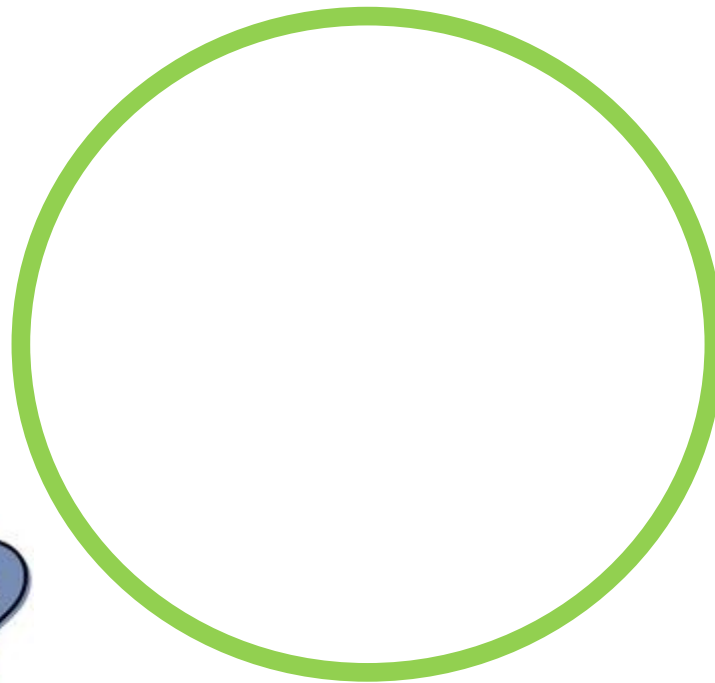
Match up the people/ support with what they can help you with:

Childline – 0800 1111	24/7 Provide emergency police, ambulance, fire brigade, coastguard, rescue assistance.
Emergency Services - 999	24/7 telephone/ web support and advice in times of crisis or need.
GP – Local doctor's surgery number	An appointment to discuss mental or physical health concerns.

Outline a situation where taking a risk might provide a positive outcome



Outline a situation where taking a risk might provide a negative outcome



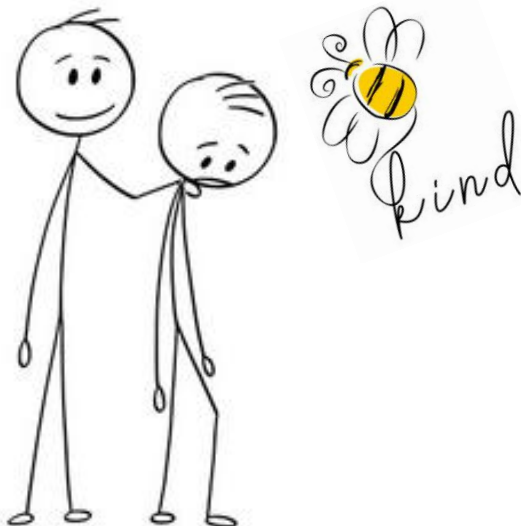
Outline three practical ways to stay safe when out and about.

1. _____
2. _____
3. _____

Outline the three steps to help tackle bullying:




--	--	--



Positive Handprints Activity

How do you feel reading all your positive comments? How did it make you feel writing positive things about others?

Peer pressure

Scenario	How do you confidently say no?
Your friends are all out playing knock, door, run. You don't want to play because your neighbours are elderly, and you don't like to annoy them. Everyone is calling you a chicken.	
Your cousin texts you to sneak out and meet them at the park. You know your parents would be fuming if they found out and you don't want to risk it.	
<div style="display: flex; justify-content: space-between;"> <div data-bbox="161 1462 571 1769"> <p>Are these scenarios positive or negative? Can you think of a time when peer pressure might be used in a good way?</p> </div> <div data-bbox="970 1413 1289 1921">  </div> </div>	



Colour the needs GREEN and the wants RED!

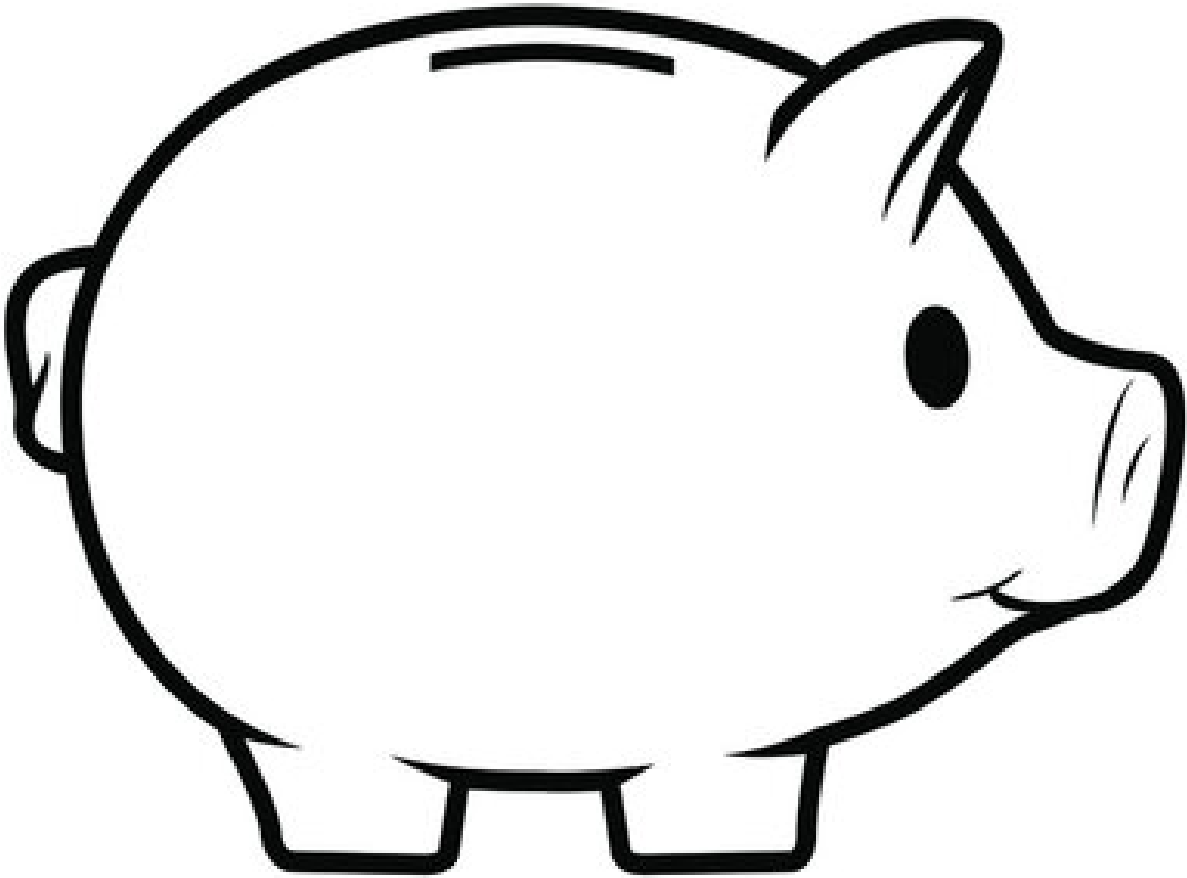
- | | | |
|-------------|----------|---------|
| Food | Treats | Car |
| Clothes | Football | Holiday |
| Smart phone | House | Xbox |
| Water | Medicine | Shoes |

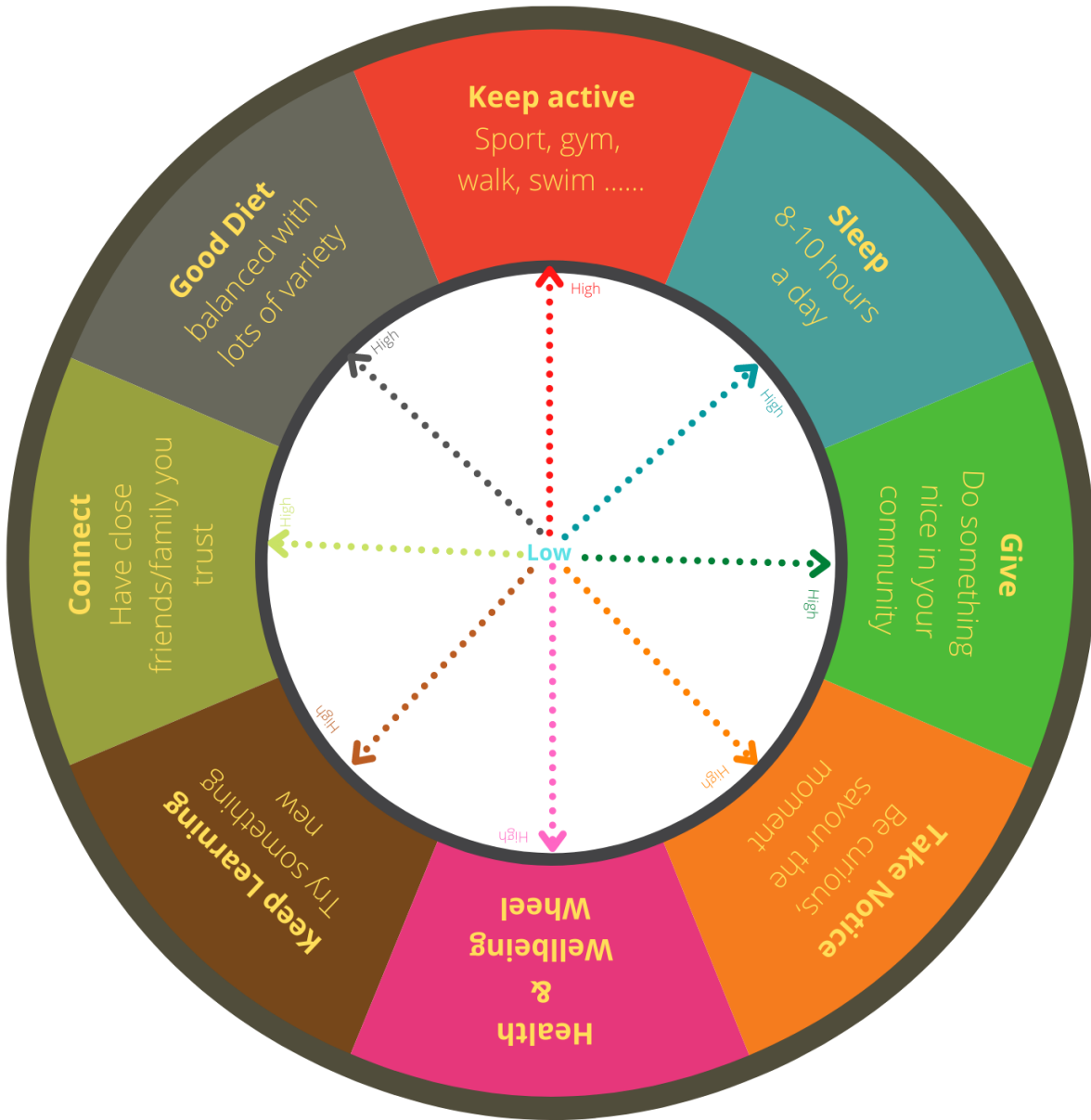
Check-in Point

How I'm feeling – Pick an emoji!	Something I've learned about...	Something I've enjoyed...



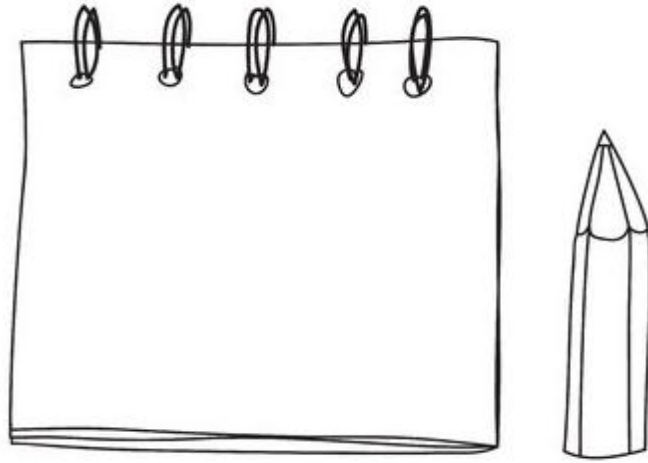
Write all your ideas in the piggy bank of how you can save and make money!





- Consider each part of the wheel and your life
 - Put a an X on each arrow using the following scale
 - High = I am good at looking after this area
 - = I am reasonably happy with how I look after this area
 - = I sometimes look after this area
 - = I occasionally look after this area
 - Low = I never look after this area
 - Join the X's . A circle shows a good balance
- Think about areas in your life that you want to change and how.

This week, I pledge to:



Outline the stress management technique you tried and how it made you feel.

Letter to a stranger

My friends say that I am

I am good at

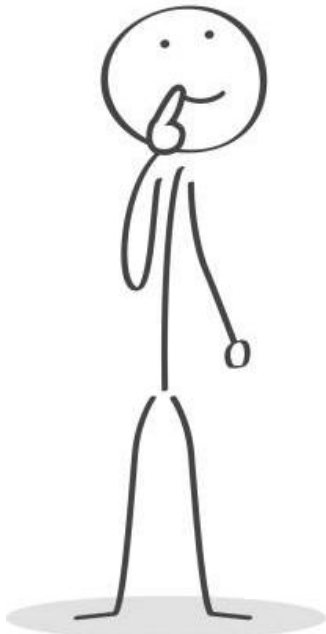
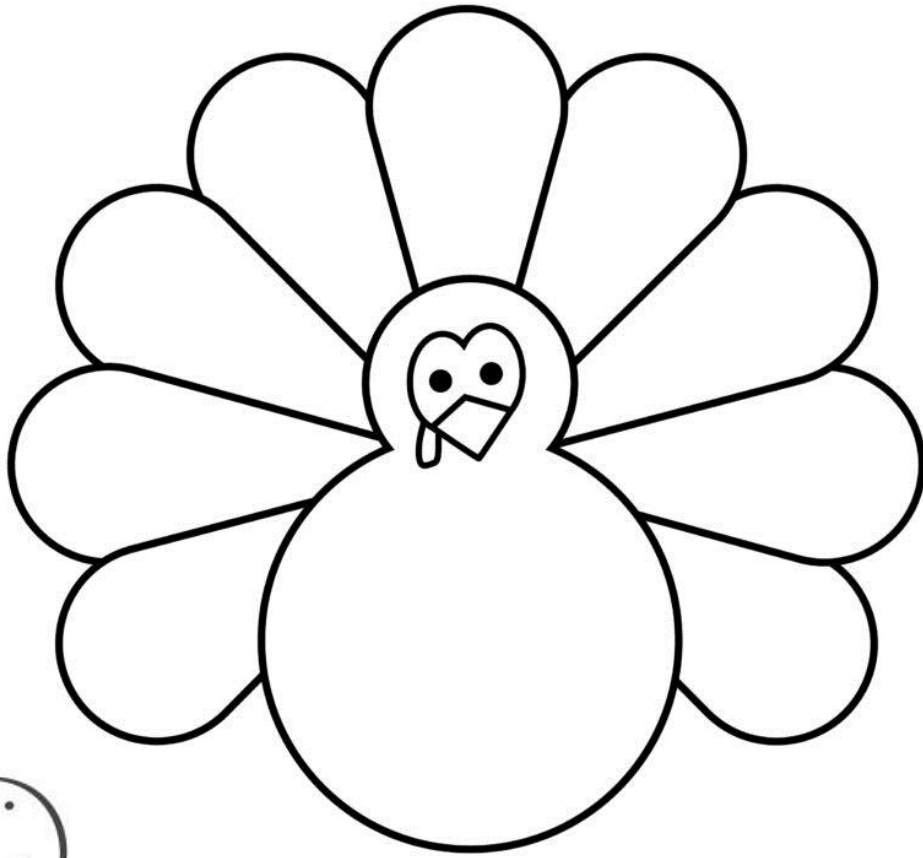
Things I enjoy doing include

If I had to sum myself up in one word, it would be _____!

List three ways in which you can look after yourself:

- 1 _____
- 2 _____
- 3 _____

Write something you're thankful for in each feather.



One way in which I can help make my community a safer place to live:

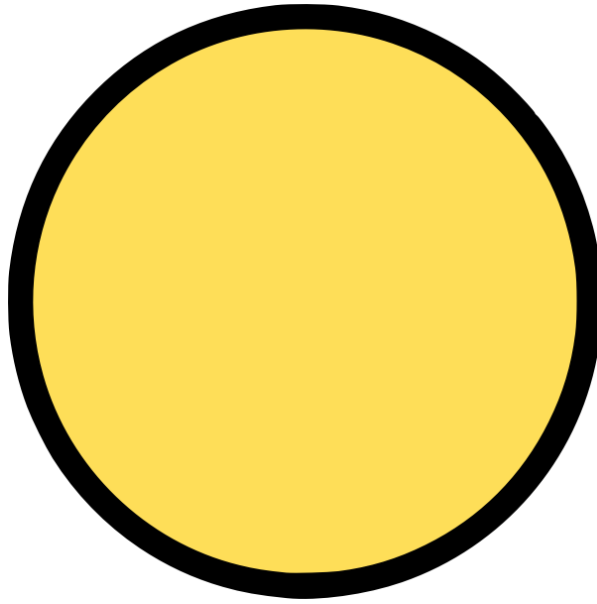
Check-in Point

How I'm feeling – Pick an emoji!	Something I've learned about...	Something I've enjoyed...



Check Out

How I feel after completing this programme (create an emoji)



My favourite activity was.....

The most important thing I learned was

.....

This booklet has been completed by

Learner:

Date:

Tutor signature:

.....

