Challenge - Hop on one leg until the end of this activity.

Challenge - Name as many organisations that you can contact if you feel unsafe or need help.

Discussion - What would you do if you thought you were being followed as you were walking home alone at night?

Lower or Higher? In, the year ending April 2023, Police in UK received 2,000 reports of spiking

Higher- 6,732 people of which 957 were needle spiking.

Discussion - How could you tell if a drink had been spiked?

Challenge- Attempt to eat a fruit pastille without chewing it.

Challenge- Place a biscuit on your head and get it into your mouth using only your facial muscles.

Lower or Higher? You can be sentenced to 10 years in prison for choking someone

Higher- 14 years

Lower or Higher?

40% of women aged 16-34 experienced one form of harassment in the previous 12 months (June 2021)

Higher- two out of three which is 67%