

Safety Planning Activity – Night out bag

Aim – to identify ways of increasing safety and help the young person to plan for their own safety

Outcomes:

- Be able to identify tools and resources for increasing safety
- Identify things which diminish one's safety
- Use thinking, planning and analytical skills

Activity

Ask the YP to think about an event they might be going to – what items would they choose to bring with them? They can choose these items and put them in the handbag – get them to explain their choices.

What items would make them safer? Which items will make them more at risk/ vulnerable?

This can start useful discussions around substances, sexual health, knife crime. You can give information and stats about these issues, e.g. if you smoke it might be good to bring your own cigarettes as these have been known to be 'spiked'.

Are there any other considerations? Are there any 'ap's to put on your phone to increase safety? How can you make sure you've got spare credit? Does your level of safety depend on where you go and who you're with?

