

# Personal Safety

TARGETTED



A short, accredited course in 'Personal Safety'. Participants will understand their rights and responsibilities around staying safe and will research where to get help if they feel unsafe. They will gain understanding of the risks they may take and practice planning a safe night out.

<b>Target Group</b>	Age 12-21, mixed or single gender
<b>Group Size</b>	Up to 10 Students
<b>Outcomes</b>	One credit at Level 1 Identify risky behaviours Identify sources of help Plan a safe night out
<b>Format</b>	Small group work Interactive exercises Discussions Worksheets
<b>Key Skills</b>	Communication Working with others Reasoning skills Evaluation skills Creative thinking skills Enquiry skills
<b>Duration/time</b>	Average 5 x one hour sessions
<b>Required Environment</b>	Flexible Seating Whiteboard or Flipchart
<b>Evaluation Method</b>	Young Person's evaluation form Photographs Sample portfolios

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