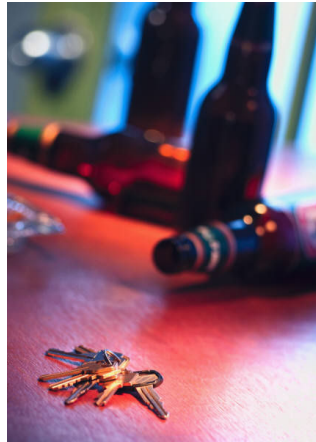


# Planning A Safe Night Out

UNIVERSAL



Interactive versatile session that enables young people to identify the potential hazards of a night out, explore strategies for avoiding the hazards and plan their own safe night out.

<b>Target Group</b>	Age 14 – 19, mixed or single sex. Adaptable to meet all needs
<b>Group Size</b>	4 - 30
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Increased knowledge of the mental and physical risks associated with common substances</li> <li>• Increased understanding of personal safety</li> <li>• Increased understanding of the law in relation to travelling, using substances and sexual activity</li> <li>• Increased understanding of the myths and misconceptions of using substances</li> <li>• Increased understanding of sources of help and advice</li> </ul>
<b>Format</b>	Interactive Presentation Small group exercise Facilitated whole group discussion
<b>Key Skills</b>	Communication Working with others Reasoning skills Information processing skills Creative thinking skills Enquiry skills
<b>Duration/time</b>	45 mins – 1 hour
<b>Required environment</b>	Any environment Flip chart Can be delivered in a number of formats to suit all needs and abilities
<b>Evaluation Method</b>	Dedicated evaluation sheet for young people and staff

