

**MAKE A
STAND
AGAINST
VIOLENCE**

Session 1

What is violence?

Goals



- Recognise the 'Make A Stand Against Violence' campaign and know how to find out more
- Understand what violence is and be able to identify when a situation could escalate into violence
- Know where to get support and who to speak to if or when help is needed.

We all have a role to play in stopping violence. So today we will be working on several activities to understand what your role in stopping violence is.



What is Make A Stand Against Violence?

- A campaign produced with young people ages 13-18 and local influencers from across Leicestershire
- Communicates what most young people think - **that violence is unacceptable**, and how to safely act when you see something that isn't right.

We will be learning more about the campaign throughout the session and you can visit **Livesafe.org.uk** to learn more.

What is violence?

Take a look at the cards and decide if the behaviour stated counts as 'violence'.

Separate them into piles of

Yes

No

Maybe



Let's discuss

MAKE A
STAND
AGAINST
VIOLENCE

- How did you separate the behaviours? Was there different outcomes throughout the groups?
- What behaviours did you find hardest/easiest to sort? Why do you think that is?
- Looking at the 'yes', pile, how do you think these situations could be avoided?



Define 'violence'

MAKE A
STAND
AGAINST
VIOLENCE

On a post-it note write down a sentence or a few words that you think define violence and stick it on the board.

Violence is....



What is 'violence' discussion



Violence is anything that can cause harm to someone else. This can be physical or mental. It can be an act that's already happened, or it can be a threat of something happening.

Is there anything you would like to change about your answer? If so, feel free to update your post-it or discuss your change with the group.

What are the potential impacts of violence and who does it effect?

MAKE A
STAND
AGAINST
VIOLENCE

- What are the short-term effects for violence?
- What are the long-term effects of violence?
- Who is affected by violence?



Recap

- Has your own definition of 'violence' change after this session?
- Who does violence affect?
- Why and how does violence affect the people stated?
- Are there ways to prevent potential violent situations from escalating?
- Are there ways to help support victims of violence?



Where to get help and support



- **LiveSafe** covering topics from knife crime to grooming and exploitation, find out how to LiveSafe in Leicestershire
- **Childline** is a free and confidential service where you can talk about anything
- **Victim Support** is a free and confidential service supporting victims and witnesses of crime across Leicester, Leicestershire and Rutland
- **Fearless** is a safe place to give information about crime, 100% anonymously
- **Kooth** is a free, safe and anonymous online support system for mental wellbeing
- **Leicestershire Police** is your local police force, and they have further information, help and support on their website.

If anyone has any concerns after this session, please speak to a trusted adult – such as a teacher, parent or youth worker.

**MAKE A
STAND
AGAINST
VIOLENCE**

**Thank
you**