

**MAKE A
STAND
AGAINST
VIOLENCE**

Session 2

How to be a mate
and take action?

Goals

- Understand the role of the bystander
- Understand the different roles that you can take in different situations
- Understand moral dilemmas and the importance of making an informed decision
- Know where to get further guidance

In this session we will discuss how you can be a **good mate** using the **'active bystander'** approach.

This approach can help you take action in a situation that could escalate into violence.

Make a Stand Against Violence



[Click here to watch the video](#)

The three ways you can prevent violence as an active bystander

**COOL IT
DOWN**

Do anything to get the offender away from the victim. This could be saying something or doing something to distract people and take them away from the situation (get food, suggest doing something else, change the conversation etc.)

**BE
DIRECT**

If you know something isn't right, speak up and say it's not ok, but only if it's safe to do so.

**GET
HELP**

If the situation isn't safe for you to step in, go and get someone you trust. Tell a teacher, friend, parent, police or any trusted adult you need their help. You can also get help from other mates if a trusted adult isn't around.

Let's try it out

On three post-it notes write down:

- Something you could say or do to '**cool it down**'
- A **direct** comment that could prevent this situation
- A person you could go to for **help** in order to stop the situation



Let's try it out

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Safety first - Always ensure you are safe before taking the appropriate action.

Being a good mate – what would you do?

Using the following scenarios let's roleplay using the knowledge you have just learned.

Take it in turns being **'the mate'** observing the behaviours that could escalate to violence.

Consider:

- **What** actions you would take?
- **Why** you chose these actions?
- **How** could you distract or cool down the situation?
- **Who** do you go to for help?
- **When** you should call for help?

Scenario 1

You find out your mate is bullying someone in school and it's impacting the mental health of the person who is being bullied.

What do you do?



Scenario 2

You find out your mate has a knife and they've been 'called out' for a fight tomorrow.

What do you do?



Scenario 3



Your mate has been sent a private picture of someone and your mate has said they're going to send it on to other people.

What do you do?

Let's discuss

Each scenario is different and each requires a different response.

Let's see how you approached each situation.

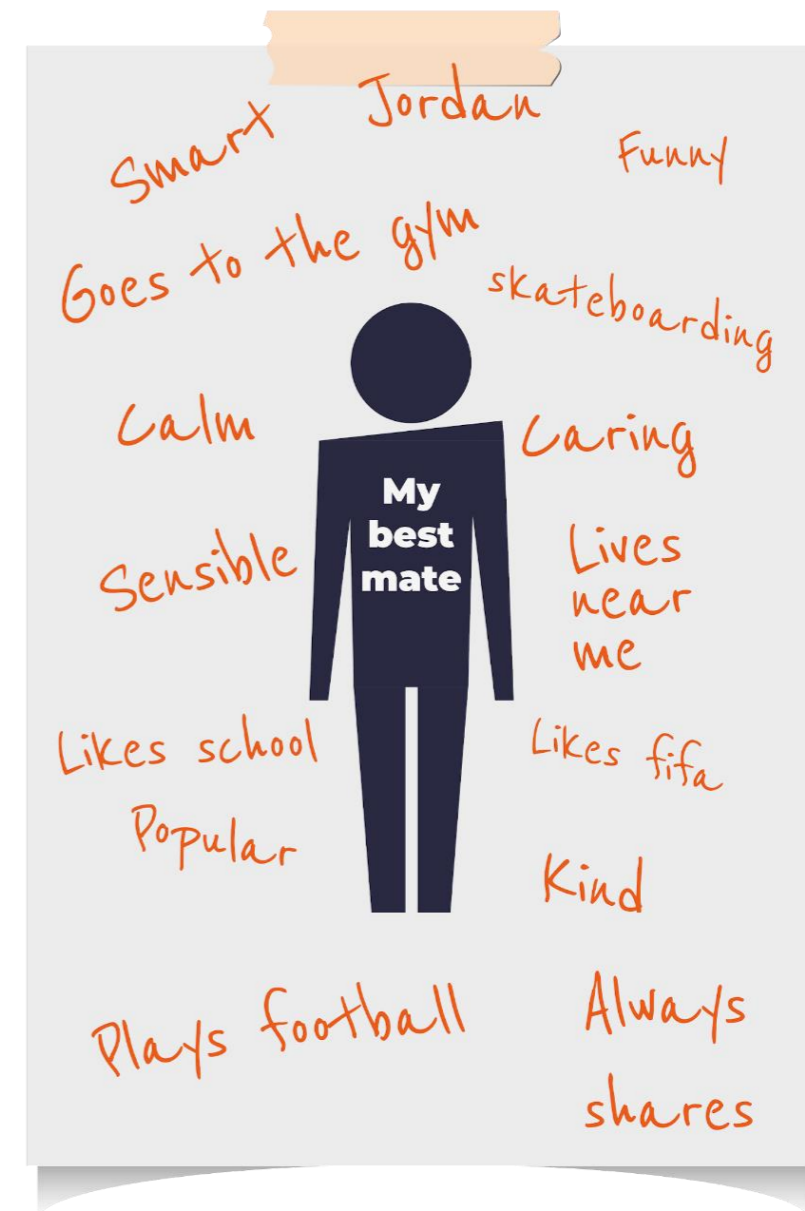


'The best mate'

If you had a best mate looking out for you, what positive traits would you want them to have?

Individually write down the qualities that make up your ideal best mate.

What's their name? What's their personality like? What are their interests? How do they act when they see something that isn't right?



Share your thoughts

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Stick your 'best mate' up on the wall.

After seeing everyone else's best mates, are there any qualities you'd like to add to yours?



End of session

What are you taking away from this session?

Please share one thing you have learned from this session or something you want to know more about.



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 teacher/youth worker.

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**Thank
you**