

**MAKE A
STAND
AGAINST
VIOLENCE**

Session 3

Being prepared

Goals

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- Feel more informed about rules of law regarding violence
- Understand ways to diffuse situations before they become violent
- Use the tips we have discussed to keep you and the people around you safe



Recap

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Violence

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.

Being a good mate – The active bystander approach

When we see or hear something that doesn't feel quite right it is likely that everyone **thinks the same as us**. It just takes one person like you (or one group) to do something. You'll find that more people support you than you think. There are ways to do this, all whilst keeping yourself safe. By taking an appropriate action when you see something that isn't right, you're **being a good mate** – keeping yourself and your friends safe.

Make A Stand Against Violence



[Click here to watch the video](#)

Let's practice

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We will now review several scenarios and discuss how best to respond.

Write down how you would act in these scenarios and use these actions in situations that don't feel right.

This will make you a good mate while keeping yourself and others safe.



Discussion



Taking one scenario at a time, write what action you would take on a post-it note and stick it on the wall.

What could you say? How would you say it – what tone would you use? Who could you get help from? How could you distract?

Why did you choose these actions?

How did you adapt your actions depending on the scenario? What actions work better for certain types of situations?





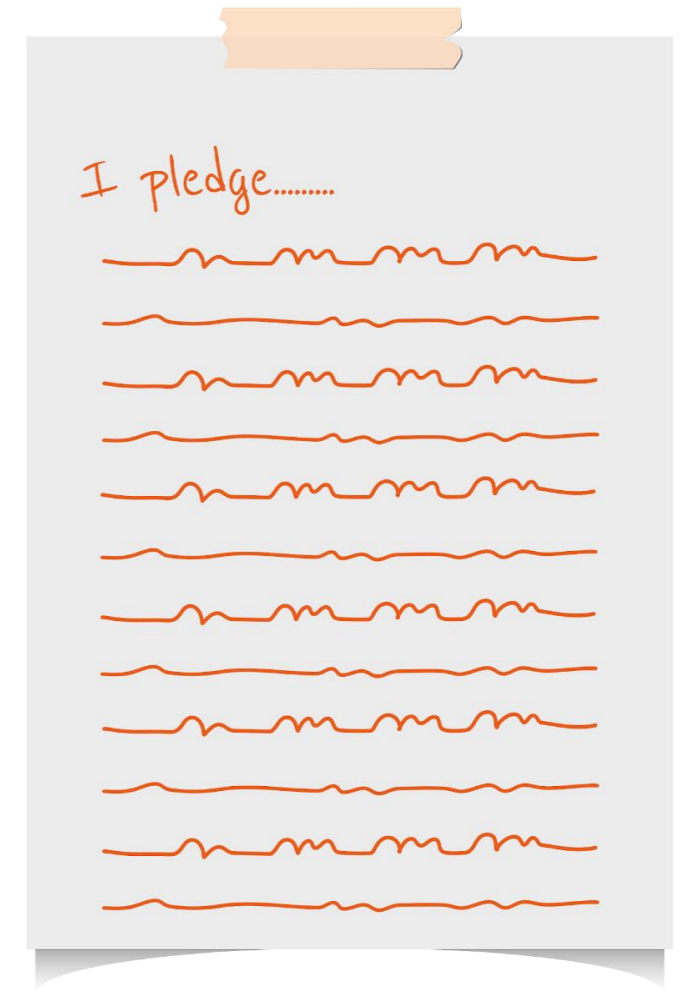
How can you make a difference?

To end our Make A Stand Against Violence sessions write a pledge of:

How are you going to make your stand against violence?

What will you do when you see something that isn't right?

Why do you want to make a stand against violence?



Let's share

- Why did you make these choices?
- Did anything you've learnt during these sessions influence these choices?
- Do you find these topics important? Why?
- Can you think of a specific situation where you will be able to use what you've learnt?



End of session

Please share one thing you have learnt from this session.

These are ongoing conversations that you can keep having with adults, friends and anyone you trust or feel would benefit from talking about it more.

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If you have any questions, you can ask them now or whenever you feel comfortable.

Please complete the short survey

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**