

Activity Four: Plan2 Graffiti Wall

Key themes:

- Assessing strategies used by peers to stay safe and well when out with friends.

This activity will help young people to:

- Recognise effective and ineffective plans for getting around safely with friends.
- Improve students' self-efficacy and confidence in looking after their own and friends' safety while they are out.

Time required:

- Approximately 1 lesson.

To run this activity you will need to:

- Print 3 - 4 copies of *Graffiti Wall* sentences (attached below) on A3 paper and place on the walls OR write the sentences on 3 - 4 sheets of butchers' paper and place these on the walls.
- Read the *Teachers' Graffiti Wall – Suggested Responses* (attached below).
- Provide each student with 3 x 2 coloured stickers, e.g. 3 green and 3 red.
- Consider adapting this activity and making it an assessment task or assignment.

Activity Three:

1. Ask students to finish the sentences on the *Graffiti Wall* sheets on their own or in pairs.
2. Invite students to 'borrow' a *Suggested Graffiti Wall Sentence* (attached below) from you if they need help.
3. Give each student two different coloured stickers, e.g. green and red. Ask them to read the graffiti wall sentences and use the stickers to rate the graffiti wall plans:
 - Green Sticker = good plan (I think this plan would work)
 - Red sticker = bad plan (I don't think this plan would work)
4. Ask students to identify the most popular plans and discuss why they preferred them.

GRAFFITI WALL SENTENCES

- *A safe way to get home after a late night is...*
- *I can stay in touch with family and friends while I'm out by...*
- *The person I can ask to come and get me if I don't feel safe where I am or I'm in an emergency situation is...*
- *I can avoid driving drunk or drugged by...*
- *I can stop a friend from driving drunk or drugged by...*
- *People can make me feel bad about my choices by...*
and I can respond by saying...
- *To avoid pressure to do something I don't want to I could say ...*
- *There may be times when there is no one to come and get me. At those times I can get home safely by ...*
- *I can thank someone for helping me to get around safely by...*

TEACHERS' GRAFFITI WALL SENTENCES - SUGGESTED RESPONSES

A safe way to get home after a late night is to not drink anything and drive / organise a lift before going out / catch a taxi / use late night buses / use a venue's courtesy bus / call my back-up person / sleep at a friend's house and go home the next day.

I can stay in touch with family and friends while I'm out by having my mobile phone charged / making sure my mobile phone has credit / having contact details for family and friends stored in my phone / making sure everyone in my family knows my mobile number / giving friends a family member's or ICE person's phone numbers / letting family or friends know where I am going / letting family or friends know if plans change while I'm out.

I can ask my older sister or brother / parents / aunt or uncle / friend to come and get me if I don't feel safe or I'm in an emergency situation.

I can avoid drinking and driving by leaving the car at home / using alternative transport / getting a lift / going out locally and walking home / sleeping at a friend's place / checking timetables, pre-purchasing a ticket and using late night buses / catching a train, bus, tram or ferry.

I can stop a friend from driving drunk or drugged by taking their car keys / inviting them to sleep over / getting a taxi or alternative transport for them / asking their back-up person to come and get them / hanging out with them until they have a zero blood alcohol content / driving them home.

People might try to make me feel bad about my choices by telling me I'm not cool / excluding me / laughing at me / pressuring me / telling me I'm missing out **and I can respond by** setting and sticking to personal limits / not worrying about what they think / letting them know I'm having fun anyway / feeling good about making my own choices / asking them why they're pressuring me / laughing at them / asking my back-up person to come and get me.

To avoid pressure to do something I don't want to I could say no, I don't want to / not for me, thanks / I have to be home early / I can't make it / I'm not allowed to go / my parents won't let me / I'm going to my grandmother's birthday party / I have to start work early tomorrow morning / I have to study for exams / I'm playing in a big game tomorrow / I told mum I'd pick my sister up after school.

There may be times when I know there is no one to come and get me. At those times I can get home safely by making sure I plan how I'll be getting home in advance / limiting how much I drink / making sure I have more than one transport option (in case Plan A falls through) / checking timetables and using public transport / driving (if I haven't been drinking) / cycling (if I have the right gear) / walking (during daylight) / pre-booking a taxi.

I can thank someone for helping me to get around safely by writing a thank you note or card / giving chocolates or flowers / washing the car / doing the dishes / mowing the lawn / walking the dog / cooking dinner / vacuuming the house / hanging out and bringing in the washing / babysitting for them