

## **Basics: Being Safe Exercise**

**Approximate time:** 20 minute tutor time session

**Materials:** A3 sheets of paper so that outline of school can be drawn, iPad, tutors own outline of the school, two different coloured stickers or could use own photocopy map of outline of school

**Aim/outcome:** To identify safe and unsafe areas in the school that make students feel high levels of anxiety and low levels of anxiety; to explore what can be done about this.

### **Explanation:**

- Ask each student to draw an outline of the school.
- Then ask students to identify areas they think are safe and unsafe using one colour sticker for safe and another for unsafe. You may want to allow students to give their views anonymously, eg via email or writing it down and handing in the slip of paper.
  - Collate the responses on your own the school plan using one colour for unsafe and another for safe.
- Ask students to observe which areas in the school are safe or unsafe and discuss if there are any similarities or differences in the areas.
- Discuss common areas of high anxiety and low anxiety and the difference in those areas.
- Discuss how the high anxiety areas could be improved.

### **Expansion activity:**

Encourage the tutor group to look at physical ways the high anxiety areas could be developed into low anxiety areas (more lighting, doors open, year 11 prefects stationed there to support students). Encourage the tutor group to explore how they could support each other in making these areas safer. Identify strategies students could use help them cope with high anxiety situations.

### **One-to-one:**

This activity could be completed one-to-one with a student drawing an outline of the school using a photocopy of an A3 map of the school grounds. Use the questions above for discussion.

**Students say:** Students said that this activity needs to be done anonymously. It is important that bullies are not alerted to areas where they can bully students. Students need to feel safe when completing this exercise otherwise they will not fully take part.