

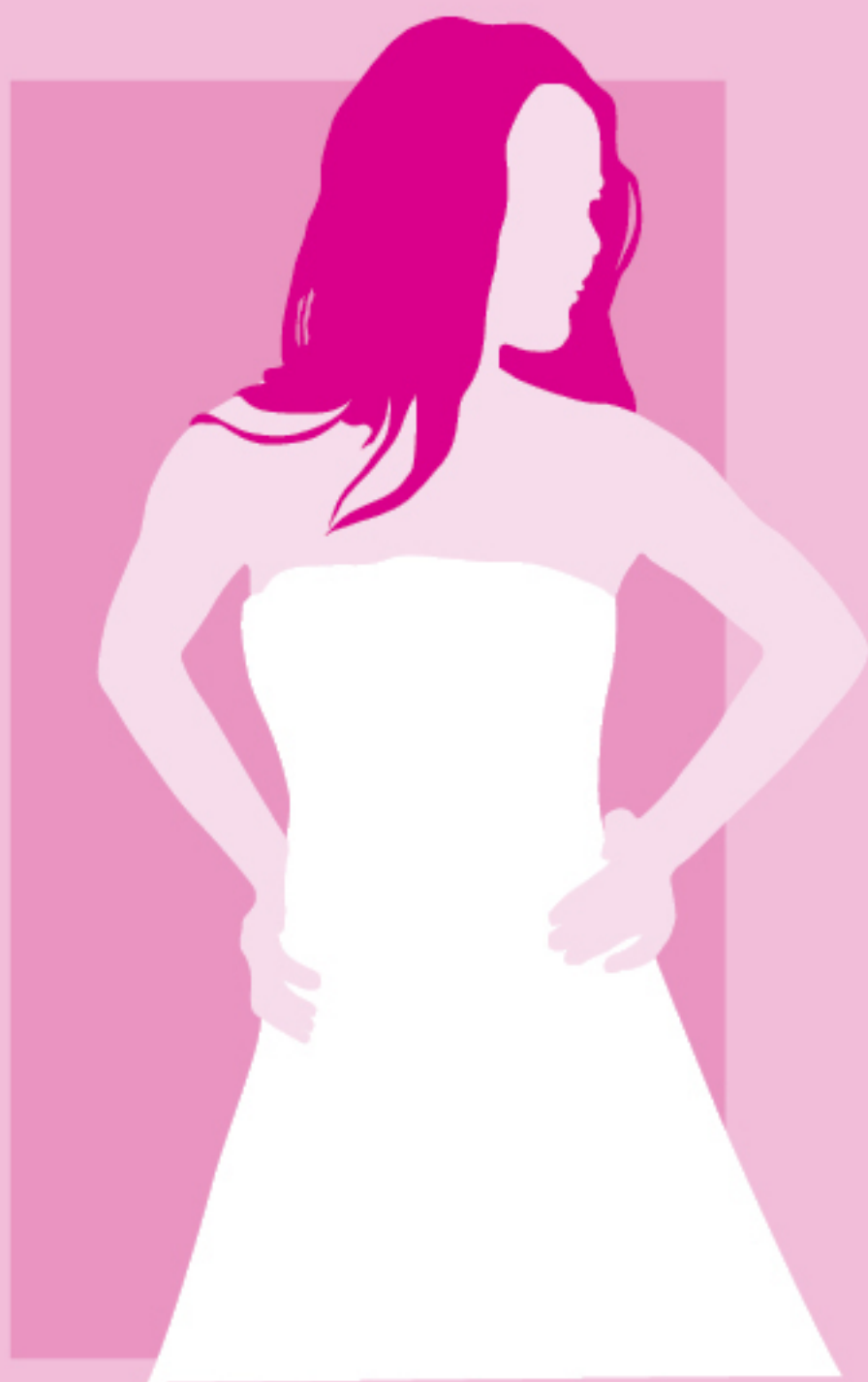
*SAMPLE CHAPTER*

# *Girls*

*With A Purpose*

## **I Deserve To Be Safe And In Control**

**Session Plan Week 5**



## Session Plan Week 5

**Name** \_\_\_\_\_

I deserve to be safe and in control.

**Aim** \_\_\_\_\_

For participants to learn how to make safe choices.

**Desired Outcomes** \_\_\_\_\_

- She establishes personal safety strategies.
- She understands the consequences of behaviour that can be harmful.
- She knows how to respond to unsafe situations.
- She knows how to respond to peer pressure.
- She knows where to seek help and advice.
- She understands the consequences and effects of drugs and alcohol.

**Activities** \_\_\_\_\_

This session discusses personal safety, especially in regards to partying and relationships. It is important that the girls have the correct information about drugs, alcohol, domestic violence and safe sex, so prepare all the up-to-date facts before this session. If possible, ask a female worker from your local Domestic Violence Centre to talk about domestic violence and which local organisations offer help and advice. Remember the importance of debriefing if any girl discloses personal information about any of the issues discussed in this session. If disclosures are made, you must have a clear understanding of what your Child Protection Policy requires you to do.

### Resources

- CD player and music
- Games and materials
- 5x A3 paper and marker pens
- Guest speaker (if possible)
- Handouts 12 - 13



### 1. Welcome And Game

Peg It - requires a bag of pegs and floor space.

### 2. Cover Sheet

Discuss "I deserve to be safe and in control"; what it means; why it is important. Talk about what today's session is about and the activities that are planned for the day.

### 3. Grateful Diaries

### 4. Body Mapping

Photocopy Handout 12 (the blank body map, #12.1) four times to A3 paper. Break the girls into pairs or groups and distribute

one body map to each group. Give each group one of the topics below and ask them to indicate what parts of the body would be affected by the topic. Once completed, join as one group and ask each group to share their responses.

1. Drug misuse
2. Alcohol misuse
3. Unsafe sex
4. Violence and abuse

Then distribute handouts 12.2 and 12.3 and discuss.

### 5. Guest Speaker

Invite a worker from your local Domestic Violence Centre to speak about the forms of abuse; what to look out for in violent relationships; the relationships Bill of Rights; safe dating practices; domestic violence statistics; anger; the power and equality wheel and available supports in your local area.

### 6. Alcohol

Discuss the following points:

- what is alcohol and how it is absorbed into the body.
- the immediate effects of alcohol.
- binge-drinking.
- the long-term effects of drinking alcohol.
- what is a standard drink, and where it is listed on the bottle/can.
- minimising the risks of drinking.
- alcohol and driving.
- alcohol and sex.
- alcohol and pregnancy.
- the danger of mixing alcohol and other drugs.
- why people misuse alcohol.
- peer pressure.

Go to the website [www.helpjacqui.com](http://www.helpjacqui.com) and read the story of Jacqueline Saburido. If possible, print out the before and after photos of Jaqui to show the girls. Debrief and discuss her story, the consequences, the effects of the consequences on the drink driver and safe drinking strategies.

### 7. Game

Drinking Game - requires plastic tumbler glasses, a water bottle and a measuring cup.

### 8. Game

PartyWise - requires floor space, questions and answers, masking tape, coloured paper, prizes.

### 9. Five Ways to Stay Safe

Handout 13. Brainstorm ways to stay safe at parties and in relationships.

### 10. Evaluation

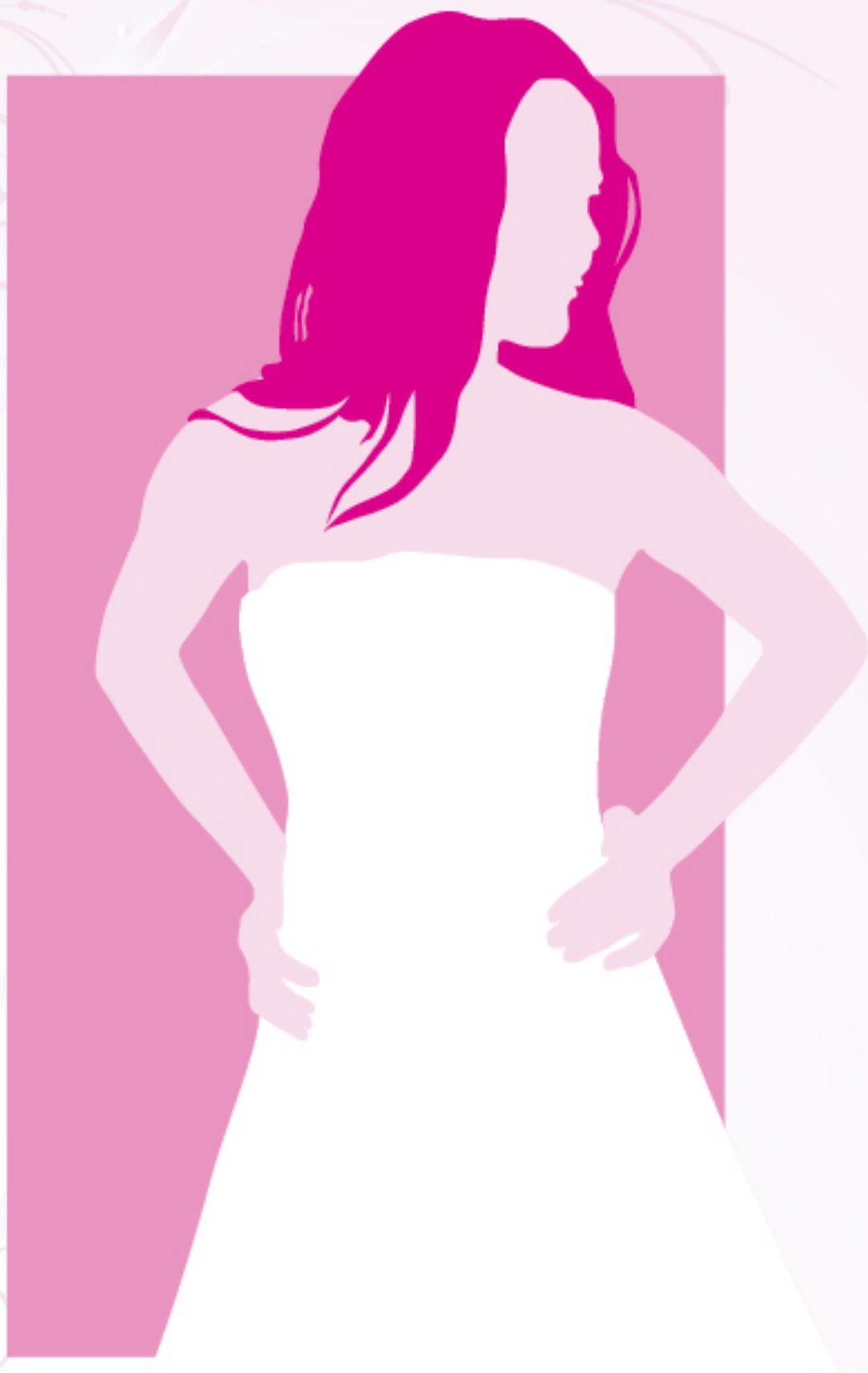
### 11. Lady of the Week

SAMPLE HANDOUT



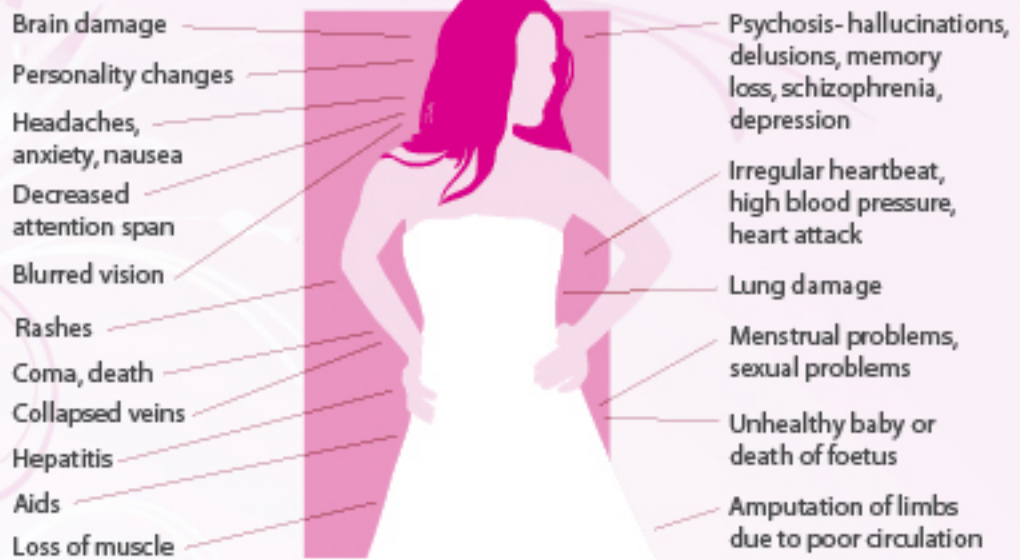
***I Deserve To  
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# What Affects You

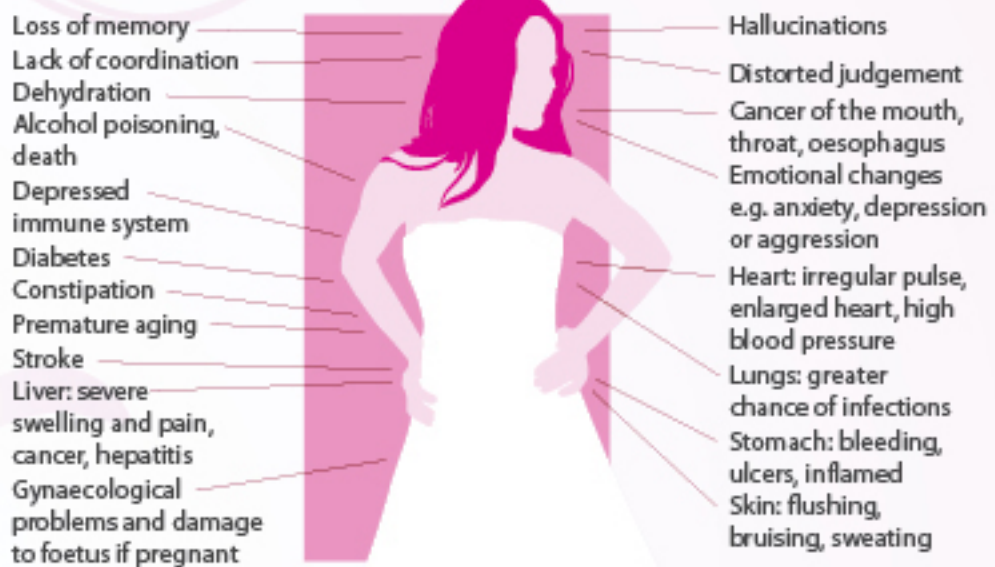


## What Affects You

### Drugs



### Alcohol



# What Affects You

## Unsafe Sex

Sexually transmitted infections

Emotional changes

Low self-esteem

Pregnancy

Infertility

Pelvic inflammatory disease



## Violence, Abuse

Nightmares

Guilt

Anxiety

Depression

Loss of concentration

Loss of control

Fear

Stress

Butterflies in stomach

Harm to self

Bed wetting

Harm to others

Homelessness



# Staying Safe

Five ways I can stay safe at parties...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Five ways I can stay safe in relationships...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_