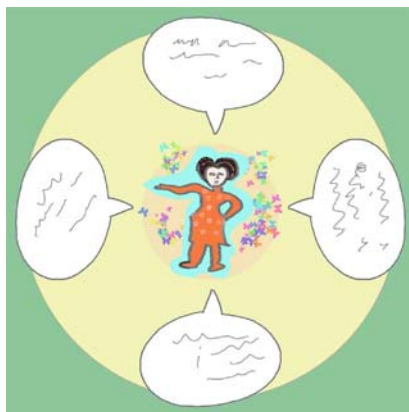


Plan for creative activities for use in consultation with young people on issues related to gender based violence.



- **Welcome and introduction (juice and biscuit)**
- **Stretch and relax** Some exercises to get everyone relaxed and focussed
- **Games** – Flip charts up on the wall –school, family, friends, neighbourhood, partners – post-its – think about what is expected or demanded of girls or boys – write on post its and put up – then look at what people have said – light-hearted look at what feels fair
- **Scenario** - Short skit about examples of gender bias
- **Stretch & relax** – Release tension, energise and feel good
- **Small group artwork** –Draw/decorate circle - draw, name and decorate figure in 'consequences' style Place figure in centre of circle.
- **Breathe well** – Learn relaxing deep breathing
- **Give the person a voice** –Name person then - writing on voice bubbles , 'I am, I feel, I can', (different colour for each)
- **Relaxation** –5 minute rest and recharge 11.20 – 11.25
- **Tell the person's story :**
Home, family and people who care for me
 - **What is good in the family?** - draw/write the things or people that are good or work well in the family and home for child/young person
 - **What doesn't help?** - draw/write the things or people who can make things harder, placing them in the inside circle close to the figure
 - **What might help?** Draw or write what could be done or that might happen which might help – either to build up the good things or reduce the harder things
- **Wider world (school, neighbourhood etc)**
 - **What is good in the neighbourhood?** - draw/write the things or places or people which are good in the neighbourhood
 - **What doesn't help?** - draw/write the things or places or people who can make things harder, placing them outside the circle
 - **What might help?** Draw/write what could be done or that might happen which might help – either to build up the good things or reduce the harder things
 - **What would the outcome be?** If all the help was given to that person- what might the outcome be – for the person, their family, their community?
- **Lunch followed by afternoon activity/outing**

Welcome chat:

Welcome to today and thank you all for coming. We hope you will all enjoy yourselves and have a day to remember. We have some activities and games to do this morning which we hope you will enjoy but also we hope to learn from you about what helps children and young people so that services can get better at getting children the right help when they need it. In between these activities we are going to do some stretching and breathing exercises which will help us relax and concentrate.

It would be great if everyone grew up in a family, home and neighbourhood where everyone was always respected and given enough love and care. Sometimes this doesn't happen and people are treated unfairly by others either in their homes or in their communities not because of who they are or their behaviour but because of whether or not they are a boy or girl, man or woman.

You will each have your own stories but these are your private stories. Today in groups you are going to invent someone and make up their story. This person will know about this kind of unfairness because it happens sometimes in their family or community. You are going to be able to draw, write, use stickers, but it does not need to be a work of art- and we are not worried about your spelling – it is your ideas we want to find out about.

Everything today is voluntary- so if you decide you don't want to do something you can withdraw for a bit. If the activity makes you think of something and you think you want to talk to someone on your own for a moment you can do that too.

We are making up a story but if someone says something about their own story we would ask that we all respect that their story is private and that we agree not to tell that story to anyone else. There is one exception to this rule, as adults, if someone tells us something that makes us think the child is at risk of being harmed then we would have to tell someone who could help, but we would tell you first. No one will ask you about your own story and you do not need to say or write or think about anything you don't want to.

The made up stories will be used with the stories told by other children and young people to build up a picture of the sort of help children need. Some of you can volunteer to come back if you want for two days in the summer when we will work at writing a plan for services to get better at helping children and young people.