

# 'A Great Night Out' | Violence against Women and Girls (1): Lesson plan

## Aim:

To give students the skills to judge potentially risky situations and make positive choices

## Objectives:

- Use protective behaviours to assess situations
- To be safe on a night out
- To assess situations and their risk

## Key vocabulary

Protective behaviours, alcohol impairment, friends, safety

## Key questions

- How does alcohol impair decision making
- How can you make yourself safe

## Differentiation:

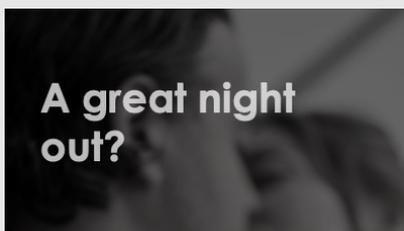
- Emojis to express opinion

## IMPORTANT:

- Prior to delivery, ensure schools have sent out an '**OPT OUT**' letter prior to the presentation.
- Ensure schools views content of presentation and video.
- Ensure the room layout is for group discussion

## Lesson process

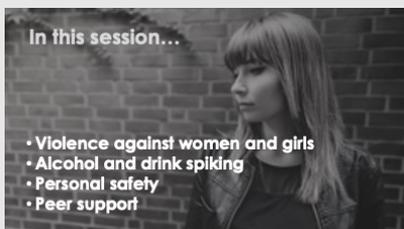
### Introduction



Introduce yourself.

1:00

Explain this session is going to address a scenario that the majority of you will find yourselves in the next few years.



Explain that you will cover:

2:00

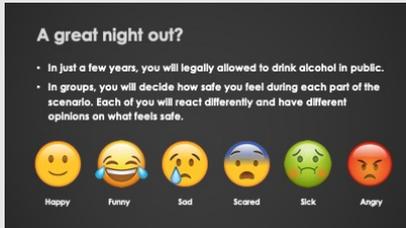
VAWG: How this is a real issue and although we live in one of the safest parts of the country, we want to ensure everyone is safe.

Alcohol and drink spiking: Understanding the risks

Personal safety: About making the right choices in potentially risky situation.

Peer support: The role of friends in ensuring we are all safe. Including the role of boys/men in.

### Main session



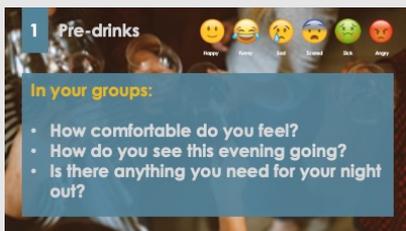
The scenario is a night out. Something we are all likely to do. 3:00  
 In groups, you will discuss, each part of the night out as we go through it. We want you to share how you think you will be feeling (using the emojis if easier)



Any questions?... 1:00  
 Let's begin...  
 This scenario starts with just girls/women. They are 18.



Explain that before you go out, you drink some alcohol, taken without permission from home. 3:00



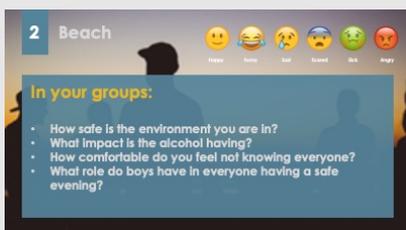
Explain in their groups, you want them to discuss the following 3 questions 7:00

- How comfortable do you feel?
- How do you see this evening going?
- Is there anything you need for your night out?

Give 3 minutes discussion time.  
 Ask each group what emojis they are feeling represent the current situation.  
 Ask one group to explain further and allow other groups to contribute



Explain, that the group head to the beach. 2:00  
 The group gets larger, including a man who is a friend of a friend. Some of your girl friends leave



Explain in their groups, you want them to discuss the following 4 questions 8.00

- How safe is the environment you are in?
- What impact is the alcohol having?
- How comfortable do you feel not knowing everyone?
- What role do boys have in everyone having a safe evening?

Give 4 minutes discussion time.  
 Ask each group what emojis they are feeling represent the current situation.

Ask one group to explain further and allow other groups to contribute



The extended group now moves to the pub. With the group getting larger, there is only you and one of the original group remaining. The boy from the beach buys you a drink.

3:00



Explain in their groups, you want them to discuss the following 4 questions

8:00

- Is the pub a safer environment?
- Have you had enough and want to go home?
- How do you feel now that most of your friends have left?
- Do you accept the drink?

Give 4 minutes discussion time.

Ask each group what emojis they are feeling represent the current situation.

Ask one group to explain further and allow other groups to contribute.

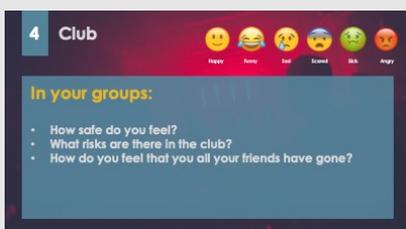
Consider:

- Pubs are often a safer environment, licenced, door/serving staff.
- How is the alcohol impacting your decision making? Alcohol will impair your choice making, so although right now you may have one opinion, are you sure you could make a positive choice when drunk
- How well do you know the boy?



You and some of the group head to a club. It is busy and a little more aggressive than the pub. You fall out with the friend you started the evening with and she leaves the club. During this, you leave your drink unattended.

3:00



Explain in their groups, you want them to discuss the following 3 questions

8:00

- How safe do you feel?
- What risks are there in the club?
- How do you feel that you all your friends have gone?

Give 3 minutes discussion time.

Ask each group what emojis they are feeling represent the current situation.

Ask one group to explain further and allow other groups to contribute

Consider:

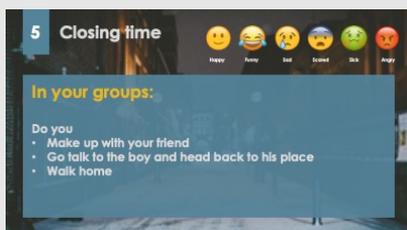
How would you know if your drink has been spiked  
 What impact does not having friends with you have.  
**How does your body tell you if you feel unsafe? Protective behaviours**



It is the end of the night. As you leave the club you have choices:

3:00

- Make up with your friend
- Go to the boy who's been flirting with you all night
- Walk home alone as there are no taxis



Explain in their groups, you want them to discuss the following 3 questions

4:00

- Make up with your friend
- Go talk to the boy and head back to his place
- Walk home

Give 3 minutes discussion time. **Do not ask for feedback yet**



Read the following

4:00

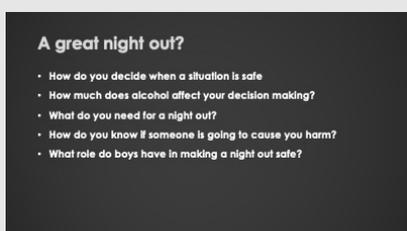
*Friend: Making up with your friend may be difficult, but it puts you in a safer position. You can get home together.*

*Boy: The boy has in the past been a suspect for drink spiking. How do you know that you will be safe in the company of someone you don't know?*

*Walk: Walking home alone is not a good option. You are drunk and unaware of what is going on around you in the same way as if you are sober. The boy follows you...*

Ask the group if that is what they discussed in their groups. If now, what was different.

## Consolidation



Ask the groups to consider these questions:

5:00

- How do you decide when a situation is safe  
*Your body often tries to tell you when you feel unsafe*
- How much does alcohol affect your decision making?  
*But alcohol impairs this*
- What do you need for a night out?  
*Being in a group.*
- How do you know if someone is going to cause you harm?  
*You don't*
- What role do boys have in making a night out safe?  
*Boys have a role too in keeping everyone safe. This includes being strong enough to stand up to friends.*

Of course, not every boy you meet will have bad intentions, but how do you know.

## Everyone has the right to be safe

### Questions?

- Ask the group if they have questions.
- Advise that there is advise and guidance on the force website

5:00