SESSION PLAN

Youth Group: Ages 10 to 16

Topic: Let's Talk: Understanding Youth Violence and Making Safer Choices

Learning objective:
Help young people understand what youth violence is
Explore the causes and consequences of violence
Empower young people to make safe, positive choices
Encourage open discussion and peer support

Materials Needed:
- Flipchart/whiteboard & markers
- Sticky notes or cards
- Pens
- Handouts with support info (optional)

Icebreaker – "What Would You Do?" (3 minutes)

Purpose: Warm-up, build trust, introduce topic

Instructions:
- Present short real-life scenarios (read aloud or on slides).
- Ask: "What would you do in this situation?"
- Examples:
  - You see two kids fighting after school.
  - A friend shows you a knife in their bag.
  - Someone online threatens you or your mate.

Let a few kids share answers. Emphasise that everyone's voice matters, and there's no judgement.

Discussion – What Is Youth Violence? (3 minutes)
Ask the group:
- What do you think "youth violence" means?
- Can you name types of violence young people might face or witness?

Facilitator Input:
- Define youth violence in simple terms:
- "When young people are involved in hurting others or being hurt - physically, emotionally, or with weapons."
- Mention examples: fighting, bullying, gang pressure, knife carrying, threats, online abuse.

Causes of Youth Violence (5 minutes)
Group Brainstorm:

- Use a whiteboard or flipchart to list causes.
- Prompt with questions:
  - Why might someone feel the need to act violently?
  - What pressures do young people face today?

Common causes to highlight:

- Peer pressure
- Fear or need for protection
- Social media and online influence
- Home life and trauma
- Lack of support or role models
- Wanting to “fit in” or feel powerful

Impact – Who Gets Hurt? (4 minutes)
Activity: **"Ripple Effect"**

- Draw a pebble drop ripple on a board.
- Put a scenario in the centre: “Someone brings a knife to school and threatens another student.”
- Ask: “Who else is affected?”

Guide kids to think about:

- The victim
- The person carrying the weapon
- Friends, family, school, community
- Their own future (arrest, exclusion, guilt)

Empower – Safe Choices & Support (3 minutes)
Ask:

- What are some ways to avoid getting caught up in violence?

Offer tips:

- Walk away and seek help
- Speak to a trusted adult
- Use anonymous help (like Crimestoppers)
- Set boundaries with friends
- Know your worth - violence doesn’t equal respect
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Give out cards or handouts with support numbers and websites (e.g. Childline, Fearless.org, The Mix).

Closing & Pledge Wall (2 minutes)
Activity: **"One Choice I'll Make"**

- Hand out sticky notes or paper
- Ask each person to write:
- “One thing I can do to help stop violence.”
- (e.g. “Speak up”, “Stay calm”, “Support my friends”)

Stick them up on a “Pledge Wall” or board.