

Learn how to stay safe and who to speak to if you're scared or worried about something.  
Invite a visitor to come and speak to your group.



**Age 14 - 18**

**Age 7 - 11**

## Activity details

**This activity counts towards...**



- Buddy Bag Foundation

---

Free	Indoors
Day/Night	

- 
- |                                  |   |
|----------------------------------|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 5 - 7   | <input checked="" type="checkbox"/> 7 - 11  |
| <input type="checkbox"/> 3 - 5   |   |

- 
- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
- 

### Skills:

- Independence
- Mental Health Awareness
- Research
- Responsibility
- Self motivation

### Equipment: