

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: