

When in need

3 steps to the activity realisation



Step 1 – preparation phase

Before the activity phase, prepare the necessary materials before seeing the young person. Ensure you have plenty of paper and a pen. When speaking with them, be kind, sensitive, and gentle. The young person should be guided to identify a close helpful circle in times of crisis, so prepare some questions beforehand to help them brainstorm who this could be. Possible questions include:

- ▼ Is there anyone in your circle who has helped you during a difficult situation?
- ▼ Who can you turn to when in need?
- ▼ Thinking about those around you, who do you feel is someone you can rely on?

Step 2 – activity phase

Explain the activity to the young person and ask them whether they feel comfortable discussing possible crisis measures. Evaluate their current situation and at-risk situations (e.g., alcohol abuse in their family, volatile relationships, mood swings, neglect, negative peer situations). Once you have enough information about their current situation, describe to the youngster the next step of the activity, which is to create a network of helpful contacts when in need.

On a piece of paper, ask the young person to draw themselves and in bubbles around, draw individuals who can offer a helping hand, who are reliable and who are there for them in times of crisis. To help them identify these individuals, you can ask various reflective questions such as the ones included in Step 1 of this activity as examples.

As an extra part of this activity, young people can also do the same drawing and instead identify possible negative individuals in their life to identify risk. If you decide to do this step as well, identify negative influences first and then positive ones so that the session ends on an uplifting note.

Step 3 – wrap up phase

Reflect on how this activity made the young person feel and whether they feel more comfortable now in times of trouble. End the session at a time when the young person feels comfortable to leave.



Type of activity:
Crisis measures, how to help and react

Value of the activity:
This activity aims to identify a helpful circle of individuals in a young person's life. It can help during crises and offer a contact to reach out to when needed.



Timing:

Preparation: 15 min.
Implementation: 30-60 min.
Checking learning progress: 15-20 min.



Activity follow-up:
[Link on supporting young people in crisis.](#)



Other value case box components: Ensure sensitivity and confidentiality in the sessions. Listen effectively to the young person when they share their thoughts and information.



Value quoted:

Your notes:

V ...

V ...

V ...