

going country

Lesson Plan 3



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Lesson Overview:

This session is focused on consolidating learning from the previous sessions. It explores the consequences of gang involvement and the development of support networks if we need help.

Aims and Objectives:

1. For young people to understand the consequences of gang involvement.
2. For young people to understand and identify the support available and who provides this.
3. To ensure learning from all sessions is understood.

Lesson Type:

Activity and discussion based.

Materials Needed:

Going Country video

Learning Outcomes:

- Young people develop a support network which can help them.
- Young people understand the consequences of gang involvement.
- Young people can discuss and show understanding of all content covered in the three sessions.



Introduction

This lesson plan is the third of three focused on knife crime and youth violence. It is intended to be used in conjunction with the '*Going Country*' video available on this link: <https://www.essexvvu.co.uk/essex-county-lines/>

Each of the sessions require the video for delivery. As the facilitator you will be asked to show the video, stop it at key points and then complete activities related to the content shown.



The purpose of all of the sessions is to challenge pre-existing knowledge, change attitudes and opinions and help young people make positive choices and decisions.

This session

This session covers key points related to:

- The consequences of gang involvement.
- Identifying support, if you or someone else needs it.
- Consolidating learning from previous sessions.

Step 1

First, use the introductory statement below to introduce this session to the group.

“Today we are going to complete our final session.

In the last session we started looking at warning signs of gang involvement. Today we’re going to explore this further and think about what can be done if someone we know and care about is involved in a gang.

We are going to continue to use the video in this session as well as completing activities and discussions.

As before, I will stop the video at a certain point and we will then complete an activity related to what we have just watched.

Ok, let’s get started.”

Now play the video from:

3:23 - 3:45

Pause 1

3:23 - 3:45 – After showing the group this section of the video, read the following statement before moving onto the discussion points.

'Last week we were talking about warning signs for gang involvement. In the section of the video we just watched it's clear the narrator is talking about a friend who is in a gang.'

Now, we are going to talk about the realities of support for people in a gang and what might help.'

Discussion

Now work through these discussion points in order with the group.

1. What would you do if you knew or felt a friend or peer was involved in a gang?
2. What support do you think can help people who are in a gang?
3. What are the dangers or risks associated with trying to get support?
For the person in the gang and for you?

Statement

At the end of the discussion read the following statement to the group:

"In the last session we thought about warning signs for involvement in gangs and now we are thinking about what we can do if we know someone has become involved.

The most important thing to do is speak to someone you know and trust who can provide support and put you in touch with services who can help.

We are going to think about this in more detail in another activity.

Trying to help someone who is in a gang can pose risks to them and to you. Gang members are serious and violent people so it's important to get professional help to ensure that everyone stays safe.

Let's think about who can help.'

Pause 1 - Activity

Now we are going to complete a support network activity to help young people think about who might be able to provide support if they know or think someone is involved in a gang.

It is important to encourage help seeking behaviours. Young people should seek the support of professionals if they have concerns about gang involvement, whether this concerns a friend or peer or themselves.

My Support Network

Young people should complete the worksheet on the next page focused on the development of a support network. The aim is to identify professionals and trusted adults who can provide support.

This activity should be completed individually by young people but you can encourage debate and discussion after everyone has completed their own network of support.

My Support Network

If I'm concerned about gang involvement I can talk to?	How can they help me?
E.G – member of staff in school/college etc	They will know about other services who can provide support / provide reassurance to me

Pause 2 - 3:45 - 4:57

3:45 - 4:57 – This part of the video is focused on the experiences of a gang member and the consequences he faced after being involved in a gang e.g. being arrested and serving a prison sentence.

Discussion

After watching the video clip use the following discussion points with the group.

1. In the video the narrator talks about the consequences of being in a gang. In the first session we talked about how people often knew it was risky before they joined a gang. Do you think he really thought that he would face the consequences that he did?
2. What are some of the other consequences he might have faced from being in a gang?
3. He also says 'your like 24 and you've got nothing' do you think he thinks it was worth it? Do you think it was worth it?

Discussion / Statement

At the end of the discussion read the following statement to the group and then discuss:

"We previously looked at getting help for people who are at risk from gangs and the professionals who can provide support. And in the video we have just looked at the consequences of gang involvement from someone who has experienced it.

The experience for most people involved in a gang is negative. What they were promised never comes true, for some the reality is going to prison and for some it's even more serious.

This is why seeking help if you are concerned about gangs or are worried about someone else is important; it really could make the difference and mean the consequences we've discussed are avoided.

Remember, if people had the chance to do it all over again, would they?'

Pause 3 - 4:57 - End of video

4:57 - End of Video – This section of the video discusses protective factors and how having interests and a focus can reduce the risks of gang involvement.

Discussion

After watching the video clip use the following discussion points with the group.

1. Do you agree with the points in the video about how having interests and hobbies can protect you from becoming involved in gangs? Is it always enough? What else can we do?

Discussion / Statement

At the end of the discussion read the following statement to the group and then discuss:

“The video talks about how having interests and hobbies can be a protective factor when it comes to gangs. It also mentions how being engaged in education can help.

This is true, gangs often look for young people without support to recruit into gangs but it can, and does, happen to anyone.

You may not feel at risk now, but things change, we should always be alert to the warning signs of involvement in gangs.

Sometimes we won't know we are being groomed to be involved in a gang until it is too late.

We are going to complete a final activity now to bring our learning on these three sessions to a close.'

Final Activity

In this activity we are going to revisit some key learning points from the three sessions and the video.

It is also an opportunity for young people to have a final discussion and ask any final questions they may have.

Work through the following discussion points in order and encourage any comments:

- ***Choice*** - We talked about about choices in these sessions and how when we are younger our developing brains can make it harder to see consequences, especially in the long term. We also talked about whether joining a gang is really an informed choice and the pressure that makes people join. ***What do you think about the choices people make? Did they really choose this?***
- ***Leaving / Escape*** - We talked about how hard it can be to leave a gang and how isolated people can become. It's a lot easier to join a gang than it is to leave and there can be serious consequences if people do. ***Do you think people can leave when they want to?***
- ***Consequences*** – We talked about consequences and how it's unlikely that people could really picture what these might be when they joined. Given the realities of gang life and the serious consequences that people face, ***do ex-gang members really think it was worth it? Do you?***
- ***Warning Signs*** – We talked about warning signs and how important these are. Being alert to changes in behaviour is really important in terms of getting help for us, and others, at the right time. ***Can you remember the warning signs you identified? Can you remember the ones we provided?***
- ***Support Network*** – Having someone you can talk to if your worried about gangs and gang involvement is really important. There can be consequences if we try and do this all on our own, getting professionals to help is safer and more effective. ***Can you remember you're support network?***

Session Close

We are now going to bring the session to a close. Use the following statement to summarise the learning from the session:

“That brings these sessions to a close. We have covered a lot of information in these sessions and started to look deeper at what involvement in a gang really means.

Gangs sell a life that isn’t real, the reality for most gang members is serious consequences, not serious benefits.

Remember, there is always support if you are worried about gangs and gang involvement, for you, and your friends and peers.

I will provide you with some further details on where you can find support after we finish this session. (please see provided handout on the next page)

Thanks for all your hard work today, if anyone has any final comments or questions please share them.’

OPTIONAL – You may wish to show the entire video again to bring the session to a close.

Sources of Support - Handout

- **Childline** – Confidential helpline for any issue call 0800 1111
- **Victim Support Essex** – You can seek advice from victim support if you've been a victim of crime, just phone 0808 17 81 694
- **Children's Society** – Lots of info and advice on county Lines and exploitation - www.childrenssociety.org.uk
- **Kooth** - Online free safe and anonymous support - www.kooth.com

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