

THEME: RESPONSIBILITY

TITLE: PERSONAL PLAN CARDS

OBJECTIVES:

1. Members will be able to identify issues that concern them, and are potentially dangerous to them.
2. Members will create a safe response to the identified issues
3. Members will increase knowledge about available resources
4. Members will learn planning skills

MATERIALS:

1. Markers
2. Pens/pencils
3. Cardstock
4. Phonebook

INSTRUCTIONS

1. Discuss the activity as creating a personal safety plan
2. Members should collectively come up with issues that they think are important (i.e., Pregnancy, Drug overdose, Alcohol abuse, STDs, school related problems, volunteer resources, family violence, Parks and Recreational resources, suicide)
3. Provide members with a phone book and ask them to come up with several resources that they can call in case of an emergency or question
4. Provide each member with wallet sized card stock
5. Have each member write the resource and the phone number of each important group
6. The last line of each card should be left empty for the member to fill in a personal friend or family member they can reach out to, or with whom they talk to the most