

# Positive Youth Development

## PHYSICALLY AND PSYCHOLOGICALLY SAFE ENVIRONMENT

### Meeting Plan

#### Background



A physically and psychologically safe environment means there is no fear of physical or emotional harm from activities, adults or other participants. Group members decide and agree on how to be respectful and practice safety in group meetings and activities. Conflicts are handled in an appropriate way. Activities and facilities are accessible and safe for all participants.

#### **Assessment: Is our environment a safe one?**

- Is the place where we meet safe? If not, what do we need to change?
- Do we follow rules for doing things safely? What are they?
- Do we follow behavior rules? What are they?
- Is everyone treated with respect? How can we tell they are?
- Does everyone like being a part of our group? How can we tell?
- Do adults help us when we need it? What do they do to help?
- Are others supportive rather than critical? How do they show support? Is there enough adult supervision?

**Anything shared here we need to discuss or work on together?**  
*(Write it down.)*

# Positive Youth Development PHYSICALLY AND PSYCHOLOGICALLY SAFE ENVIRONMENT Meeting Plan

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## Roll Call Suggestions



Tell one thing you have done to make someone else feel comfortable in this group.

Tell one thing that you have done to be supportive of someone else in this group.

Tell a time when an adult in the group helped you with a problem.

Share one safety rule we follow in this group.

Think of a special activity we have held. What's one thing we did to make it safe for everyone to participate?

## Activities to Emphasize a Safe Environment

*Refer to the following Activities Guides:*

Getting to Know You

Top 10 Ways to Be a Good 4-H Friend

Do We Know You?

My 4-H Role Model

4-H Bingo

How Safe Are You?

# Activity Guide for PHYSICALLY AND PSYCHOLOGICALLY SAFE ENVIRONMENT - 1 -

## Getting to Know You

### Materials needed:

Paper, pencil

Time: 30 minutes



This activity allows members to get to know each other better and to build self-esteem while others are learning about them.

- Give 4-H members a pencil and a piece of paper.
- Tell them to talk to as many other members as possible during the allotted time, maybe 5 minutes, depending on the size of the group.
- As they approach someone, have them say, "Tell me something about you that I don't know." They need to write down the person's name and just enough to remind themselves of the answer. (The information could be about family, something they like, or something they have done.)
- Then the first person should tell the partner something about him/herself. And the partner should write the name and a reminder of what he/she was told.
- Then they need to find new partners and start the process over.

**After the information-gathering period, here are two suggestions:**

- Have each 4-H'er tell how many people they talked to and one interesting detail he/she learned. Everyone must reveal something different.
- Call out a person's name and ask others to share details about that person. Possibly, these mini-biographies can be dispersed throughout the meeting.

# Activity Guide for PHYSICALLY AND PSYCHOLOGICALLY SAFE ENVIRONMENT - 2 -



## "Getting to Know You" Processing Questions

### *Sharing*

- How many people did you talk with?
- Was it hard to tell each person something different?

### *Processing*

- Name one detail that you learned that makes you want to talk more with that person.
- What did you learn today that you have in common with someone you talked to?

### *Generalizing*

- How does knowing about each other help us appreciate each other?
- How can you tell that people like talking about themselves?

### *Applying*

- What is a good way to learn about someone else?
- What can you do to help others feel that they are a part of the group?

# Activity Guide for PHYSICALLY AND PSYCHOLOGICALLY SAFE ENVIRONMENT - 3 -

## Top 10 Ways To Be a Good 4-H Friend

**Materials needed:**  
Handouts, pencils  
Time: 15 minutes



Divide the club members into groups of three or four. Instruct them to write their suggestions in the circles on the handout (see attached). When everyone is finished, ask groups to share their responses.

Ask someone in the group to put all the suggestions on a large sheet of newsprint.

At later meetings, ask members to report how someone else had befriended them using one of the suggestions.

## Do We Know You?

Pass out the activity sheet (see attached), and ask members to share something about their 4-H involvement in the top box. Then collect the sheets, and pass them out again randomly. Ask members to guess who shared the information in the top box. After members have guessed on most of the sheets, have someone read from a top box and ask the writer to reveal him/her self. Return sheet to owner. Ask the group these questions:

### "Top Ten Ways to Be a Good 4-H Friend" Processing Questions

#### *Sharing*

- How did it feel to share the information?
- Did anybody match your name with the information you shared?

#### *Processing*

- Why do we sometimes not know what all the 4-H'ers are doing in our group?
- Does knowing about a person's 4-H activities change your perception of that person?

#### *Generalizing*

- Has your perception of anyone changed since you learned about something he/she did?

#### *Applying*

- What are some ways you can get to know a person before forming a judgment about him/her?

# Activity Guide for PHYSICALLY AND PSYCHOLOGICALLY SAFE ENVIRONMENT - 4 -

## My 4-H Role Model

**Materials needed for each participant:**  
Role Model Sheet and pencil



Instruct 4-H'ers to fill out the role model sheet (see attached). Then ask them these questions:

### "My 4-H Role Model" Processing Questions

#### *Sharing*

- Ask 4-H'ers to share what they have written.
- Did you have an easy time deciding on your role model?

#### *Processing*

- If you had been asked, could you have chosen several role models?
- Why or why not?
- Why does your role model stand out to you in your 4-H group?

#### *Generalizing*

- When have you thought of role models in areas other than 4-H?
- Who is a non-4-H role model for you? Why?

#### *Applying*

- What can you do that your role model does?

**If possible, post the role model sheets!**

# Activity Guide for PHYSICALLY AND PSYCHOLOGICALLY SAFE ENVIRONMENT

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## 4-H Bingo

**Materials needed for each participant:**  
Bingo Card and pencil



This activity allows members to get to know each other better and to appreciate the group's diversity.

Give each 4-H member a pencil and a 4-H Bingo card (see attached).

Have members fill out the lines of the game with their own best answer for each square. Then when you call "GO," instruct them to have someone who had a different answer sign that square.

While it is important to find people who are like us, it is also important to realize that we are all different in many categories. We need to recognize and appreciate those differences (as well as our similarities).

The game is over when someone "Bingos." Determine ahead of time how the card needs to be filled to achieve a "Bingo."

### "4-H Bingo" Processing Questions

#### *Sharing*

- Was it easy or difficult to find members whose answers differed from yours?
- Were you surprised with others' answers?

#### *Processing*

- Name one detail that you learned that makes you want to talk more with that person.
- What did you learn today that you have in common with someone you talked to?

#### *Generalizing*

- How does knowing about one another help us appreciate each other?

#### *Applying*

- What is a good way to learn about someone else?
- What can you do to help others feel as if they are a part of the group?

# Activity Guide for PHYSICALLY AND PSYCHOLOGICALLY SAFE ENVIRONMENT - 6 -

## How Safe Are You?

### Materials needed:

How Safe Are You? Handouts, pencils



At a 4-H meeting, ask 4-H'ers to interview other 4-H'ers randomly to answer the questions on the "How Safe Are You?" worksheet (see attached).

### "How Safe Are You?" Processing Questions

#### *Sharing*

- Did you expect most of the answers you got on your work sheet?
- Did other 4-H'ers willingly answer your questions?
- Did you have problems determining any of the answers?

#### *Processing*

- As you asked the questions, did you think about your own safety?
- Does having a smoke detector, fire extinguisher, first aid supplies and a phone at your meeting make you feel safe? Why or why not?

#### *Generalizing*

- What causes youth to feel unsafe physically?
- What causes youth to feel unsafe emotionally or socially?

#### *Applying*

- What can you do to help make all 4-H'ers feel safer at your meetings?
- What can leaders and parents do to help 4-H'ers feel safer at your meetings?