



Kandersteg
International
Scout Centre



The Adult Patrol Leader's Safe from Harm Learning Package for Participants



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Credits:

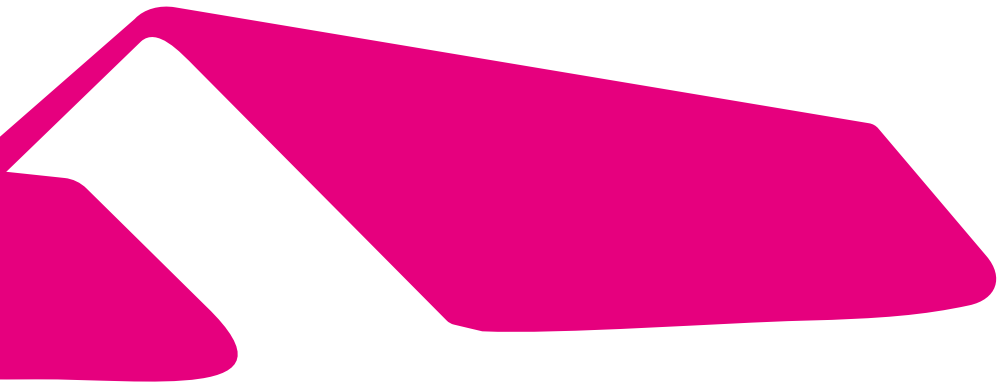
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What is this learning package for?

Before the 24th World Scout Jamboree 2019, all adults took online Safe from Harm training. Safe from Harm experts at the Jamboree gave feedback that young people at future international events should also receive Safe from Harm preparation. For Kander 100, we want Adult Patrol Leaders to provide this preparation, using this package.

You may already have done some Safe from Harm preparation with your Patrol and you have probably had Safe from Harm training, but we want everyone to be on the same level, so this package contains activities we want you to run with your young people.

Most of the activities are designed to be done either in a physical Patrol meeting, or by individuals or virtual groups online if you can't get your Patrol together very often. The Blindfolded Minefield game does require at least three people to be in the same place.





What is Safe from Harm about?

Safe from Harm is how events aim to prevent inappropriate behaviour like abuse, bullying, discrimination, cultural misunderstandings and other forms of disrespect and harm. Safe from Harm is different from 'normal Health and Safety' because it is about harm caused by people to other people, or to themselves.

What if talking about Safe from Harm leads someone to tell me they have been abused or are facing a mental health crisis?

Safe from Harm deals with sensitive issues. Please be prepared for this. Sometimes, discussing Safe from Harm brings up problems in young people's or adults' lives. It is important to listen to them, not to pass judgement, and to make sure they know you are taking their concerns seriously. This may include reporting what they tell you to the appropriate authorities. Never promise confidentiality but do not share what they tell you with anyone except safeguarding professionals or mental health workers, as appropriate. Seek help from your National Scouting or Girlguiding's safeguarding service.

If you need any further advice, you can contact the [Safe from Harm Team](#) of Kander 100

Activity 1

Blindfolded Minefield Icebreaker

Requires: Blindfolds and items to make obstacles; Items to retrieve; A referee or referees to spot when a 'mine' has been touched.

This game does two things. It teaches the importance of trust and teamwork, and it gives an idea of what it's like to live with a disability: in this case, being blind. Blind or partially sighted Patrol members can play the game, since they will be on equal terms with everyone else when crossing the 'minefield'. You may need to adapt the game for wheelchair users, making more space between obstacles for the wheelchair. For deaf participants, the guide can accompany them and should agree a way to communicate, e.g. by tapping a hand gently. You may also need to come up with adaptations for people with learning disabilities or other forms of mobility issue. Always ask them what would work best for them and only do things they are comfortable with.

The same applies to the other activities in this training package. Always involve people with disabilities equally and make adaptations that work for them, so that they can participate fully.



The game

Divide the Patrol into groups of between two and six players, depending on numbers present. An obstacle course (the minefield) is prepared by the leaders (or one of the three players if only three people are present) using any objects that are to hand

- chairs, benches, water canisters, bean bags, traffic cones, balls, etc. It's a good idea to have some quite small items as well as big ones. An item for each team member to retrieve is placed on the far side of the minefield. Something like a piece of fruit would be ideal.

One member of each team is blindfolded. On your shout of 'Go!', the rest of the team must stay behind the start line and call out instructions to the blindfolded person, who must cross the minefield without touching a 'mine' to retrieve their prize. If they touch a 'mine' they must leave the minefield and start again. Once they have picked up the prize they can take off the blindfold and return to the start line. They hand the blindfold to the next person and the process is repeated until everyone has crossed the minefield and claimed a prize. It's a good idea to move the obstacles around between crossings. The team that gets everyone home first is the overall winner.

Activity 2

The Safe from Harm Poster Competition

Requires: Paper and paints, coloured pens or pencils.

Based on the Scout Law and Promise, and Baden-Powell's vision for Scouting and Girlguiding, we will apply seven principles to keep people safe at Kander 100. The point of this activity is to help Patrol members to become aware of the principles and why they should follow them.

Ask your Patrol members to design a poster to explain one of the principles. This can be done individually, in pairs, or in small groups, as you and the Patrol prefer. It is best to divide the principles up between the Patrol members to avoid too much duplication.

Once everyone has finished, ask them to explain how their design illustrates the chosen principle. You can award prizes for the best poster(s) and explanation(s) if you wish. The best posters can be shared on the Patrol's Instagram or Facebook.



The seven principles are:

1. **Equality** – Treat everyone at Kander 100 as your equal. That doesn't mean treating everyone the same. Some people need additional support to achieve equality. E.g., a person with a disability may need equipment to be adapted so they can participate on equal terms.
2. **Consent** - Your body and your mind are your own. Nobody should do anything to you - touch you, take photos of you, contact you on social media, etc. - without your permission. If you are uncomfortable, just say no. If someone persists, tell your Adult Patrol Leader, a Steward or the Listening Ear.
3. **Trust** - A Scout or Guide is to be trusted. For Safe from Harm, this means especially that you can be trusted not to behave inappropriately towards other people, e.g. by making unwanted sexual advances or sharing unacceptable messages, either in person or online.
4. **Respect** - We all come from different cultural, faith, national and ethnic backgrounds. We have different genders and find different kinds of people attractive. We have different abilities and different ways of behaving to fit in with our own community. Sadly, difference often leads to discrimination and hatred. That is not acceptable at Kander 100. The Scouting and Girlguiding way is to welcome difference, celebrate it, and learn about it. That is what is expected of you.
5. **No abuse or bullying** – Abuse or bullying of any sort – physical, mental, sexual or emotional, online or in the real world – is completely unacceptable. Remember: what you think of as teasing may feel like bullying to the recipient. We are at Kander 100 to enjoy ourselves. Don't spoil it for anyone else.
6. **Safeguard Mental Health** - Look after our own mental health and look out for others around you.
7. **Obey Kander 100 Code of Conduct and Swiss law** – E.g., no illegal drugs, 'trophy hunting' (aka theft), or sexual misbehaviour.

Activity 3

The Safe from Harm Quiz

The point of this quiz is to highlight some of the most important things about keeping people Safe from Harm at Kander 100:

- Treating everyone equally and with respect - we are brother and sister Scouts and Guides;
- Recognising that prejudice and discrimination against people because of their personal characteristics or background makes no sense and is wrong, especially in Scouting;
- Keeping each other safe from bullying, disrespect, discrimination, and inappropriate contact and harassment; and
- Supporting people with mental health issues and reacting immediately to mental health crises.

You could run the quiz for individuals (e.g. if you can't bring the Patrol together in one place and have to communicate online), but it would be better to divide the Patrol into small groups so that they can discuss their answers. It's up to you to decide on prizes.

We have provided a blank quiz sheet for you to copy and distribute, followed by the answer sheet. Why not try the quiz yourselves as a leadership team?

Kander 100 Safe from Harm Quiz

Do Scouts and Guides wear a uniform to:

- a. Keep our normal clothes clean and tidy
- b. Show we are all equal with each other
- c. Look like soldiers

The very first Scout patrols in Britain included:

- a. Only boys
- b. Only girls
- c. Sometimes boys and girls

An adult comes up to you and says: 'Wow, you look great in your Scout Group hoodie. Let's take a selfie together?'

- a. 'OK and this is my Instagram so you can share it with me'
- b. 'Thank you but no. We aren't supposed to take selfies with adults'
- c. 'Yes and can we swap neckerchiefs too. Yours is brilliant.'

The faith with the largest number of members in world Scouting and Guiding is:

- a. Christianity
- b. Hinduism
- c. Islam

Which country in the world had the first woman Prime Minister?

- a. Sri Lanka
- b. Great Britain
- c. New Zealand

Which of these people has, or had, a disability or life-limiting condition?

- a. Stephen Hawking (physicist)
- b. Daniel Radcliffe (Harry Potter film star)
- c. Greta Thunberg (environmental campaigner)
- d. St. John Paul II (Polish Pope)
- e. Lady Gaga (pop star)
- f. Ludwig van Beethoven (composer)
- g. Tom Cruise (Mission Impossible film star)
- h. President Bill Clinton (former US president)

Choosing from this list, fill the gaps below:

- a. African
- b. Asian
- c. European
- d. Middle Eastern
- e. American

Which people discovered or invented:

- I. Fire
- II. Art
- III. Metal-making
- IV. Printing
- V. The programmable computer

Sam tells you that Ali keeps making rude remarks about how fat Sam looks, telling them that they ought to go on a diet and saying they look ugly. Do you:

- a. Say: 'Well they do have a point. You could do to lose a few kilos lol'
- b. Say: 'Ali's an idiot. Just ignore it'
- c. Report the conversation to your Adult Patrol Leaders and ask them to deal with Ali because they are bullying Sam

Two of the people in your patrol have been going round with signs saying 'Free Hugs' and trying to get people to hug them. You think this is very risky, so you tell your Adult Patrol Leader, who just laughs and says it's only a bit of fun. Do you:

- a. Make your own sign and join in
- b. Go to the Listening Ear and ask them to speak to your APL
- c. Confront the people offering free hugs and rip up their signs

You left your ID in your tent. Doh! While your patrol heads for the Marina, you dash back to get it. As you are searching, you hear a voice from a nearby tent. It's Tomasz from the next Unit along. You know them because they're always fooling around. It sounds as though they're recording something on a smartphone. You hear them say: 'I'm really sorry but I can't go on. Don't feel sad. You'll be better off without me'. Do you:

- a. Think: 'OMG. I need to get help from an adult fast'
- b. Take no notice. They're always looking for attention and they're just fooling around again
- c. Tell you friends when you get to the Marina and ask what they think you should do

Your friend Andrea tells you they are really struggling at Kander 100 and are feeling anxious all the time. Do you:

- a. Listen without judging and say 'thank you for telling me', then suggest that you go and speak to your Adult Patrol Leader?
- b. Say we all struggle at times. You will get over it
- c. That doesn't matter right now. We need to go to the programme zone

Activity 4

Write a Patrol Code of Conduct

How will your Patrol members behave at Kander 100? It's time to talk about what is and isn't appropriate. Lots of Patrols going to Scouting events write their own Code of Conduct so nobody oversteps the line of good, respectful behaviour. We want your Patrol to do the same, so ask your young people to work together to discuss what should be in your Code and write one that you can all sign up to. A good Code of Conduct will:

The seven principles are:

- Be based on the Scout/Girlguiding Promise and Law.
- Reflect on Kander 100 Safe from Harm principles.
- Cover the behaviour expected of Adult Patrol Leaders as well as young people.
- Cover behaviour towards other people at Kander 100 as well as between Patrol members.
- Be prepared by the young people in the Patrol working together, not by the Adult Patrol Leaders, but be a Code that the APLs can sign up to.

Writing a Code of Conduct can lead to some good-natured teasing - whose trainers are so smelly they need to be stored outside the tent? Who spends too much time staring at their phone? However, teasing can quickly upset the person being teased, so tell your young people not to make writing the Code personal. If one person's trainers are a problem, it doesn't mean others won't be. Maybe everyone should keep their phones out of sight most of the time, so they all get the most out of meeting new people and enjoying what's going on around them.



Activity 5

Helpful Versus Unhelpful For Our Mental Health

Requires: The Code of Conduct your Patrol has prepared;

Careful explanation of the purpose of the activity.

Explain to the Patrol:

The seven principles are:

- A. Just like physical health we all have mental health: it's about how we think, feel and behave. It's about the way we see ourselves and the world around us.
- B. Our physical and mental health overlap and affect each other. For example, if we look after our physical health it helps our mental health.
- C. So, we are going to have a discussion about mental health ahead of Kander 100. We need to talk about how to look after our own mental health and look out for others around us.
- D. Before we start, we need to remember our Patrol Code of Conduct. Mental Health can be difficult to talk about. Please respect each other and try your best to listen to all the different ideas and opinions.
- E. At Kander 100 we will experience a lot of different emotions: e.g. happy, sad, fear, surprise, anger and lots of others. We will have thoughts like: 'That was amazing,' or 'I'm so tired,' or, perhaps, 'I can't do this, it's all a bit too much today.' Reassure the Patrol that it's OK. These feelings are all part of the Kander 100 experience.

Here are some tips for getting the best out of this activity:

- Facilitate the Patrol to share their own ideas, don't tell them what's right and wrong.
- Use the young people's words.
- Accept that some things will be helpful or unhelpful for some and not for others - be flexible.
- Praise all contributions.
- Get a young person to write the points on the board/paper if you are all in the same place.
- We don't have to have 'answers' to solve or fix someone's difficulty. Listening is the most valuable act you can do.
- Ask twice! Sometimes we say we're fine when we're not.
- Please remember that you as Adult Patrol Leaders also need to take care of your mental health and emotional wellbeing. If you are concerned about a friend or yourself, approach a trusted adult or come to the Listening Ear.
- These conversations might generate some new ideas for the Patrol Code of Conduct. Do revisit the Code and add to it if needed.

Part 1: What is 'Mental Health'?

Break the Patrol into pairs or small groups and ask them to talk to each other about what they think Mental Health is. Then get back together and brainstorm ideas on a large piece of paper, if the Patrol is together, or ask them to offer ideas over a Skype call or similar while you write them up. Encourage people to contribute. Don't criticise ideas that might be judgmental: instead say: 'Thanks for sharing that'.

Part 2: Helpful Versus Unhelpful Activity

Draw up a blank version of the table below on a whiteboard or large piece of paper. Ask the Patrol to discuss and contribute their ideas for what might be helpful or unhelpful for their mental health. We have filled in the table with some examples that might come up in discussion. You might use these to prompt discussion if the Patrol's members find it difficult to get started.

Helpful - things that make us feel good, safe and able to take part in Kander 100.

Unhelpful - things that make us feel less engaged, lonely or unhappy at Kander 100.

Helpful for our mental health

- Stay hydrated
- Talking to others about our day – both positive and negative
- Trying out new things
- Taking time out when we need it
- Getting enough sleep
- Take your time, you don't have to do everything on the first day

Unhelpful for our mental health

- Criticizing ourselves and others
- Withdrawing from the group
- Making others not feel welcome
- Working too hard
- Not getting any sleep
- Focusing on things we didn't enjoy



Mental Health and emotional well being resources

You may want to discuss how you can support a friend. Here are some top tips:

- ▶ This is a [helpful clip](#) about asking twice
- ▶ You can find out more about listening in this video.

If you would like to learn more about Mental Health, we recommend that you check out the following resources:

- ▶ The Mental Health Foundation – About Mental Health
- ▶ Young Minds – What is mental health?
- ▶ The Anna Freud Centre – Helping Someone Else
- ▶ The Scouts (UK) – Mental Health guidance

YouTube can also be a great source of learning about Mental Health. Check out the following videos:

- ▶ The Anne Freud Centre – We All Have Mental Health
- ▶ World Health Organisation – I had a Black Dog
- ▶ Anxiety & the FFF response – Fight Flight Freeze

Annex

(Example #1)

NAME OF GROUP:

CODE OF CONDUCT

As a member of the [NAME] Group participating in Kander, I agree to follow the Code of Conduct set out on IVXth (Month) 2023. The Code of Conduct is as follows...

- To respect other Group members' views and opinions
- To respect other Group members' boundaries and personal space
- To use polite and respectful language, this includes an appropriate choice of wording
- To appropriately use phones, this is especially at meal times
- To look after all property and belongings
- To listen to other Group members when talking and to allow them to finish what they are saying
- Meal times are a time to spend with the Group where everyone should get involved
- To keep in regular contact with adults so that they know where we are and to tell them if there are any problems.

As a Leadership Team we want to reward positive behaviour rather than having to discipline for negative. We will agree to the Code of Conduct.

By signing this Code of Conduct I agree to it.

Signed by Participant

Signed by Parent

(Example #2)

NAME OF GROUP :

CODE OF CONDUCT

Kee everyone safe at all times

A team that works together succeeds together

Never cross someone boundaries and respect their
personal space

Don't forget that we are here to have fun, and no one
should be left alone if they don't ask for it

Embrace new challenges, cultures and ideas

Remember to report any wrong behavior



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Contact us:

2023@kisc.ch - General inquiries.

safefromharm@kisc.ch - Safe from Harm reporting.