

## Gold DofE volunteering section Personal Safety & Self Defence Campaign Participant guide

### RESOLVEit's aim

The aim of the RESOLVEit Gold Personal Safety & Self Defence Campaign (PSSD campaign) is to train you, using various methods, to raise awareness of personal safety within your school, local community and nationally. You will be trained to deliver personal safety assemblies and self-defence workshops and you will gain a Level 2 BTEC in Personal Safety & Self-defence.

You will think of ways to deliver personal safety and self defence messages to your local community throughout the year using different mediums. You will collect feedback on this and use it to help you improve your campaign throughout the year. Once you have completed the RESOLVEit e-induction and first Zoom meeting, you will be expected to deliver at least one personal safety assembly to a primary or secondary aged audience. You are welcome to deliver more than one assembly during your campaign and it will be good practice for the half-day safety event that you are going to organise and deliver, once you have completed your Level 2 BTEC in Personal Safety & Self Defence. If you are completing the challenge as a team then each team member must play an active role in at least one assembly and also the half-day personal safety event.

As an individual or a member of a team (3-6 members), you will be expected to identify opportunities that will develop the understanding of personal safety within your school, the local community and nationally.

### Gold requirements

- ✓ Gold participants are expected to complete all training, including the Level 2 BTEC, within the first six months of their volunteering section so that they have at least six clear months in which to run their campaign and deliver their events.
- ✓ Gold participants can choose to deliver more than one personal safety assembly, one session to a local group and a ½ day event but that is the minimum they must deliver in order to complete their volunteering section with RESOLVEit. These can be delivered virtually or face to face.
- ✓ Gold participants who are not resident in the UK will complete a RESOLVEit Self Defence award rather than a Level 2 BTEC as they will be unable to attend the practical BTEC training in the UK.

### Other important stuff

- ✓ ALL social media campaigns/ posters / self-designed workshops must be pre-approved by a RESOLVEit team member.
- ✓ Please collect as much video / photo / screenshot / written evidence as possible during your Gold PSSD campaign, this will really help when writing your final DofE report.

## Campaign overview

	Gold Personal Safety & Self Defence Campaign
<b>Challenge duration</b>	12 months (18months if you have not achieved your Silver Award) <i>Hours can be 'grouped' i.e. you do not have to do 1hr per week, you can do 4-6 per month.</i>
<b>Participant training</b>	Zoom meetings (start, every 2 months, end) e-induction (if you did not complete your Silver with us) Train a Trainer workshop Level 2 Self Defence BTEC Contact with RESOLVEit Social Media Manager.
<b>What are participants expected to do?</b>	<ul style="list-style-type: none"> <li>- Deliver Personal Safety &amp; Self Defence messages throughout the year.</li> <li>- Run a 1-week campaign on RESOLVEit social media.</li> <li>- Get feedback to show what people learnt from safety events you hold and messages you share. Use this feedback to improve your campaign and as evidence for your DofE report.</li> <li>- Offer Personal Safety &amp; Self Defence talks to local youth groups, care homes, community groups, etc.</li> </ul>
<b>Expected audience</b>	Local community / school (become #WAASS) Wider community Pan Wales / country
<b>Expected participant delivery (recorded where possible)</b>	A personal safety assembly (primary or secondary) A ½ day safety event (using BTEC knowledge and teaching a RESOLVEit workshop OR a workshop you have designed)
<b>Cost per participant</b>	£200pp (you come to us for your practical BTEC training) £249pp (we come to you for your practical BTEC training. We need a minimum of six participants in one location to offer this.)
<b>What do participants get?</b>	<ul style="list-style-type: none"> <li>- RESOLVEit t-shirt &amp; stress ball</li> <li>- Train a Trainer training worth £249</li> <li>- Level 2 BTEC in Personal Safety &amp; Self Defence worth £200</li> <li>- A unique opportunity to empower others through teaching self-defence.</li> </ul>

## Suggested plan

As your Gold Award volunteering with RESOLVEit can be anything between 12 and 18 months, we have not given you a micro-level breakdown but instead have given you an outline of what you need to achieve by when in order to stay on schedule to complete your RESOLVEit DofE Gold volunteering PSSD campaign.

Remember to book your Zoom sessions with a RESOLVEit team member. You will have an update meeting once every two months for the duration of your challenge.

It helps to plan your time carefully and you must make sure you complete all the necessary tasks to achieve the volunteering section of your Gold Award.

Please get in touch with us on [dofe@resolveitcic.co.uk](mailto:dofe@resolveitcic.co.uk) if you have any questions, we are here to help.

### Within the first month, you should have:

- ✓ Researched RESOLVEit and what we do.
- ✓ Thought about what personal safety means to you.
- ✓ Completed your RESOLVEit e-induction on Tuborial.
- ✓ Completed your Zoom induction with a RESOLVEit team member. You need to email [dofe@resolveitcic.co.uk](mailto:dofe@resolveitcic.co.uk) to book this session.
- ✓ Made an outline plan of what you want to do for your PSSD campaign.
- ✓ Started a record of your time spent on the campaign.
- ✓ Booked in for your Train a Trainer workshop with RESOLVEit.

## Researching RESOLVEit

[www.resolveitcic.co.uk](http://www.resolveitcic.co.uk)

Facebook: [www.facebook.com/RESOLVEitUK/](https://www.facebook.com/RESOLVEitUK/)

Twitter: @RESOLVEitcic

Instagram: resolveitcic

## What does Personal Safety mean to you?

Make this campaign your own; think about what personal safety means to you and ask others around you what it means to them. Use this to help you design your campaign. The BTEC training and Train a Trainer workshop will give you ideas on this too.

## RESOLVEit e-induction

You will receive a log-in to Tuborial when you sign up for the Gold personal safety campaign with RESOLVEit. Tuborial is an online learning platform where you can access the e-induction as well as the resources you will need to deliver your personal safety assembly.

The e-induction takes around 40 minutes to complete.

## Zoom induction

You will complete an e-induction with a member of the RESOLVEit team. This e-induction will teach you about personal safety, show you some practical self-defence moves and help you put together a plan for your campaign.

Do not forget to get in touch with the team, introduce yourself and arrange a time to complete your Zoom induction. This session usually lasts between 40 minutes to an hour.

Once you have completed the e-induction you can use the RESOLVEit Marketing & Branding pack (available on your Tuborial account) to help you with your campaign.

### Planning your Personal Safety & Self Defence Campaign (some notes)

- ✓ Remember to get the necessary permission when using photos or videos of other people.
- ✓ Make sure you plan in time to share regular safety information and tips either online or using another method. Remember that you will need time to design them.
- ✓ Think about how you will reach the wider community
- ✓ Look at the options you have for delivering safety messages; perhaps the school website, your personal social media platforms or on RESOLVEit's social media platforms.
- ✓ Think about your target audience; what age are they? How are you going to promote personal safety in a way that they will understand and be interested in?
- ✓ If you are planning to use posters, where will you display them? Noticeboards, local newspapers and schools are a good start.
- ✓ Start thinking about where you might deliver your first personal safety assembly.

### Recording your progress

- ✓ If you prefer keeping online records, you can use your eDofE account to do this and send the RESOLVEit team regular screenshots so they can keep a record of your progress.
- ✓ There are also Activity Logs available which you can either print off and fill out or type into on the screen. Again, you need to update the RESOLVEit team regularly, so they know you are on track to complete your campaign.
- ✓ You can use photos, screenshots and videos as evidence of your volunteering and these can be uploaded onto your eDofE.
- ✓ It is **really important** to keep a complete record of what you do for your campaign; this makes it a lot easier for you to write your final report and for RESOLVEit to write an Assessor's report once you have completed your campaign.

### By the end of the first half of your campaign (6 – 9 months)

\*Remember to book a Zoom session with a RESOLVEit team member every two months for the duration of your campaign.

- ✓ You should have completed your Train a Trainer workshop (well done). The RESOLVEit team will have explained to you about your school becoming a #weareasafetyschool for the duration of your campaign.
- ✓ You should have booked somewhere to deliver at least one personal safety assembly (this can be a virtual assembly or face to face).
- ✓ You should have received a log-in for the Level 2 BTEC, completed your online training and preferably have your practical training completed or at least booked.
- ✓ You should have had at least two Zoom catch-up meetings with the RESOLVEit team.
- ✓ You should have been in contact with the RESOLVEit Social Media Manager to discuss your 1-week social media campaign ideas.
- ✓ You should have started delivering personal safety and self defence messages through various mediums. Remember to get feedback.
- ✓ You should have researched local groups, youth groups, care homes, community groups and any other groups you would like to deliver to.
- ✓ You should be planning your half-day event; is it going to be virtual or face to face? Where are you going to do it? Who do you want to attend? How are you going to invite them? What moves are you going to teach?
- ✓ You should have a firm plan in place for the rest of your campaign.
- ✓ You should be keeping your eDofE activity log or some sort of diary, up to date with everything you are doing as part of your PSSD campaign.

### Remember to think about:

- What messages you want to deliver throughout your campaign.
- Are you going to have various themes throughout your campaign or one theme throughout?
- Who is your audience?
- How are you going to reach them?
- Delivering your assembly; remember you will need to adhere to current Covid-19 regulations for your area.
- If you are delivering something online, make sure the technology works before the event!
- Any national awareness days that you could tie your campaign into i.e. universal children's day, white ribbon day, anti-bullying awareness.
- Collecting feedback; can you do this online? Feedback slips? Emails?
- Getting photographs / screenshots and video. It is good to watch a video of yourself delivering an assembly or event to get a good idea of what you could change or improve next time. This will also be good evidence for your final DofE volunteering report.

### The second half of your campaign (months 6-12 or 9-18)

\*Remember to book a Zoom session with a RESOLVEit team member every two months for the duration of your campaign.

- ✓ You should have completed your Level 2 BTEC in Personal Safety & Self Defence (Congratulations!)
- ✓ You need to deliver at least one personal safety assembly and get feedback.
- ✓ You need to complete your 1-week campaign on RESOLVEit social media.
- ✓ You should be building up a good folder of evidence to show the messages you have shared during your campaign and how people have responded.
- ✓ You should have offered to deliver a personal safety & self defence event for a local community group i.e. your football club.
- ✓ Your half-day event should be planned, booked and you should be busy preparing for it. Make sure you practice with family and friends so you can do your best on the day.
- ✓ You should be keeping your eDofE activity log or some sort of diary, up to date with everything you are doing as part of your PSSD campaign.

### Social Media Campaign (1-week)

'Social Media Gold campaign' is a document available on your Tuborial account. This gives you an introduction to running your 1-week campaign on RESOLVEit social media.

Once you have read this document, get in touch with the RESOLVEit Social Media Manager and they will advise you from there.

### Personal Safety & Self Defence event (local community)

Cubs / Scouts / Guides / Brownies

Local youth clubs

Football / rugby clubs

Young Farmers

These are just some examples of local community groups who would love the chance to learn some self-defence and understand more about personal safety.

Think about what you are going to deliver; do you want to run something based on a personal safety assembly or would you rather create your own presentation based on the knowledge from your training?

Remember you are delivering as a RESOLVEit volunteer ambassador. If you want to run a test session on Zoom with a RESOLVEit team member before you go and deliver to an external group, just get in touch with the team and we will set it up so you can do this.

### **Half day event**

You can use your imagination when planning your half day event, there is no set format you have to follow. You might want to focus on a particular topic i.e. the RESOLVEit four principles, or you may want to try and teach as much self defence as you can. Just remember that people can only retain a certain amount of information when it is given all at once. You could run a half day event that offers one-hour long slots to different groups of people or you could deliver to the same group for the whole event.

Think about:

- ✓ Your target audience
- ✓ What you want to teach them and why.
- ✓ How you want to deliver it (online or face to face).
- ✓ Where you want to deliver it.
- ✓ When you want to deliver it.
- ✓ Rehearsing; it always helps if you have tested everything out before the actual event.

### **The End bit!**

\*Remember to book a final Zoom session with a RESOLVEit team member so you can run through an evaluation of your campaign (this is where those well-kept notes come in handy!).

### **Thank everyone involved**

This is important! Thank everyone you can think of who has helped with your campaign. Make sure you thank the groups who you delivered your personal assembly, personal safety event and half day event to.

If you have been using social media, it would be nice to do a final post to thank everyone and tell them that you have completed your Gold PSSD campaign.

### **Evaluate**

Make sure you take time to sit down and think back over your campaign. What went well? What would you change if you did it again? What is the most useful thing you have learned? What have you got better at? This is when those notes come in handy... again!

### **Completing the paperwork**

You will be asked to write a report about your campaign for your award. Please send this to the RESOLVEit team so they can sign your assessor's report and give some positive feedback on how well you have done!

Remember that to plan and carry out a campaign like this shows many skills that are valuable to employers and will support you in the future. Remember to talk about what you did for your PSSD campaign in interviews and add it to your CV.

**CONGRATULATIONS on completing your Gold DofE volunteering section with RESOLVEit!**