



Silver DofE volunteering section
Personal Safety Campaign
Participant guide

RESOLVEit's aim

The aim of the RESOLVEit Silver Personal Safety campaign is to train you, using various methods, to raise awareness of personal safety within your school and local communities.

You will think of ways to deliver personal safety and self defence messages to your local community, as part of this you will run safety blog for the duration of your campaign.

Each participant will also receive training to enable them to deliver a RESOLVEit personal safety assembly to primary or secondary school aged audience. During your challenge, you must deliver at least one personal safety assembly. You are welcome to deliver more than one personal safety assembly and if you are completing the challenge as a team then each team member must play an active role in at least one assembly.

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 the local community.

Silver Personal Safety Campaign	
Challenge duration	6 months
Required participant training	Zoom meetings (start, middle, end) RESOLVEit e-induction
What are participants expected to do?	- Deliver Personal Safety / Self Defence messages to their local community and run either a Safety blog or poster campaign over the 6-month period (age appropriate to their chosen audience). - Choose a location to deliver at least one personal safety assembly.
Expected audience	Local community / school Wider community (i.e. county-wide)
Expected participant delivery (recorded if possible)	At least one personal safety assembly to primary or secondary school age. * Preferably one to each age group.
Cost per participant	NO COST

Please remember:

- ALL social media campaigns/ posters / self-designed workshops must be pre-approved by a RESOLVEit team member.
- You should collate as much photo / video / screenshot evidence of your campaign as possible.



Suggested timetable for your six-month challenge:

Within the first month, you should have:

- ✓ Researched RESOLVEit and what we do.
- ✓ Thought about what personal safety means to you.
- ✓ Completed your e-induction.
- ✓ Completed your Zoom induction with a RESOLVEit team member. You need to email dofe@resolveitcic.co.uk to book this session.
- ✓ Made an outline plan of what you want to do for your personal safety campaign.
- ✓ Started a record of your time spent on the campaign.

Researching RESOLVEit

www.resolveitcic.co.uk

Facebook: 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.

RESOLVEit e-induction

You will receive a log-in to Tuborial when you sign up for the Silver 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 six-month 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 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 local and wider community.
- Look at the options you have for an online blog; 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.
- Decide where and when you would like to run your first personal safety assembly. Get in touch with the place you want to run it as soon as you can to set a date. You do not have to

deliver your assembly in a school, you can deliver to a Scout group or other community group.

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 for your campaign.

Months 2 – 5 of your campaign

*Remember to book a Zoom session with a RESOLVEit team member at some point during month 3 of your campaign. This will be your second Zoom meeting.

Personal Safety & Self Defence messages / Safety blog or poster campaign

"Self-defence is not just a set of techniques; it's a state of mind and it begins with the belief that you are worth defending." Rorion Gracie (remember to credit any quotes!)

- What messages do you want to deliver during your six-month campaign?
- Do you want to do a weekly post or personal safety challenge? Are you going to do this face to face (i.e. in your football club) or virtually?
- Are your messages going to have a theme?
- Who is your audience?
- How are you going to reach them?
- Are you going to write a blog? If you are working as a team, is each team member going to take responsibility for a set time period?

Deliver a Personal Safety Assembly

Decide where and when you would like to deliver your personal safety assembly. Is it going to be delivered virtually i.e. via Zoom or face to face? Remember you will need to adhere to current Covid-19 regulations for your area.

Remember to:

- Check that the technology works well before the day of your assembly.
- Research any national awareness days or events that you could tie your event into i.e. anti-bullying week.
- Take deep breaths, it is normal to feel nervous and you will be great!
- Get photos or videos of your assembly. Make sure you have permission.
- Get some feedback on the day if you can.
- Make a note of what went well and what you think you might change if you ran a similar event again. Do this as soon after the assembly as you can.



Month 6: the final month of your campaign

*Remember to book a Zoom session with a RESOLVEit team member for the last week of your campaign. This will be your last Zoom meeting.

Thank everyone involved

This is important! Contact the people who you delivered your personal safety assembly to and thank them for their time. Ask for any feedback; this will help you to grow as a person.

Evaluate

Make sure you take time to sit down and think back over your six-month 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? If you made good notes after your assembly, this is the time to use them.

Feedback to RESOLVEit

We would love to see any pictures so please tag @RESOLVEitCIC into to your social media posts and do not forget to write a report about your six-month Personal Safety 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 an event 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 Personal Safety Campaign in interviews and add it to your CV.

CONGRATULATIONS on completing your Silver Personal Safety Campaign with RESOLVEit!

If you are planning on doing your Gold DofE, why not have a look at the RESOLVEit Gold Personal Safety & Self-defence Campaign?

