

3.2. PUT YOURSELF IN OUR HANDS



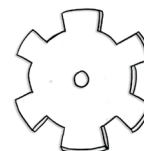
Aim

This works well with small groups of young people whom you have worked with before. It is a good way to start a session that will look at positive relationships, friendships and building trust. The aim is to allow members of the group to experience being trusted as well as trusting someone else. It encourages them to consider how their own actions affect others and how that feels in reverse.

 <p>Time needed Variable, depending on the number of participants</p>	 <p>Resources needed Good knowledge of the area so you can identify a space that provides a kind of obstacle course for the young people to navigate A scarf to use as a blindfold</p>	 <p>Group size Up to 12 people</p>
---	--	--

Step-by-step description

1. Ask the young people to nominate a volunteer: it might be good to lead this part if you feel that someone may be pressured into doing it. Explain to them that the point of this activity is to encourage them to trust each other and to take responsibility for their own actions and the safety of others. Tell them that if they feel really uncomfortable at any point in the exercise they should say so, and the group will stop.
2. Ask the volunteer to step forward to be blindfolded. Make sure that they cannot see and ask them to describe how that feels.
3. Lead the young person, with their eyes still covered, to the area that you have identified for the session. Choose another member of the group to lead the volunteer. Explain that the role of the rest of the group is to support the young person who has the blindfold on. Facilitate as the young people negotiate the course that you have chosen. Ask them to reflect on their feelings, particularly if the young person leading loses concentration or is careless in their directions. Then reverse the process.
4. Alternatively, you could ask the group to work in pairs and go through the exercise, taking it in turns to lead and be led.



Reflection and evaluation

Ask the group for feedback when everyone has had a turn. How did it feel to be dependent on someone? Was it better to be led or the leader? Did it make a difference if you could choose your partner? How did it feel if they gave you bad information? This can take as long as you want depending on the area that you choose for navigation.