Have you got their back?

Canal & River Trust

QUALITY ASSURED RESOURCE
PSHE ASSOCIATION

Our ground rules for today

[Teacher to add their class agreed ground rules here]

[And here]

[And here]

Have you got their back?

Learning objective

To learn how to manage risks and stay safe around inland bodies of water.

You will be able to:

- assess risk in situations involving inland bodies of water
- explain how to keep safe or reduce risks around waterways
- describe or demonstrate how to manage peer influence and exit risky situations safely

First thoughts…

What are some of the **risks** young people might come across here?

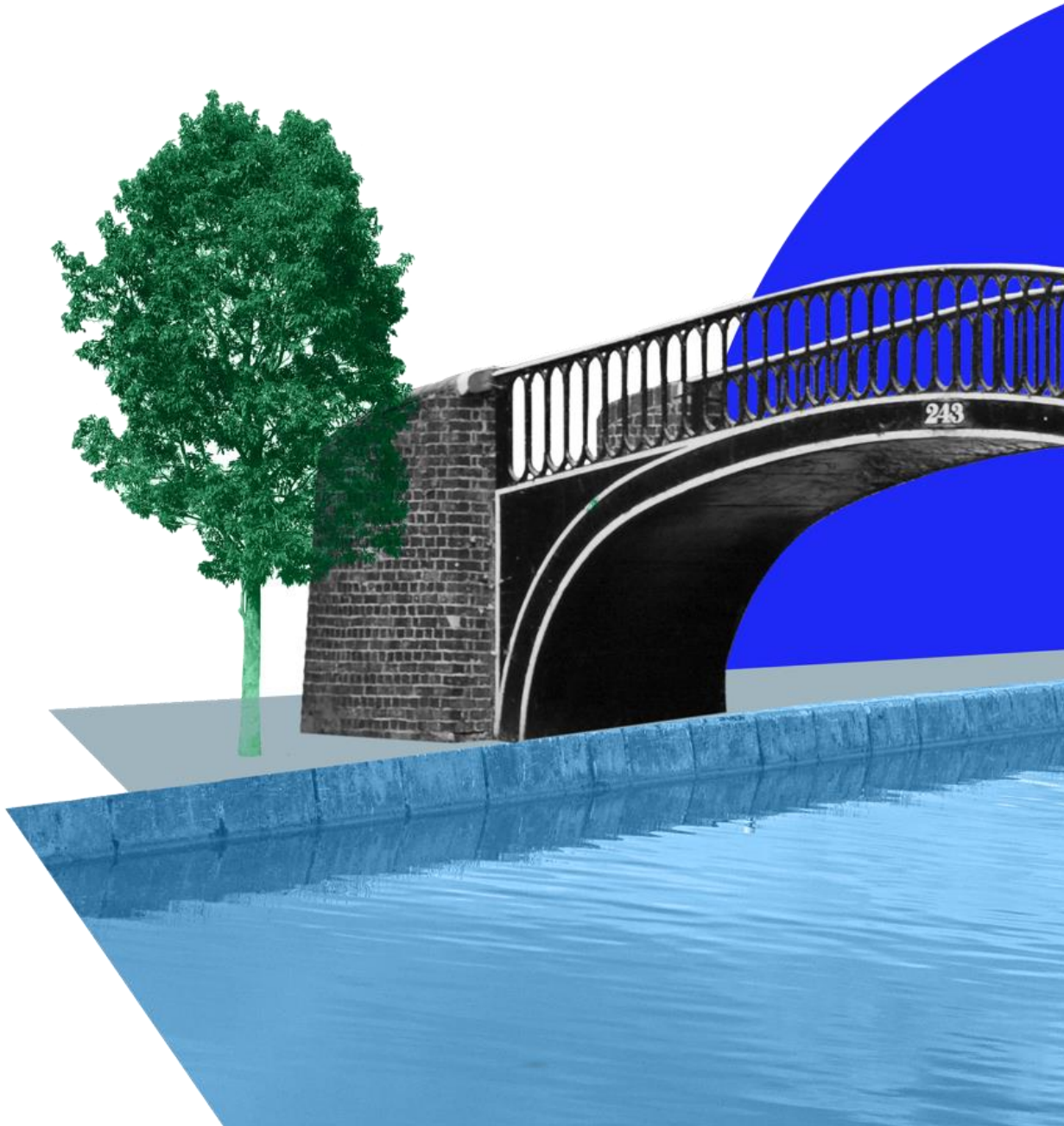
How can we keep ourselves and others **safe** near the water?

Water scenarios

In your group, read the scenario and discuss:

What are the potential **risks** in this situation?

What might make the situation **safer**?



Water scenarios: did you notice?

1: Carly and Eddy

- Canal boats might be trying to pass through
- Mechanisms on the canal locks can be heavy and dangerous
- They are drinking alcohol
- The lock gates are narrow with deep drops on each side

2: Gav, Danny, Jakub, Ahmed

- The rocks and bank are slippery
- They're pressuring each other to take risks
- They don't know what's in the river, the depth or the strength of the current
- The bridge is a high place to jump from

3: Marla, Dominique, Anton

- They haven't been to the lake alone before
- There isn't anyone else nearby to help
- The lake water might be dirty and has wildlife in it
- Anton is thinking about a 'dramatic' way to leap in
- Cold water shock

Water scenarios: but what if?

1: Carly and Eddy

What if…

All their friends hear what Eddy said and start chanting: “Do it! Do it!”

They’re watching to see what he does next, and some have got out their phones to start filming.

2: Gav, Danny, Jakub, Ahmed

What if…

The weather changes and clouds start gathering and blocking out the sun.

The friends climb to the top of the bridge and see there is a fence blocking access to the edge.

3: Marla, Dominique, Anton

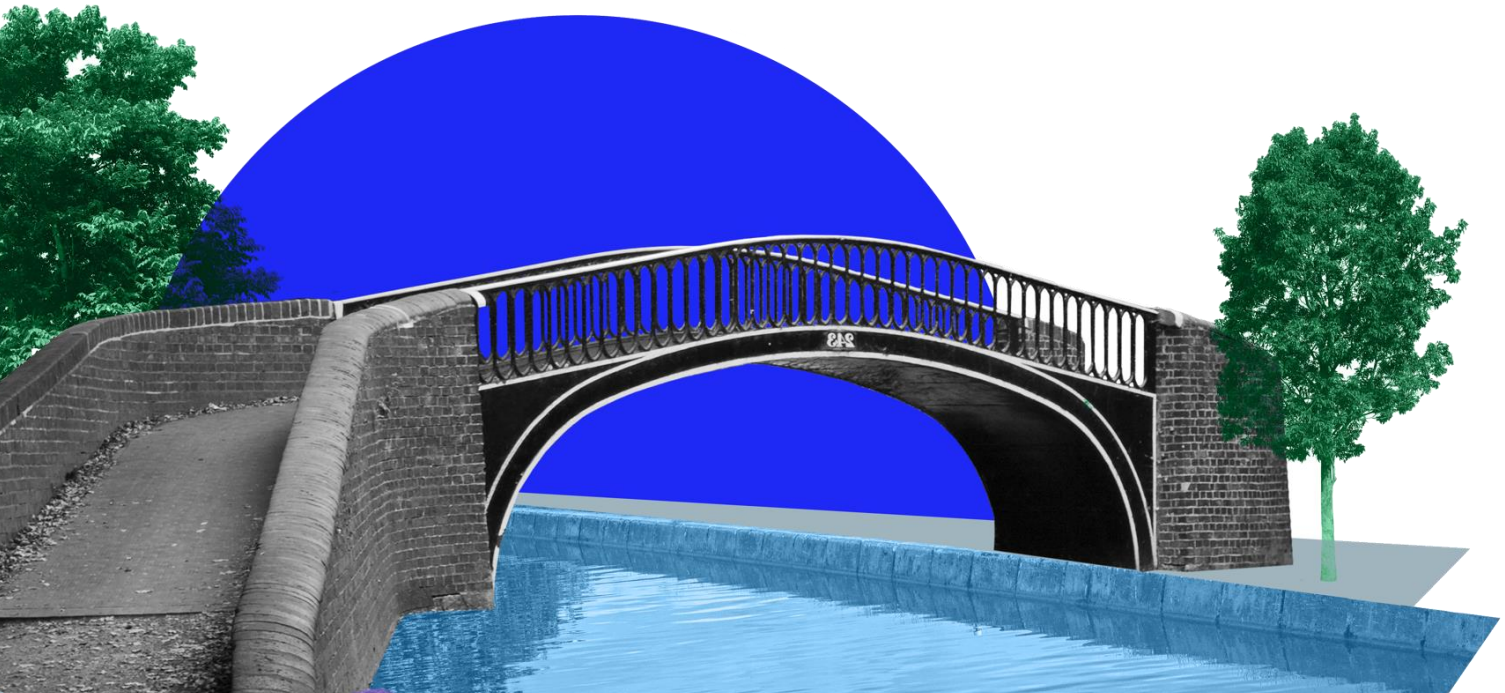
What if…

Dominique and Marla try wading in at the edge of the pool. “It’s so cold!” Marla squeals, and scrambles back. “You’ve got to get it over in one go, it’s much better to jump in!” Anton argues.

Peer support

List reasons why the young person **might want** to jump in the water.

List reasons why they **might not**.



This is going to be wild! You go first!

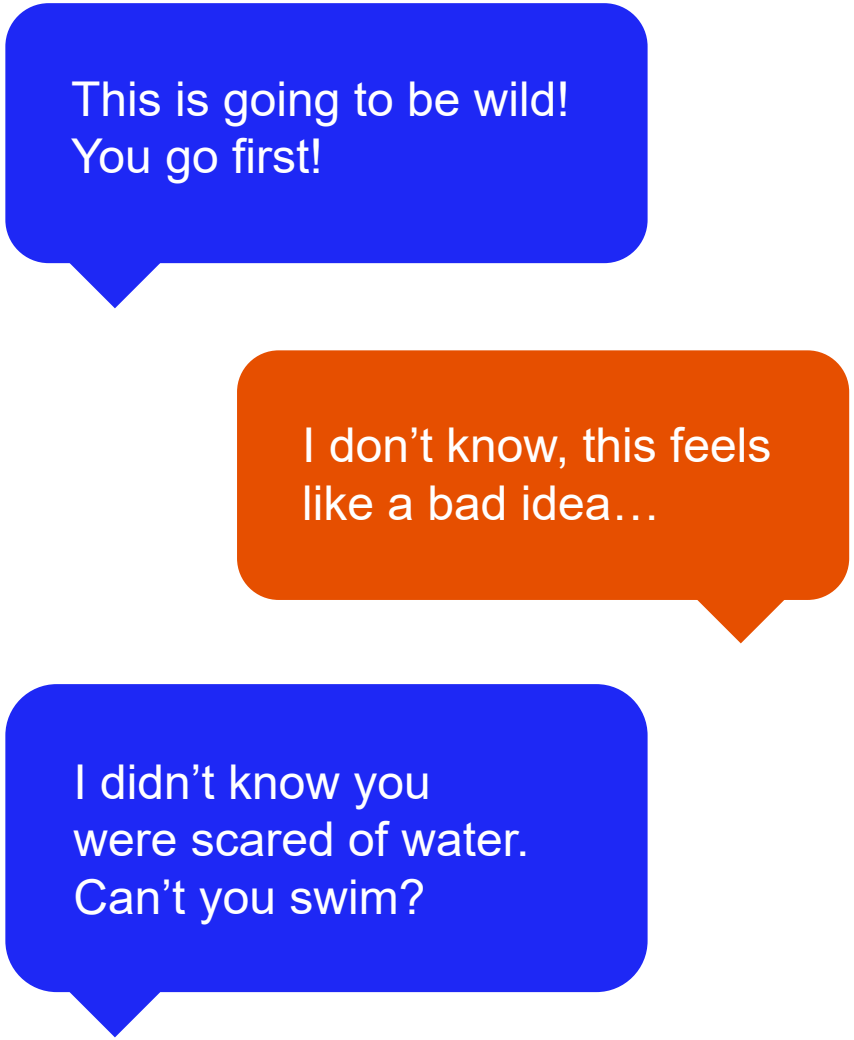
I don’t know, this feels like a bad idea…

I didn’t know you were scared of water. Can’t you swim?

Peer support

Continue the conversation, considering:

- the reasons they don’t want to jump in
- the possible risks and importance of personal safety
- how they might effectively communicate this to their friend



How could other friends in this situation show they have the person’s back?

What could they say to support their decision not to jump in?

Responding to emergencies

Create a **list or mind map** of all the things you think a group of friends could do, if their friend got into trouble in the water.

Responding to emergencies

Float to live

Shout for help

Stay together; don’t leave them alone

Call 999

Throw something that floats

Use a rope or something to hold onto

Signposting support

Remember, if you are worried about personal safety, or water safety, you can always speak to:

- A parent or carer
- Your tutor or PSHE teacher
- Your head of year or the safeguarding lead

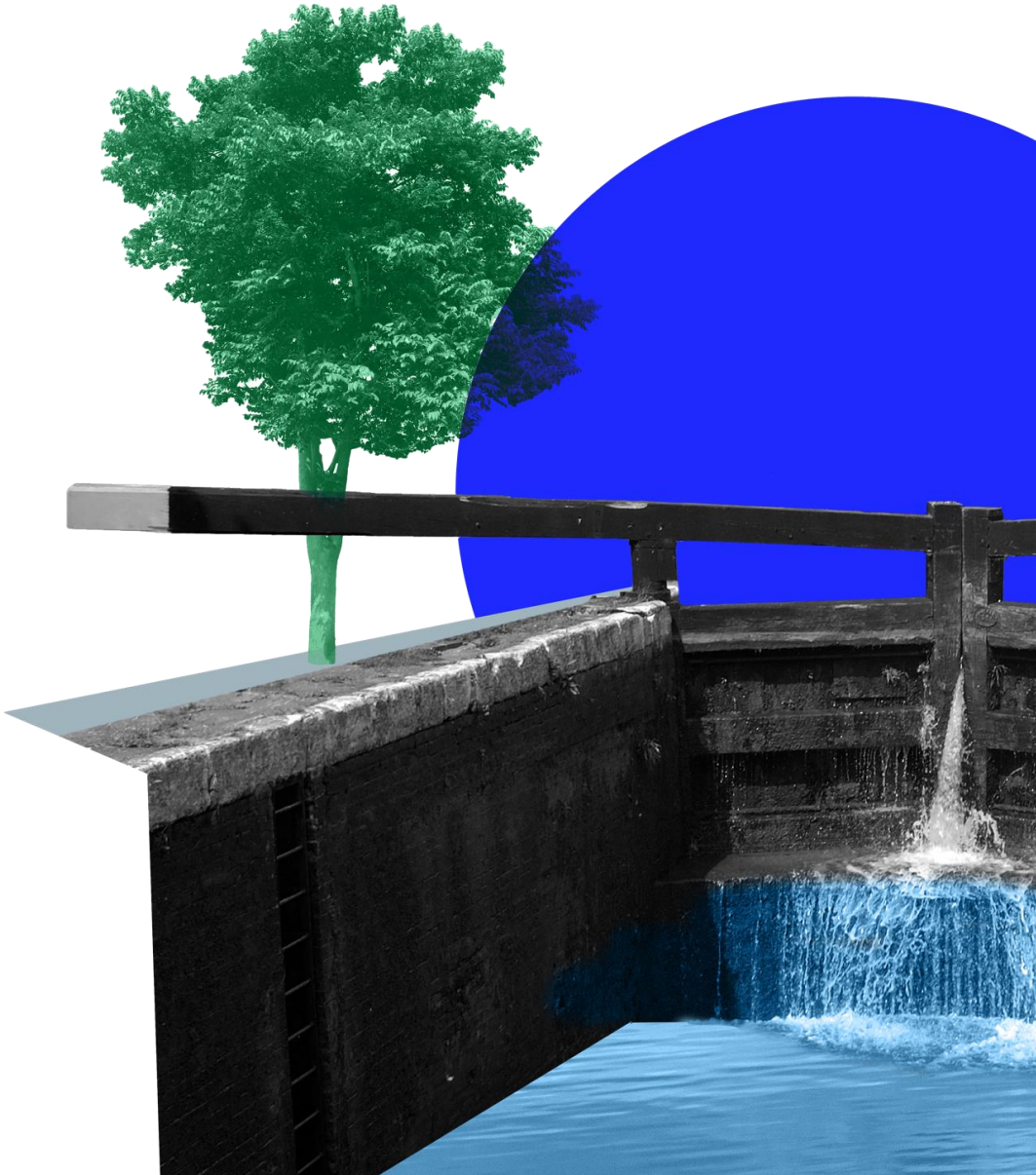
If someone is in danger in the water, call **999** immediately and ask for the **Fire and Rescue Service**.

Find out more information here: www.canalrivertrust.org.uk/advice-for-teens

Personal reflection

When and where might this learning be most relevant to you?

What might you say to someone who is **trying to persuade you to do something unsafe**?



Final thoughts…

- Is there anything you want to **change** about your first ideas?
- Can you **add** any more information about possible **water risks**?
- Can you add more details about how to **stay safe around water**, including in emergencies?
- Can you explain the role **peers** play in keeping **each other safe around water**?

Extension activity

The Canal & River Trust have created the ‘Have you got their back?’ campaign, and need your ideas to spread the message!

To help the campaign, can you think about:

- Who needs to see this message?
- What other water risk scenarios could be used in the campaign?
- How would you reach other young people with this message? For example, can you design a storyboard for an advert or social media video?
- How will we know if the campaign has been successful?