

The Children's Society Education Resource on Running Away

Summary

Lesson one: Running away - triggers and feelings

Comprises:

- Understanding what it means to run away.
- The reasons why young people might run away (the 'triggers').
- Identifying the feelings involved in wanting to run away.

Lesson two: Space to be safe

Comprises:

- Identifying places to go when personal circumstances and emotions are difficult.
- Understanding and managing the risks involved in choosing places to go when we feel like running away.
- Working out strategies for ensuring personal safety.

Lesson three: Who can I turn to for help?

Comprises:

- Identifying the range of support that is available to help young people deal with feelings and problems that may cause them to run away.
- Knowing who to talk to when things are difficult and we may feel like running away.
- Understanding that sometimes the best person to help us is ourselves.
- A review of some useful websites.

Each lesson begins with a teacher-led whole class introduction which contextualises the learning, followed by individual or group activities and concludes with a plenary.

