

Evacuation and disability

Following reports of a “suspect device” the police have asked everyone in a 100 metre radius to leave their homes, including you. Your sister has the developmental disability Asperger syndrome and is very alarmed—frantic with worry. And your dad has an injury and needs crutches to move about. Staying where you are isn’t an option. But you can’t leave without help. What do you do?

Passenger abuse

You’re on a train. Someone starts directing racially-motivated abuse at another passenger. Everyone looks away. You’re sitting next to the person being abused. You think that if you talk to her, show friendliness, she may feel a bit better. But what do you say? How do you make conversation with a stranger in a tense situation?

Challenging inaction

You go into a café and find a commotion. A chef’s knife got knocked off the counter and a trainee who instinctively grabbed to catch it now wishes he hadn’t. There’s a lot amount of blood. Various adults are standing around, doing nothing to stem the flow. They’re debating whether he should go to A&E. You want to say stop the flow; use pressure with a cloth. What’s your best approach? What words do you use to convince the adults? What tone of voice? If you get rebuffed, what do you do then?

Get over it

Part-way through an important exam, there’s an emergency evacuation. It’s not a drill. Your unfinished exam paper is collected, and you’re told you will be given special consideration – assessed on this, and other exams and relevant coursework. The exam board advises students affected “not to worry” and concentrate on up-coming exams. Good advice. But how do you do it? Describe three techniques you might use to take your mind off the incident and focus on the future. How difficult might it be? How could learning from the situation help you in future?

Accidental half-marathon

You’ve signed up for a 5 km fun-run. You’re late, but when you get there the start officials direct you to join up with other runners. After a while, you notice that there’s no one your age around. Someone says the race is a half-marathon—over 13 miles, not the 5km you were expecting. How do you feel? What do you do? Do you know similar stories of getting into the wrong place - the wrong class/group/meeting. What do you do? How big a factor is potential embarrassment in what you decide to do?

Overcoming overwhelm

"It's all too much. I can't cope." Most people feel overwhelmed by life's challenges at some time. The cause might be pressure of exams, school work, anxiety about the future, family or friendship stresses – or a combination. What helps you recharge your batteries when you feel exhausted and hopeless? Identify positive steps that can be part of your personal emotional survival plan. List negatives too – things you might stop doing or have a break from.

Get off the bus?

You got on the wrong bus. It takes a while before you realise. You go to the front and tell the driver, who confirms you're miles from where you want to be. She stops at the next stop to let you get off. But it's deep in the countryside, dark, rainy and you don't know where you are. Your choice. But be quick, the driver's waiting.

It's in the bag

In a first aid emergency, it's unlikely you'll be carrying a kit filled with first aid supplies. But that doesn't mean you can't help. A key to resilience is improvisation. Think about the contents of your bag and pockets. What items could you use, at a pinch, to help someone who was ill or injured? Be inventive. A plastic bag can cover a burn, which could have been cooled by juice or bottled water. A sweet drink could treat a diabetic emergency. A jumper could be used to support a broken bone.

Legal highs

You're preparing to go to a festival with friends. One friend asks if you'll look after some (former) legal highs for them, because their parents inspect their bag looking for drugs. How do you respond? Refuse or agree? Give your first reaction. Then think about it some more and work out what potential consequences might come from that decision. If the item was alcohol would your answer be different? Why? What are the different consequences with this situation?

After a fire

Your younger sister is upset. There was a fire at her primary school where no one was hurt but the building was damaged. She'll have to attend a temporary school for a while. People have reassured her it won't be long before everything's back to normal. Some suggest that she thinks of it as a fun adventure. Others point out that it could have been a lot worse. How would you help your sister cope with this event? What could you say or do?

Spiked drink

You're at a party and people are drinking alcohol. You notice a couple of lads glugging some spirits into the glass of a girl you don't know well. She's already quite drunk. What do you do? You like these people and want to be friends with them. You don't want them to think you're not cool. But you're seriously worried about what will happen to her if she drinks that amount of alcohol. Do you keep quiet, tell everyone or say something quietly to warn her? What other options do you have? Spiking someone's drink is a criminal offence. Does that knowledge change how you would act?

Heat or eat

It's icy outside. Temperatures are forecast to stay below zero. So you check on an elderly neighbour. Are they keeping warm and well fed? Do they need any errands running? You find they are so worried about their heating bill that they won't ask you to buy anything from the shops. Yet they don't seem to have much food in the house. What do you do? Explain how important it is to eat? Buy some soup with your own money? Report it to someone e.g. parents, neighbours? Think about the pros and cons of the suggested responses and come up with an action plan.

Infection choices

A great party is coming up. But you have developed a stinking cold, with streaming nose, sneezes and coughs. You still plan to go to the party. A friend suggests that is not very considerate. What if your germs infect others? How do you respond? Would your answer be different if it was your friends with a cold not you? Or what if they wanted you to call round the day before for a bit of company. Would you go, exposing yourself to the infection?

Halloween risks

As Halloween approaches, a fun evening of trick-or-treating might be on the agenda for many young people. However, things can go wrong. Two years ago a group of trick-or-treaters were given Class A drugs by a man who mistakenly thought the drugs were sweets. What risks can young people identify with trick-or-treating? How can they keep themselves safe whilst enjoying Halloween? If they were trick-or-treating with younger children, what could they do to look after them?

Unattended bag

You're at a train station with three friends on a day out. As you wait on the platform, one of you notices a rucksack on a bench with no one near it. One of you says it is suspicious and should be reported. Another suggests taking it into the nearby snack bar to see if the owner has just left it for a moment. Someone else says, don't report it. If you do they'll evacuate the station and everyone will miss their trains. What do you say, and why?