

## Develop a Plan B

Students may find themselves in a social setting where they shouldn't be. How can they get out of this situation? This activity is designed to provide students with opportunity to plan and practice alternate ways to remove themselves from such settings.

This is an important strategy for all students to have in place.

**a. Start by encouraging student discussion of what a plan B actually is and why it is a good idea to have one.**

Ensure that students realise that a plan B is a fool proof alternate plan (probably best made up of a number of options, Plan B, C and D etc.) to be followed in scenarios when they might see themselves getting caught up in unsafe situations.

**b. Students to individually create a draft plan B.**

This plan may include phoning a family member (more than one alternative might be required) to come to pick them up (try setting up a contract between parent and child that ensures this under any circumstance), staying over at someone's house close to the party, calling for a taxi or Uber, catching public transport, allocating a peer to be skipper for the night (how might this work? What happens if the designated skipper has been drinking or is no fit state to drive?).

The plan must ensure that they have backup, fool proof, alternatives in place to ensure that they do not ever hop into a vehicle with an unsafe driver.

**c. Involvement of parents/guardians**

Students must be encouraged to discuss their plan with their parents or guardians. Once this is done, and an agreement is reached between the student and parents/guardians, have the student formalise this in a contract that they and their parents/guardians agree to and sign off on. Perhaps other people are part of the plan B. If this is the case then they would also need to be parties to the agreement.

**d. Important considerations for this process include:**

- » For these plans to be effective they need to be practiced. Discuss alternatives if the plan fails.
- » Students need to be able to find a socially acceptable way out of an unsafe situation. Might they have a code word that they can say to their parents over the phone that peers don't recognise as a plea for help?
- » Peers need to be able to look out for each other and be able to intervene when a friend is in need.

The WA Department of Transport [website](#) contains some useful tips and guidelines to help with this concept.