

OBJECTIVE	To explore with young people the social circles they identify with.
EQUIPMENT	<ul style="list-style-type: none">• A large piece of rope around 4/5 metres long tied off to form a circle• Smaller pieces of one metre long rope for handcuffs (one per participant with hand loops for around the end)• A comfortable space for young people (chairs, biscuits and juice help!)• A stopwatch
TIME	45 minutes.
METHOD	<ul style="list-style-type: none">• Give each participant a handcuff and ask them to place one hand loop on one hand and link their handcuffs into the circle then place the other loop on their other hand. It helps to demonstrate this to the group.• Tell the group they have 15 minutes to solve the problem, which is to get free of the circle without undoing the knots on their handcuffs or the large piece of rope. There is a solution, see the photos on the page after the activity.• If the young people get free they have two options...<ol style="list-style-type: none">1. Relax in the corner of the room, and have some juice and a biscuit.2. Help the rest of the group get free if they want to. To do this they must attach their handcuffs back to the rope circle again.• At the end of the 15 minutes, if young people are attached to the rope circle whilst helping the rest of the group, they are then caught in the circle during the review.

POINTS FOR DISCUSSION

In a simple way, relate this activity into a social circle environment, where young people are involved in a variety of behaviours. Examples of this could be smoking cannabis, drinking alcohol or being involved in gang related behaviour.

Discuss how people get involved in these actions and how easy or hard it would be to stop it and get out if they wanted.

It can help to identify the repetitiveness of the behaviours of social circles (i.e. smoking cannabis, stealing, carrying a knife) and where certain behaviours can lead to (i.e. arrested, prison, wounded).

If you think it would be helpful and appropriate, be honest and tell a story when you or someone else have been involved in a negative social circle.

Identify positive examples of social circles which young people are involved in or could be involved in. e.g. a sports team, youth group etc.

Identify positive actions and achievements for the young people, while working with you and other positive social circles.

Handcuff social circle solution

Start Place the small rope handcuff's over your hands with the loop linked into the bigger rope circle.



Step 1 Take the thicker piece of rope and make a loop. Feed this loop through the hand loop and place your hand through the loop as shown below.



Step 2 Now, swap the smaller rope by placing it the bigger rope...



Step 3 ...and as if by magic you're free.