



# NAE DANGER: THE GAME USER GUIDE

No knives, better lives.  
[www.noknivesbetterlives.com](http://www.noknivesbetterlives.com)

**YouthLink**  
Scotland  
The national agency for youth work



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# SETUP AND HOW TO PLAY

## GAME OVERVIEW

Welcome to Nae Danger, the interactive game where you get to know about Darren and his experience with knife carrying. Up to 50 players can play at once, making it great for classrooms, youth groups and can be even played over video calls (zoom/google meets/teams) to support distance learning. Using their phones (or an internet browser), players make the decisions for Darren and choose how the story plays out.

### We recommend a minimum of 6 players

Throughout the game, there are minigames where players can add their own spin on the story, they can answer quiz questions, draw pictures, write the responses to prompts, which are then shared and voted on by everyone playing.

This all allows for different take on discussion of serious topics. Players help lead the discussion. Their inputs engage them and allow them to immerse themselves in the subject matter.

The game is played on one PC (the host) and players join in using their phones or an internet browser. Players don't need to download anything to join in.



# DOWNLOADING THE GAME

## The main game (the host)

This is the host for the game. It is the main screen that players watch and where the story is told. To download go to <http://naedanger.pocketsizedhands.com/>

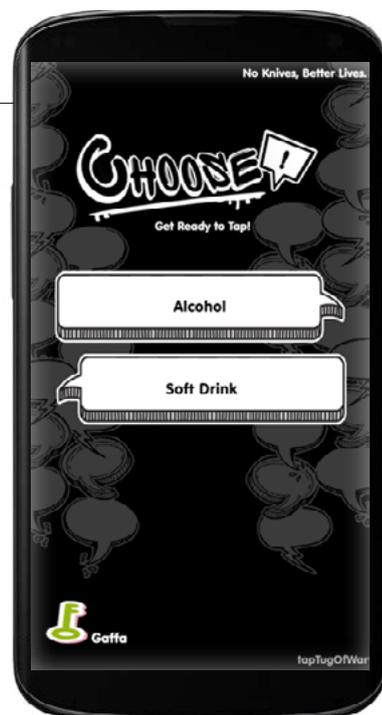
**ACTION: We recommend you download the file in advance and save locally to ensure access.**



## The phone/web browser game

This web app is used to join in and play the game. It can be played on phone or pc through a web browser. Players don't need to download anything to take part. They just need to go to <http://nkbl.pocketsizedhands.com/> to join in.

**ACTION: We recommend you check you can access this link before your session with young people.**



# BEFORE YOU BEGIN...

This game is intended to help young people understand how to safely intervene in a situation where they know or suspect that someone they know is carrying a knife. It introduces our approach to being an active bystander. We want to encourage young people to be empowered to take action and to actively debate and challenge what actions to take in the situation described. This makes the game different from many other approaches that automatically reach for 'reporting' as the only viable response. We want to offer a viable alternative to young people who see 'grassing' on their mates as unacceptable and thereby allow knife carrying to continue. It is aimed at 11-16 year olds and can also be used as a training tool for peer educators, volunteers, youth workers and other face to face workers in communities.

## What is an active bystander?

A bystander is a person who observes or knows about a situation (such as knife carrying). They know that the behaviour is unacceptable and is likely to have destructive consequences or result in injury or death. An active bystander takes steps that make a difference.

Taking active steps to help a friend might prevent knife carrying in the first case. Intervening earlier if you know a friend is upset or in trouble with an individual or a gang could prevent an escalation to knife carrying behaviour

## The truth about knife carrying

Knife carrying is not normal. You are unlikely to ever meet anyone carrying a knife. Crimes associated with offensive weapons like knives have reduced in Scotland by 61% over the last ten years. We have seen a significant reduction in the number of young people under 18 convicted of handling an offensive weapon, from 456 in 2008-09 to 68 in 2017-18. However, we can often get a different picture from the press and social media who report on stories that will sell papers or result in more hits to their site. This can make us feel that knife carrying is far worse than it actually is.

## Why do some young people carry knives?

Young people tell us that they carry knives because they are scared. This can often be the result of conflict with other young people, or as a result of territorialism. If knife carrying becomes normalised then fear can escalate. This can lead to even more knife carrying. Social media and the news can sometimes fuel fears that everyone carries knives even when they don't

## Intervening in a knife carrying situation using the 5Ds

A peer to peer bystander approach to knife carrying. When you know that someone is knife carrying and you make a choice to intervene in order to potentially save a life, the 5Ds are different methods of intervention that you can use.



Intervening in a knife carrying situation is risky and you need to think through the possibilities in order to stay safe. Thinking through the 5Ds, and assessing the risk you personally face will help you to work out what action you will take. There is no one method that is better than another and you may wish to use a combination of strategies. A lot depends on the situation you want to intervene in and how well you know the person carrying the knife. What are the risks to you personally? Which of the 5Ds do you think would work best? Is there a combination you could use?

**The 5Ds are explored throughout the game.**

# LAUNCHING THE HOST GAME

1. Once downloaded, extract the files to a folder on your pc where you want the game to be stored.

2. Open the extracted folder and double click NaeDanger.exe. This will open the launcher for the game.

3. You will be presented with the Configuration Dialog. →

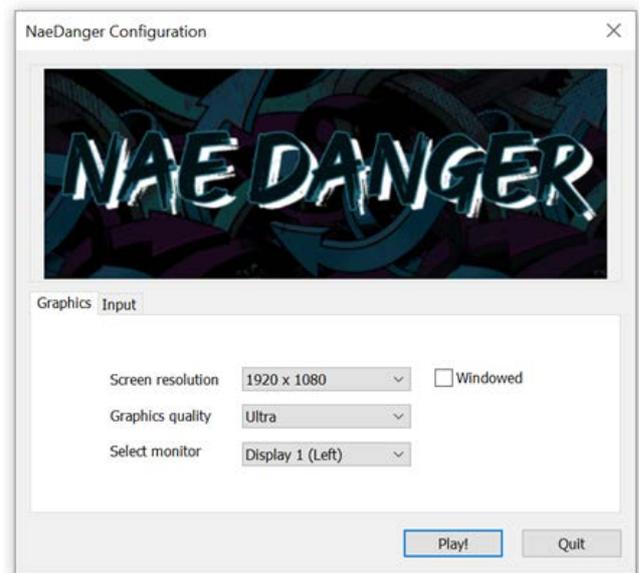
4. Choose whether to use windowed or fullscreen

- Fullscreen is best when played in the classroom
- Windowed works better when sharing the game over video calling like zoom.
  - You may want to select a smaller resolution to make it easier to manage a video call and the game if using a single monitor

5. The graphics quality can be increased or decreased.

- If you have a high spec laptop or PC you can use a higher setting
- If you notice the animations lagging or stuttering you should use a lower setting.
- If unsure, select medium.

6. Click play to start the game.



## Before You Play...

We HIGHLY recommend that you read the manual in full and play the game yourself as a test run to ensure you are familiar with the content and confident in delivering the game.

You will need at least 1 other player to run the game as a test. We recommend playing it with a colleague or being the player from your phone/a separate browser.

# PLAYING THE GAME

The game will require 40 mins to play and have a discussion. Please allow this time as a minimum.

When you launch the game you will be presented with the main menu. Here you can choose to start a new game, or continue a game from a particular chapter.

To start a game:

1. Click on "New Game"
2. Click on Start

To continue a game:

1. Click on "Continue Game"
2. Choose the chapter you want to begin



Tell us who's playing

Before you begin a game, you'll be asked to enter some details about who's playing.

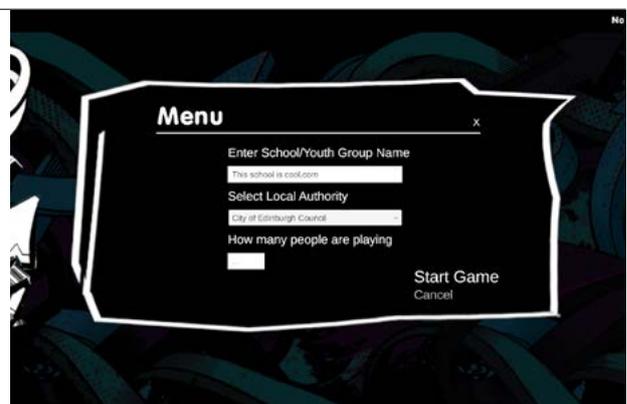
1. Name of the School or Youth Group
2. The Local Authority you are in
3. How many people are playing

We use this information for our evaluation and monitoring purposes to record how many young people the game reaches and which schools and local authorities have accessed the game.

This information is used in our reporting to Scottish Government

**There are also some quick evaluation questions at the end of the game for the players. NKBL will be recording this information as part of ongoing evaluation of the game.**

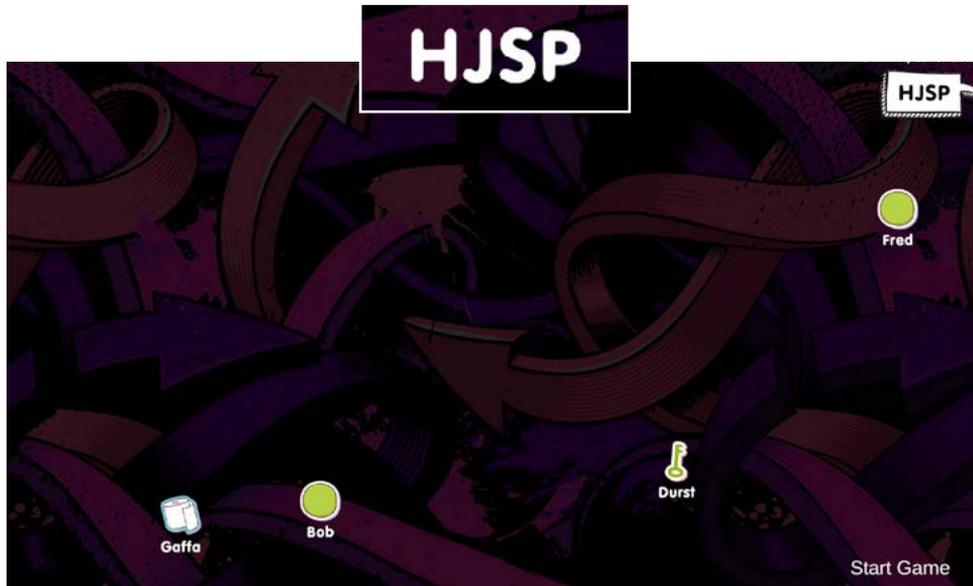
Once this information is entered hit 'Submit' and it will take you to join the screen game.



### Swearing and Bad Language Disclaimer:

Please note this game contains some swearing.

# GETTING PLAYERS TO JOIN



**Once in the player join screen, you will see a four letter code at the top of the screen.**

This is where players, on their phone or web browser go to <http://nkbl.pocketsizedhands.com/> to start playing. They will be asked to enter a name and a room code. The room code is the one on the main screen. Once entered, hit 'Join'.

Once a player has joined, an icon and their chosen name will appear on the main screen and on their phone they will be asked to wait until the game starts.

**Once every player has joined, click "start game" on the main screen to begin.**

The facilitator has the option to pause the game at any point. Keep note of the chapter you are on- if for any reason you the game ends or cut off you can restart the game at that chapter.

# MINIGAMES

## Quip minigame

In this game, players are sent a prompt to their phones which they reply to. Once all players have replied to the prompt, then players vote on their phones for which reply was the best.

### Discussion Point:

It would be good to set some ground rules and boundaries for the game and workshop session. The game is interactive and there are opportunities for you to draw/write that will be shared on the screen. We want everyone to have fun but we have moderator access and will not tolerate bullying, hate speech, homophobic or sectarian activity.



## Drawing minigame

In this game, players are sent a prompt to their phones which they reply to by drawing a picture. Once all players have replied to the prompt, then players vote on their phones for which drawing was the best.



## Multiple choice games

At times, players will be presented with choices to make. In these mini games players will have between 2-4 choices to make. To make a decision they pick which choice to make on their phone. During the game, players can vote multiple times, and at the end of the round, the choice with the most votes is the decision made.



### Highlight the risk minigame

This game is played in two phases:

- First Phase: Players choose between 4 images which they believe to have the most possible risks or hazards.
- Second Phase: Players pick a location on the image to highlight a potential risk. This location is then represented on the main screen as a heat spot. The more players that click on the same location, the bigger the heat spot.

Once all players have picked a location the game will pause to allow for discussion. To continue to the game, click the flashing text to continue when ready.



### Safe place to get stabbed minigame

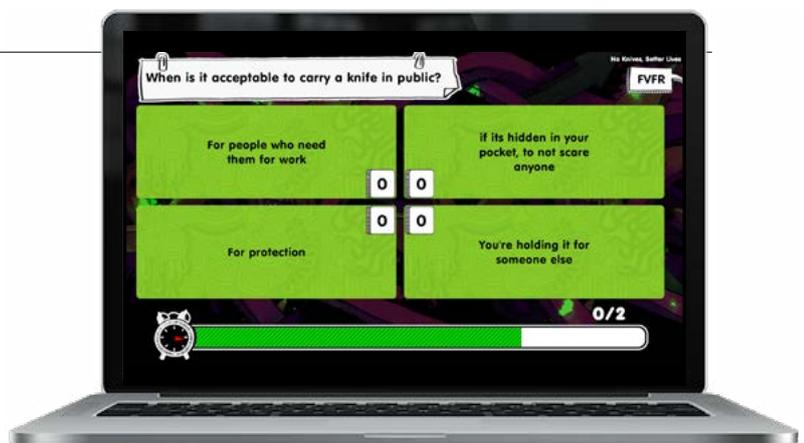
Players are presented with an image, detailing the silhouette of a person. Players pick a location on the image where they believe the safest place to get stabbed is (Trick question, there is none).

Once all players have picked a location, the game will pause to allow for discussion. To continue to the game, click the flashing text to continue when ready.



### Quiz minigame

In this game players are presented with multiple choice questions. They use their phone to answer these questions. The game goes through 5 questions before continuing.



## Knockout quiz minigame

A competitive version of the quiz, where if the players answer a question wrong, they are knocked out for the rest of the quiz. The last player to be knocked out or those who make it to the end of the quiz will be crowned the winners.

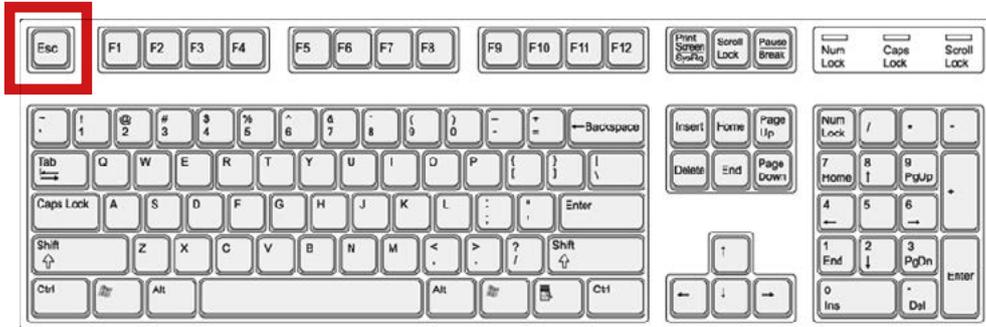
**ACTION:** We suggest you familiarise yourself with the key facts and questions before you play the game to make sure you are confident to have discussions around these.

1. Possession of a knife carries a prison sentence of up to 5 years even if it's not used.
2. If you are caught with a knife it doesn't matter if it was for your own protection or you were carrying it for someone else - you will be arrested and prosecuted. Self-protection is not a reasonable excuse for carrying an offensive weapon.
3. The legal definition of an offensive weapon includes anything intended to be used to harm another person, like a sharpened comb. It's also illegal to carry a 'disguised knife' - anything with a concealed blade or sharp point that's made to look like an everyday object (like a pen, cigarette lighter or lipstick).
4. There is no 'safe place' to stab someone. Get stabbed in the heart and you can lose all of your blood in one minute. But a wound in the arm or the leg can still kill and young people have died from wounds to the leg because an artery was severed.
5. Knife crime can affect anyone, not just people in gangs. Innocent bystanders can get caught in the middle of other people's disputes and suffer trauma, serious injuries or worse.
6. Knife crime is falling in Scotland, fewer people are carrying knives and doing so is becoming less and less acceptable among young people.
7. Police can - and do - stop and search anyone they think is carrying a weapon.
8. It's illegal to carry a knife or offensive weapon in a public place without a reasonable excuse. Reasonable excuses include those who need them for work, like fishermen or carpet fitters, but this only applies while they're actually at work.
9. If you stab somebody and they die, you'll face a life sentence and serve a minimum of 25 years
10. Even if it's not you who does it, if someone is injured or killed by a knife in your presence you could be sent to prison for murder or attempted murder in what is referred to as 'joint enterprise'.
11. It's illegal for shops to sell knives to anyone under 18 and buying a knife under the age of 18 is an offence. This includes kitchen knives and even cutlery.
12. By carrying a knife, you are much more likely to get stabbed yourself as situations involving weapons can quickly get out of control.
13. Knives are the most common weapons used in killings of young people.
14. If you have a criminal record you might not be accepted into a college or university, get a job, or travel to some countries, like the USA, Canada or Australia.

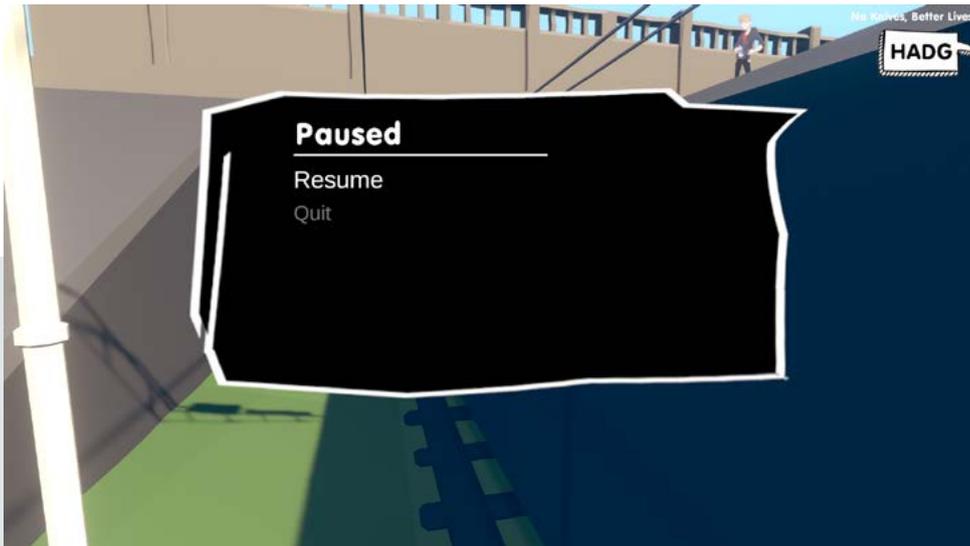
**For more information and advice visit:**

**[www.noknivesbetterlives.com](http://www.noknivesbetterlives.com)**

# PAUSING THE GAME



The game can be paused at any time by hitting the "Escape Key".



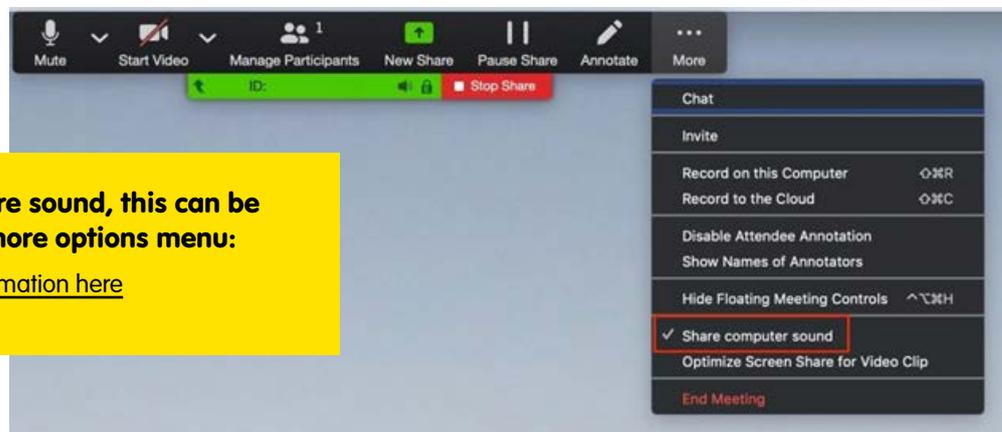
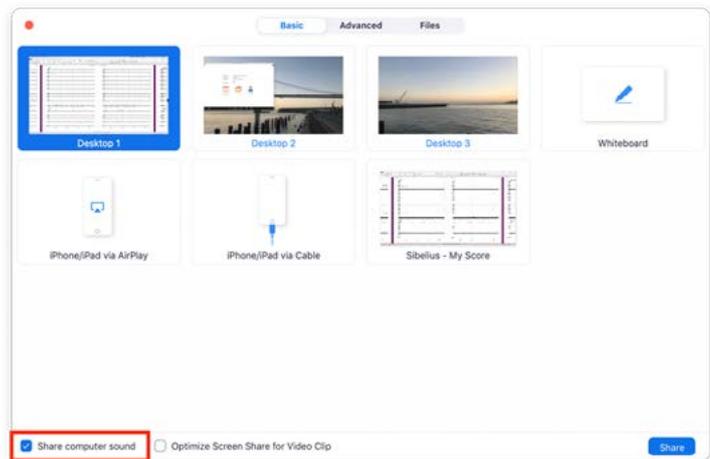
In the pause menu you can choose to continue the game or quit the game menu.

# ZOOM/VIDEO CALL CONSIDERATIONS

## Sharing sound on Zoom

**Remember Sound: Don't forget to click/tick share computer sound or players won't be able to hear the game audio.**

Click the computer sound tick box when starting the screen share:



**If you forget to share sound, this can be enabled from the more options menu:**  
 You can find more information [here](#)

## Playing the game on PC alongside Zoom (or other video conference)

If the player needs to use their pc to play, they need to be able to see the video call/shared screen as well as seeing the web browser with their game controller. They can use the windows snap feature to have the 2 windows, Zoom & web browser, side by side.

Click and drag either window to the left of the screen to snap into place - and choose the other window to show on the right hand side.

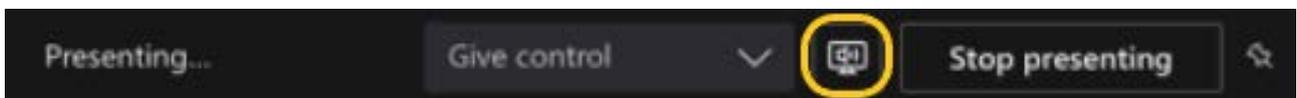
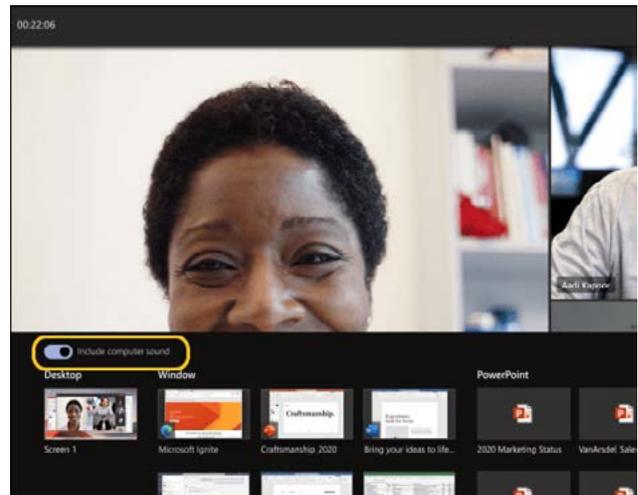
**You can find more information here**

## Sharing sound from your computer in Microsoft Teams

To share sound from your computer, select **Share content**  in your meeting controls and then **Include computer sound**—it's the switch on the top left of your sharing options.

When you share, all audio from your computer, including notifications, will be included in the meeting.

You can also choose to include sound (or stop including it) after you've already begun sharing your screen. Just select **Include computer sound** in the sharing controls near the top of the window.



Tap the button again to stop sharing sound.

[You can find more info on this here](#)

# ABOUT THE GAME

Nae Danger - The Game is a story based around the 5Ds of the active bystander approach: direct, distract, delegate, document, delay. Each chapter focuses on one of these types of action young people can take if they know someone is carrying a knife.

Below you will find a brief outline of each chapter and the corresponding discussion points. Remember, you can pause the game at any time to have a deeper discussion with your group.

## CHAPTER 1 - TRAIN

We meet Darren, Katie, the main characters of the game. Darren is spray-painting graffiti on a railway bridge when Katie intercepts him.



### **DIRECT: Taking Direct Action**

You can take direct action. Only take direct action if you feel safe to do so or if you feel that your friend will listen to you. You may wish to take them somewhere quiet so that you will not be overheard. Try and stay calm if you decide to speak to your friend directly – you don't want to agitate them further or make them feel even more unsafe.

### **You have two key points to make:**

- Carrying a knife does not make you safer
- If you don't feel safe we can talk through some options that don't involve knife carrying HOWEVER remember to only take DIRECT action if you feel safe to do so.

### **Discussion Questions:**

1. How would you feel talking to Darren/your friend directly about knife carrying?
2. Do you think Darren feels pressured to join the gang/tag gang signs?
3. Why did you vote for Katie to say x?
4. What do you think has happened in his life that has made him choose to carry?

### **Talking Territorialism**

Some communities have very strong identities, especially in cities like Glasgow, Edinburgh and Dundee and in some ex-mining and fishing communities. It can feel as if you have to fight or join a gang to keep your territory safe from others. Even small areas of only a few streets can be territorial and there is often pressure to identify with these areas through 'tagging' i.e. graffiti marking out your turf, or issuing a challenge in another's turf. Sometimes this escalates into actual fighting. Vulnerable young people can be at particular risk from joining local groups with strong territorial identities and rivalries.

DIRECTLY INTERVENING before things get really out of hand is a good move. Your friend could easily get pulled into more serious stuff. But if you act early enough you could stop a lot of trauma later on. Getting involved in gangs and violence never ends well.

# CHAPTER 2 - MEET JEN

We're back with Darren and Katie, and meet Jen. The players get to decide who Darren hangs out with. Darren heads to the local shop to check out the latest video game.



## DISTRACT:

You can distract the person carrying the knife by offering to do an activity or something that takes their mind off what is making them feel unsafe. Distracting buys time and can allow you to reduce the danger of a confrontation by removing the person carrying the knife from any potential arena of conflict. Distracting can allow you more of an informal opportunity to DIRECTLY intervene later and have a conversation about knife carrying at a more appropriate time. Distracting can take the knife carrier's mind off their problems for a while. Distracting can help you get a bit closer by doing something fun together. DISTRACTING buys you time. You will still have to DIRECTLY speak to your friend about knife carrying.

## Discussion Questions:

1. Do you think Darren feels pressured (peer pressure) on who to hang out with?
2. Do you think Darren feels pressured to steal the game or take part in other risk taking behaviour
3. Do you think there are consequences for Darren on who he chooses to hang out with?

## Gangs and escalating violence:

Involvement in gangs can escalate into criminal activity and the constant fear of violence. For a small percentage of Scotland's young people this is the harsh everyday reality. What do you say to someone who feels that they have no choice? How do you REASSURE them that it's not normal to carry a knife when it feels like it is?

FIRSTLY: Acknowledge their 'reality'. Value their experience.

SECONDLY: Explain that this isn't everybody's experience of 'reality'. Other young people have different experiences.

THIRDLY: Ask them to think of someone they admire who is not involved in violence – a potential role model.

FOURTHLY: Offer them support to develop a non-violent lifestyle. Give them hope that a peaceful and meaningful life can be achieved and make them believe it will happen.

FIFTHLY: Extra help is available such as the Navigator Programme or Aid and Abet mentors. Or perhaps a local youth worker or trusted adult could help?

SIXTHLY: New hobbies such as football, boxing, or volunteering for a local charity can help develop new friendships and develop new skills away from gang-related activity.

# CHAPTER 3 - SCHOOLYARD

Katie is in school and ropes in some classmates to help talk to Darren about carrying a knife. The players decide which classmate should talk to Darren and also what they should say.



## DELEGATE:

You can always delegate to another person or someone with more authority to intervene. You may feel you can't talk to your friend or that it would carry more weight coming from someone else.

### You can delegate to any of the following people:

- Another friend or a family member
- A partner
- A teacher
- A youth worker

Or report it to the police if you feel that someone is in danger of being hurt. You can also report anonymously on either Crimestoppers or Fearless if you are afraid that there will be repercussions for yourself.

There are lots of options. You are not alone in wanting to prevent knife carrying.

## Discussion Questions:

1. What would you say to convince a friend it's not a good idea to carrying a knife?
2. Who would you feel comfortable approaching if you knew someone was carrying a knife?
3. What would stop you from reporting knife carrying?

## About Fearless

Fearless is a service that allows you to pass on information about crime 100% anonymously. This means you don't have to give us any personal details.

<https://www.fearless.org/>

# CHAPTER 4 - WITH KATIE

Katie chats to Darren and he says he isn't carrying a knife anymore. Players have to pick between four scenarios and point out the areas they believe are the most suspicious, for example alcohol at a house party.

Darren meets up with Jen and they go to the local shop to choose drinks for a houseparty later. The players decide whether they buy alcohol or soft drinks.



## DOCUMENT:

If you decide not to talk to your friend immediately, make a note of any knife carrying instances. If the knife carrying is a one off and nothing happens, or your friend changes their mind about knife carrying, then you can always chalk it up to a rotten decision where thankfully nothing bad happened.

If your friend begins to regularly carry a knife, this 'normalises' knife carrying. They are less likely to believe you if you say that knife carrying is dangerous, especially if this has not been their experience.

Taking a note of knife carrying incidences will give you proof if you either decide to speak to your friend directly or delegate to someone else.

## Discussion Point:

1. How does alcohol influence your decision making?
2. Discuss the 4 scenarios-which scenario do you think has the most potential risk? Why?
3. Are these situations common in your life?
4. What are the perceived dangers or risks in each one?

## Alcohol:

Alcohol is indicated in 46% of all knife related crimes, and spikes at weekends when drinking is more prevalent. Often these are house parties that have gotten out of control. Knives are easy to get hold of. Alcohol can make people aggressive and hard to reason with. If there's tension or an argument kicks off, it can result in a fight. If you are at a party and people are edgy and getting drunk, go home and take your pals with you.

# CHAPTER 4 - WITH HAMISH

Katie chats to Darren about why she hasn't seen him around recently. Players have to pick between four scenarios and point out the areas they believe are the most suspicious, for example alcohol at a house party.

Darren meets up with Jen and they go to the local shop to choose drinks for a houseparty later. The players decide whether they buy alcohol or soft drinks.

## DOCUMENT:

If you decide not to talk to your friend immediately, make a note of any knife carrying instances. If the knife carrying is a one off and nothing happens, or your friend changes their mind about knife carrying, then you can always chalk it up to a rotten decision where thankfully nothing bad happened.

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1. How does alcohol influence your decision making?
2. Discuss the 4 scenarios-which scenario do you think has the most potential risk? Why?
3. Are these situations common in your life?
4. What are the perceived dangers or risks in each one?

# CHAPTER 5 - THE PARTY

Darren, Jen and Katie go to a house party at James' house. A fight breaks out between Darren and James and the players must decide what they do.



## Discussion Point:

1. How does alcohol/drugs influence your decision making?
2. What different choices could Darren have made in this situation?
3. If you were at the party, how could you de-escalate the situation?



## Trigger Warning:

Some scenes in this chapter depict violence, stabbing and death. We have tried to minimise the graphic images but it may still be a trigger for some.

# CHAPTER 6 - EPILOGUE

It's the day after the party. Darren and Katie are hanging out at the park. Katie challenges herself to find out more facts about knife carrying.

## **DELAY:**

Even after the person has given up knife carrying (or been caught), you can offer follow up support to prevent the circumstances from occurring again.

You can;

- Talk to them about bullying
- Check out from time to time that they are okay
- Be a friend! Remember - knife carrying is not normal.

Don't let friends normalise knife carrying as it can lead to other young people carrying knives and then become epidemic.

Normalise other things – like looking out for one another, going to the youth club, playing football or some other activity.

# EVALUATION

Remind your group to complete the brief evaluation questions at the end. Their feedback will support us to monitor the effectiveness of the game and to develop projects in the future.



One last thing before you go...

# PRODUCTION OF THE GAME

## About the production of the game

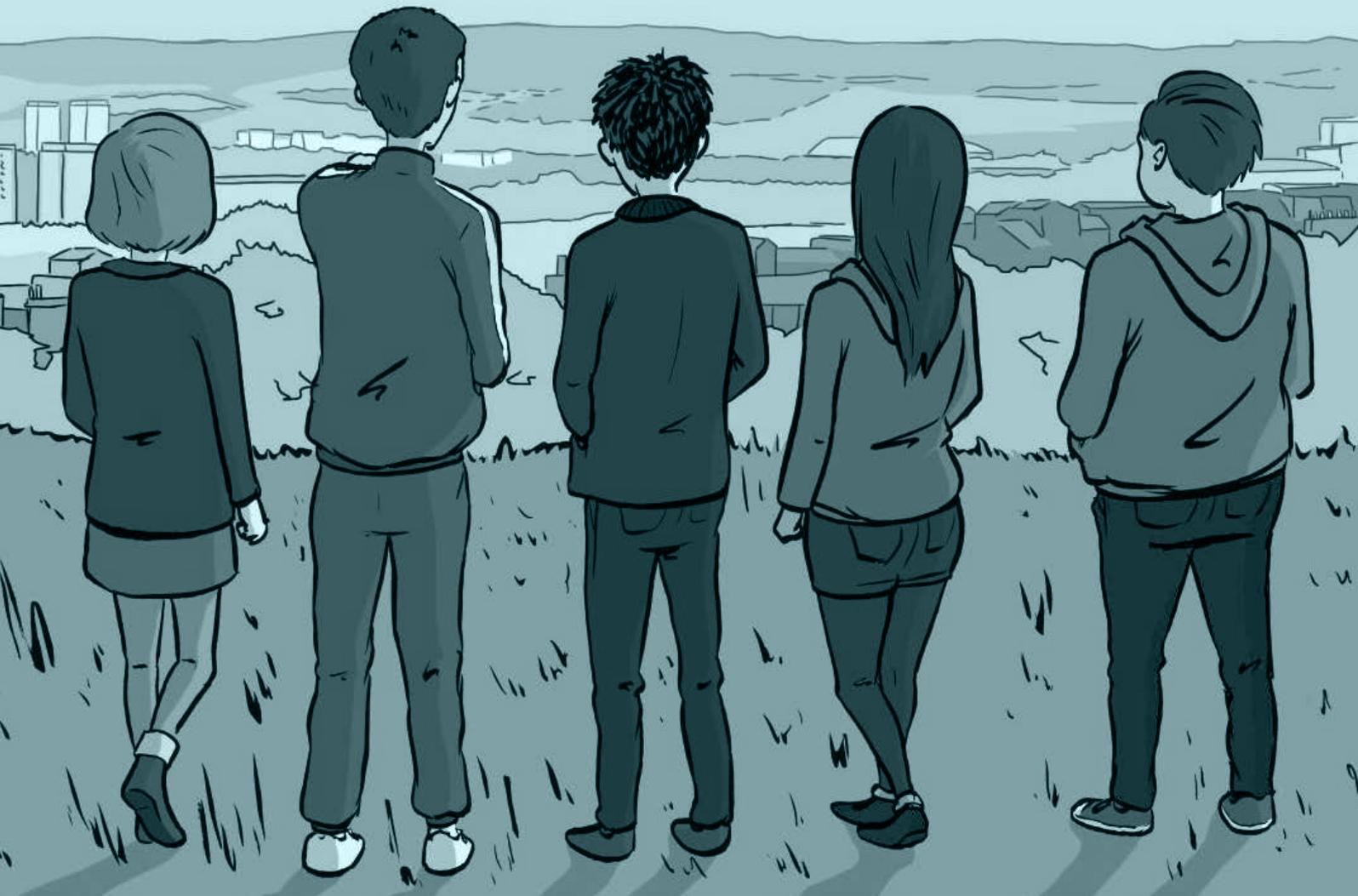
The No Knives, Better Lives team commissioned **Pocket Sized Hands** to develop the game. Pocket Sized Hands is a software and games company based in Dundee, Scotland.

We worked with young people from the Youth Just Us group to get their thoughts on what should be included in a game and how to make it accessible to young people. The young people also voiced the main characters in the game. Youth Just Us is a group for 16-25 year olds with care and justice experience and is supported by Staff and CYCJ.

The NKBL team would like to thank the young people and supporting staff of Youth Just Us for all their input into the game.



If you need any help- contact the NKBL Team:  
[NKBL@youthlinkscotland.org](mailto:NKBL@youthlinkscotland.org)



**No knives, better lives.**  
[www.noknivesbetterlives.com](http://www.noknivesbetterlives.com)



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