

~~No knives~~
Better lives

ACTIVE BYSTANDER PACKAGE

NAE DANGER

Online Multiplayer
Game Facilitator Guide



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SET UP + HOW TO PLAY

GAME OVERVIEW

Welcome to the game guide for our online multiplayer game. An interactive game where you learn 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 decisions for Darren and choose how the story plays out.

WE RECOMMEND A MINIMUM OF 6 PLAYERS

Throughout the game, players participate in minigames where they can add their own spin on the story. They might answer quiz questions, draw pictures, or respond to prompts—these responses are then shared and voted on by everyone playing.

This interactive approach encourages discussion of serious topics in a unique way. Players help lead the conversation, making it more engaging and immersive.

The game runs on a single PC (the host), while players join using their devices—no downloads required.



ACCESSING 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 open the game file go to:

oldspace.pocketsizedhands.com/apps/nkblwebgl

ACTION:

We recommend checking you can access the link in advance.

If you loose connection to the server an error message will appear. Simply click the link again to play the game.

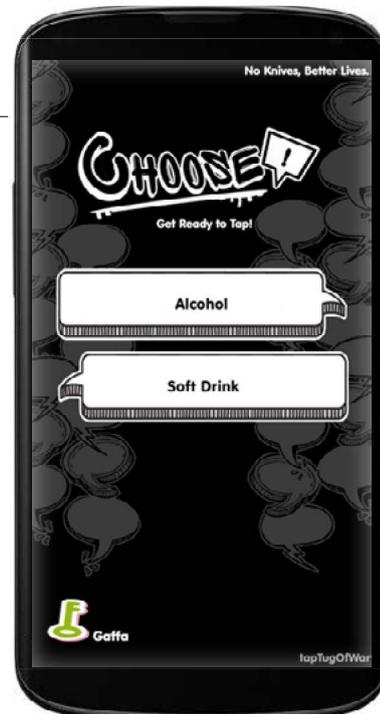


The device game

This web app is used to join in and play the game. It can be played on any device that has access to a web browser. Players don't need to download anything to take part. They just need to go to nkbl.pocketsizedhands.com to join in.

TIP:

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 feel empowered to take action and to actively debate and challenge what actions to take when they witness risk taking behaviours.

Many young people feel uncomfortable “grassing” on their friends, and this reluctance can sometimes enable dangerous behaviour like knife carrying to continue. The game instead encourages practical, empathetic, and safe actions using different strategies.

The game is aimed at 10-16 year olds but can also be used as a training tool for peer educators, youth workers, volunteers, and others who work directly with young people in communities.

What is an active bystander?

An active bystander is someone who takes steps to safely make a difference when something isn't right like knife crime or violence. Being an active bystander is about supporting others and helping to keep everyone safe, **without putting yourself at risk**.

The truth about knife carrying

While it's true that some young people carry knives, it is not the norm, and the vast majority of young people do not.

Sometimes, the media can make knife carrying seem more common than it actually is. Headlines and stories often focus on the worst cases because they grab attention, but this doesn't reflect the reality for most young people. Most people assume teenagers are the primary perpetrators and victims of knife carrying. However, statistics reveal that men aged 30 are the group most likely to fall into both categories.

In 2016, violent crime in Scotland was at its lowest level in 41 years, and recorded crimes of handling an offensive weapon were the lowest they had been in 31 years. Convictions for young people under the age of 19 handling offensive weapons dropped by 82% between 2006/07 and 2014/15, from 811 convictions to just 146. Year-on-year, knife crime in Scotland showed a consistent decline.

However, since 2016, two-thirds of local authorities in Scotland (21 out of 32) have reported a small increase in offences involving the handling of offensive weapons. This rise coincides with prominent cases where young people have used knives, highlighting the need for continued vigilance and education.

Socio-economic factors that contribute to youth violence, such as poverty and inequality, have not disappeared. Recent challenges, including the Covid-19 pandemic and economic recession, have added instability to young people's lives. These conditions can make knife carrying feel like a response to perceived risks or insecurities.

No Knives, Better Lives recognises this evolving social context and the ongoing importance of addressing knife carrying and violence prevention with young people. While Scotland's overall picture is still one of steep declines in knife carrying and violence over the past decades, recent statistics indicate a reversal of this trend. This makes prevention work as vital as ever.

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 it further. This can lead to even more knife carrying.

Intervening in a knife carrying situation: The STEPS approach

While the 5Ds form the basis of the interventions in the game (Direct, Distract, Delegate, Document and Delay), following feedback from young people, we have created the STEPS approach to help simplify these actions further. Facilitators can link the 5Ds to the STEPS approach during the introduction, plenary, and discussions. This helps young people develop a deeper understanding of the various ways to support their friends more effectively while gaining practical tools to intervene safely and confidently.

STEP UP (Direct)

Act in the moment to address the behaviour. This could involve calmly talking to the person who is about to cause harm or the person experiencing it. Only Step Up if you feel it's safe and appropriate to do so.

TELL AN ADULT (Delegate)

Speak to a trusted adult, such as a teacher, youth worker, or parent, about your concerns. If someone's safety is at risk, reporting the issue—even anonymously through services like Fearless—can make a big difference.

EVIDENCE (Document)

Be aware if you take photos or videos, it can photos or videos because it can make things worse, upset the people involved, or spread hurtful content if shared. Filming might also make others feel unsafe and could get you into trouble. If the situation becomes a criminal investigation, the Police could confiscate your phone. Instead, focus on remembering or writing down what you saw and heard so you can explain it clearly if needed.

PULL ATTENTION AWAY (Distract)

This can de-escalate tension and create an opportunity to address the issue later in a safer environment. This could include changing a subject to something more positive or asking them to do something different with you.

SUPPORT LATER (Delay)

Checking in privately shows that you care and can help them feel supported in finding safer ways to cope with their situation.

More information on why we are using the STEPS approach can be found in the report from our Young Peoples' Consultation report.

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.

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 device

To start a game:

1. Click on the link to open the game pocketsizedhands.com/apps/nkblwebgl
2. Click on "New Game"
3. 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.

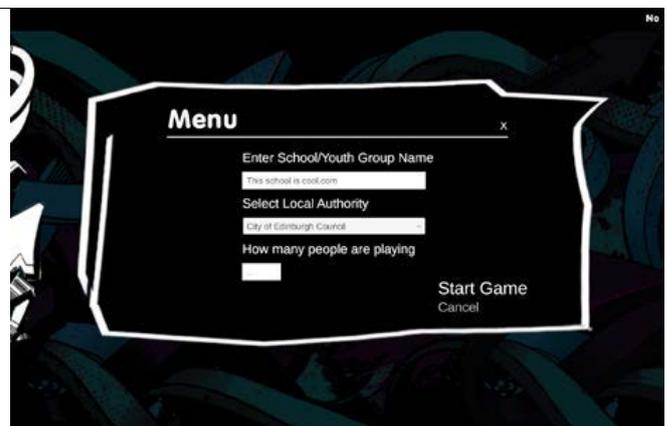
1. Name of the School or Youth Group
2. The Local Authority you are in
3. How many people are playing

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



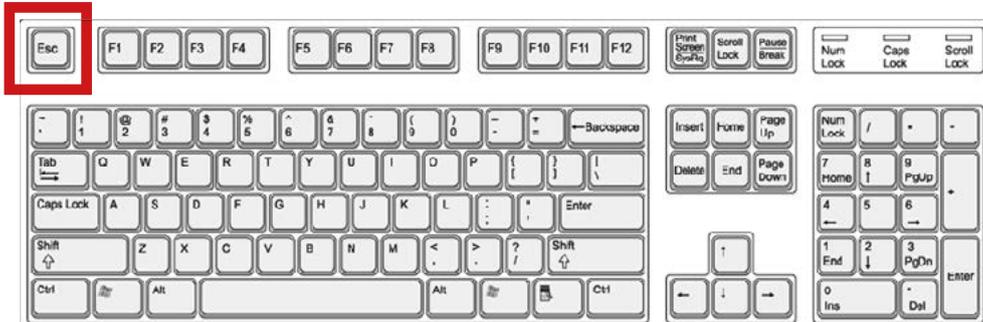
ONCE IN THE PLAYER JOIN SCREEN, YOU WILL SEE A FOUR LETTER CODE AT THE TOP OF THE SCREEN.

This is where players on their devices go to 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 device they will be asked to wait until the game starts.

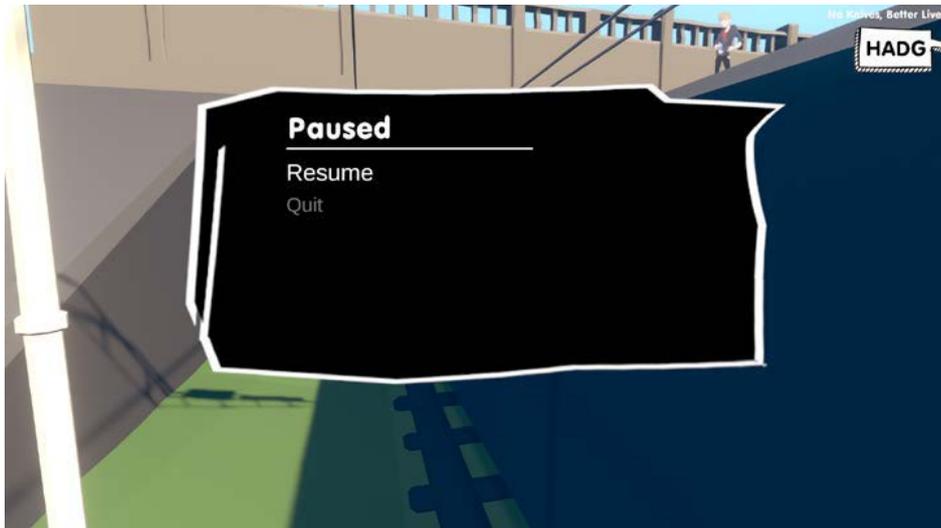
ONCE EVERY PLAYER HAS JOINED, CLICK "START GAME" ON THE MAIN SCREEN TO BEGIN.

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

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

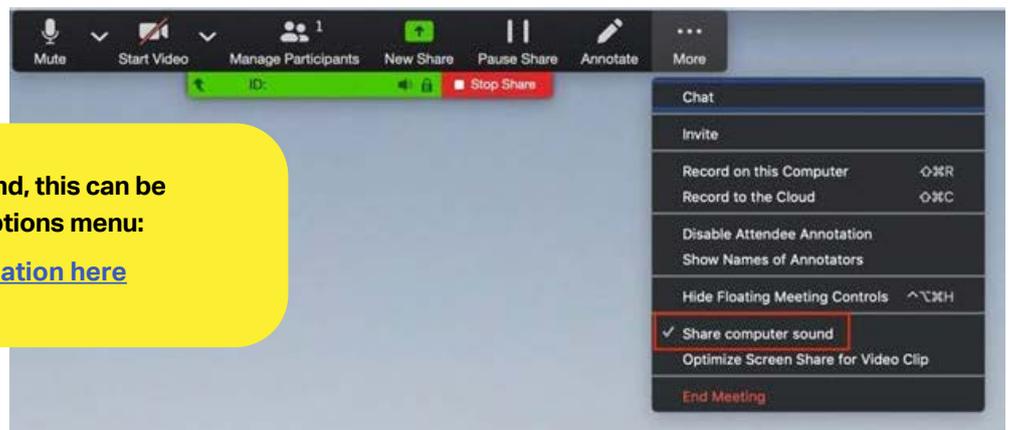
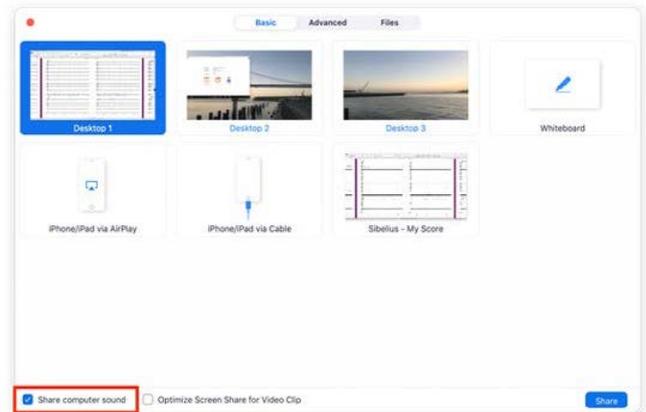
Sharing sound on Zoom

Nae Danger can be played both in-person and remotely via online video calls (Zoom, Microsoft Teams, Google Meet, etc.). This allows facilitators to engage young people in different settings, making the game accessible for distance learning or virtual workshops. Below are some key considerations to ensure a smooth online experience.

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 device alongside Zoom (or other video conference)

If the player needs to use their device 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.

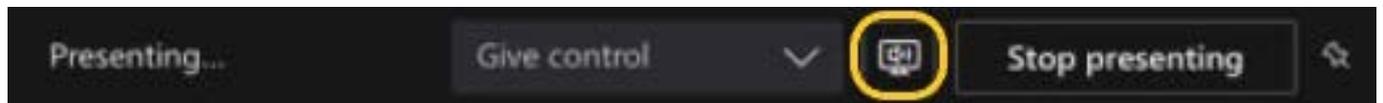
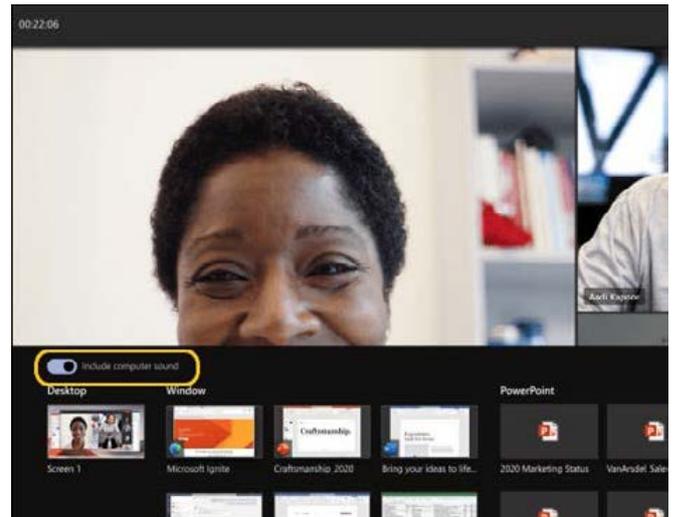
[You can find more information here](#)

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 - Online Game is a story based around the 5Ds bystander intervention: Direct, Distract, Delegate, Document and Delay. Each chapter focuses on a different action young people can take if they know someone is carrying. 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.

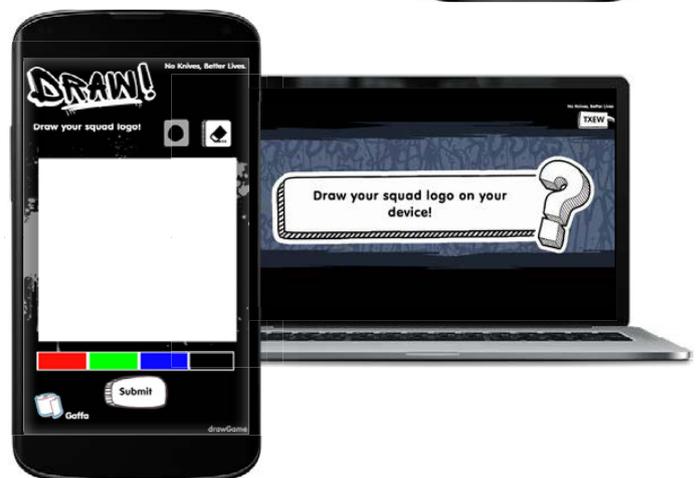
MINIGAMES

Quick Wit Challenge

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

TIP:

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.



Sketch & Share

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.

Pick Your Path

In this mini game 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.



Spot the Danger

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.



Think Again

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 are none).

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



Knowledge Check

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



Last One Standing

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.

KEY FACTS:

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.

- Possession of a knife carries a prison sentence of up to 5 years even if it's not used.
- 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.
- 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).
- 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.
- 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.
- While knife crime in Scotland declined significantly over the years, some areas have seen a recent small increase in offences. However, carrying a knife remains uncommon, and most young people do not carry one.
- Police can - and do - stop and search anyone they think is carrying a weapon.
- 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.
- If you stab somebody and they die, you'll face a life sentence and serve a minimum of 25 years.
- 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'.
- 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.
- By carrying a knife, you are much more likely to get stabbed yourself as situations involving weapons can quickly get out of control.
- Knives are the most common weapons used in killings of young people.
- 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

CHAPTER 1 - TRAIN

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



STEP UP (Direct)

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.

- 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.



PULL ATTENTION AWAY (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 her talk to Darren about carrying a knife. The players decide which classmate should talk to Darren and also what they should say.



TELL AN ADULT (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 them any personal details.

fearless.org

CHAPTER 4A - WITH KATIE

Depending on your choices, the game will take Darren down a different path—either staying with Katie or going to hang out with Hamish. In Katie's chapter, she 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.



CHAPTER 4B - WITH HAMISH

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.



EVIDENCE (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 put it down to a poor 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 step up and speak to your friend directly or tell 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 and 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, it's safest to leave—and take your friends with you.

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.



SUPPORT LATER (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

NAE DANGER

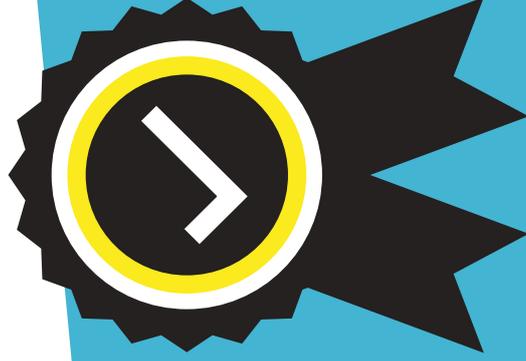
Certificate of Completion

THIS IS TO CERTIFY THAT

TOOK PART IN NKBL'S ACTIVE BYSTANDER
ONLINE GAME AND WORKSHOP

DATE

SIGNED BY



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Better lives

YouthLink Scotland
Caledonian Exchange
19A Canning Street
Edinburgh, EH3 8EG

T: 0131 313 2488
E: info@youthlink.scot
W: www.youthlink.scot

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