

**NYFS Adult (18+) Life Skills Program (LSP) – Social Safety -
(Spring-Summer 2024) Meeting Plan**

Date	Time	Event	Event Description
04/08/24	5:30-7:00 p.m. (1.5 hours)	Introductory Meeting – What We Know About Social Safety & Identifying Circles of Trust Newtown Community Center 8 Simpson Street Newtown, CT 06470	<p><u>Introduction to the Life Skills Program Session</u></p> <ul style="list-style-type: none"> • Getting to Know LSP Rules and Expectations • Overview of 2024 Spring-Summer Session • Member Introduction & Sharing Activities <p><u>What We Know About Safety</u></p> <ul style="list-style-type: none"> • Group discussion about safety knowledge regarding the following areas: <ul style="list-style-type: none"> ○ Phone Voice/Text Conversations ○ Internet/E-mail Interactions ○ Unexpected Situations at Home, Work and in-between ○ Emergency Situations ○ Interactions with Strangers <p><u>Identifying Circles of Trust</u></p> <ul style="list-style-type: none"> • Discussing the concept of having circles of trust • Identifying individuals that belong to varying degrees of trust • Discussing how we can identify when we can trust someone further and what are appropriate levels of trust <p><u>Understanding the Motives of Others</u></p> <ul style="list-style-type: none"> • Considering other perspectives • Recognizing that others may not have the best intentions • Strategies for identifying an individual's motive • Recognizing when the actions of others are questionable or concerning • Identifying who we can discuss concerns with when questions about trust arise

Date	Time	Event	Event Description
04/22/24	5:30-7:00 p.m. (1.5 hours)	Protecting Personal Information Newtown Community Center 8 Simpson Street Newtown, CT 06470	<p><u>Learning the Value of Personal Information</u></p> <ul style="list-style-type: none"> • Identifying personal information and the extent to which it can be shared among trust circles (ex. social security number vs. birth date) • Understanding the dangers of oversharing personal information (ex. identity theft) • Understanding the agendas of those seeking personal information (ex. financial crime) <p><u>Strategies for Protecting Personal Information</u></p> <ul style="list-style-type: none"> ○ Keeping personal documents safe ○ Limiting information shared with others ○ Refusing requests for personal information from unknown requesters ○ Minimizing the amount of personal information shared with others (ex. Not providing a social security number when optional) <p><u>Detecting and Avoiding Scams</u></p> <ul style="list-style-type: none"> ○ Recognizing suspicious requests, phone calls, mail, and e-mails ○ Contacting individuals and offices using verified contact information when in doubt instead of responding ○ Being aware of new technology and AI and how it can be used to trick us <p><u>Practicing with Models</u></p> <ul style="list-style-type: none"> ○ Differentiating safe e-mails, phone calls, mail, and e-mails from scam contact attempts

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Event Plans (Spring-Summer 2024)

Date	Time	Event	Event Description
05/06/24	5:30-7:00 p.m. (1.5 hours)	Situational Awareness Newtown Community Center 8 Simpson Street Newtown, CT 06470	<p><u>Being Aware of Our Surroundings</u></p> <ul style="list-style-type: none"> ○ Trusting our own sense of safety ○ Questioning peers and friends to ensure safety ○ Recognizing unsafe situations ○ Strategies to avoid dangerous situations ○ Recognizing who we are trusting in a situation and assessing if it matches our designated trust circles <p><u>Planning Ahead for Safety</u></p> <ul style="list-style-type: none"> ○ Keeping those we trust informed of our plans, destinations, those we are with and our location ○ Having important items on our person for safety reasons (ex. Phone, wallet, keys) and extra items we may carry with us (ex. medical bracelets, pocket flashlights, etc.) ○ Intendent Living – Keeping important safety equipment on hand before a crisis (ex. Home first aid kit, emergency blanket in our car, etc.) ○ How planning allows us to keep our selves and others safe <p><u>Differentiating Between Our Ability to Help and Our Need to Be Safe</u></p> <ul style="list-style-type: none"> ○ Recognizing how we can help and our limitations ○ Recognizing when we need to distance ourselves from situations, turn to those we trust, or call emergency services <p><u>Self-Advocating for Safety</u></p> <ul style="list-style-type: none"> ○ Expressing our safety concerns in life and in the workplace professionally

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			<ul style="list-style-type: none">○ Depending on those we trust to help us to determine if our concerns are accurate○ Stepping away from unsafe situations even if it goes against the wishes of others
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Event Plans (Spring-Summer 2024)

Date	Time	Event	Event Description
05/20/24	5:30-7:00 p.m. (1.5 hours)	<p>Managing Emergency Situations & Social Safety Practice</p> <p>Newtown Community Center 8 Simpson Street Newtown, CT 06470</p>	<p><u>Recognizing an Emergency Situation</u></p> <ul style="list-style-type: none"> ○ Differentiating when medical, behavioral, or mental health emergencies are occurring ○ Differentiating when we can respond to the situation ourselves, when we need others we trust to manage the situation, and when we need to call for emergency responders ○ Identifying when it is best to remove ourselves from a situation and when it is best to help address a situation ○ Identifying what we can do to help when it is appropriate <p><u>What to Do When Emergency Responders Are Involved</u></p> <ul style="list-style-type: none"> ○ Communicating clearly and listening when required ○ Following directives as given in an emergency ○ Using our judgment to determine what is best to do in given situations <ul style="list-style-type: none"> ○ Asking for identification ○ Verifying identity ○ Asking questions appropriately ○ Understanding the perspectives of others ○ Prioritizing personal safety even if we do not understand what is happening in the moment ○ Having a plan with those you trust in case of an emergency situation <ul style="list-style-type: none"> ○ Calling those we trust to inform them ○ Meeting at a designated location when appropriate (ex. Fire)

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Date	Time	Event	Event Description
06/03/24	5:30-7:00 p.m. (1.5 hours)	Model Situations and Practice of Social Safety Skills Newtown Community Center 8 Simpson Street Newtown, CT 06470	<u>Reviewing Everything We Learned</u> <ul style="list-style-type: none">○ Reviewing social awareness and safety strategies○ Practicing how we would respond to model situations <u>Model Situations and Practice</u> <ul style="list-style-type: none">○ Assessing our responses to a variety of practice situations and models regarding personal safety and discussing how we could improve○ Attempting to think of the best way to approach new or unfamiliar emergency situations○ Recognizing suspicious or concerning requests of information or behavior by those around us○ Recognizing where we should place additional individuals in our circles of trust based on given information <u>Session Summary</u> <ul style="list-style-type: none">● Review of the session and a discussion of what we would like to focus on in the future

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