



BISHOP'S
CHILDREN & YOUTH
COUNCIL

FACILITATOR GUIDEBOOK
SPRING 2025

HELLO WELCOME

The Purpose

We are reimagining how we hear and respond to the voice of children and young people in the Diocese of Leicester. Each term we facilitate a listening exercise in partnership with schools and church groups.

The Process

A group of young people pick a theme and design a listening resource to distribute to listening groups.

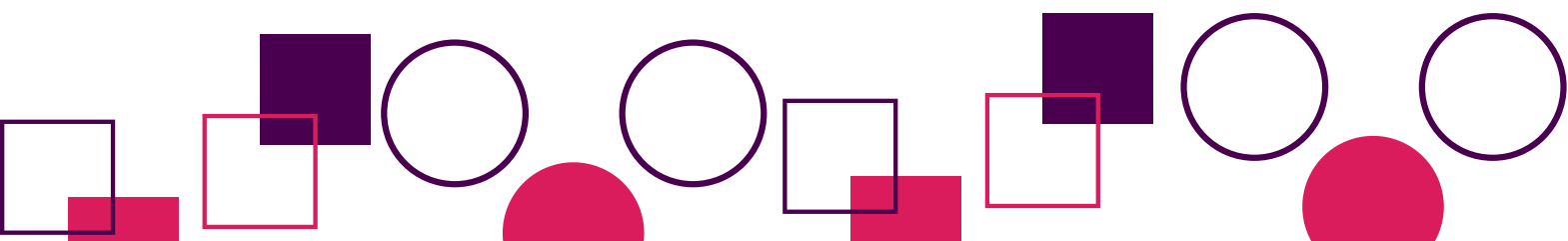
Listening groups are facilitated in schools and church groups, across a range of contexts. Children and young people are asked to share their thoughts, ideas, and stories, in response to a series of conversation prompts and interactive activities.

Who can take part?

Any child or young person (under 18 years) in the Diocese of Leicester! We encourage diversity and representation.

Safeguarding young voices

We trust facilitators to follow good practice and adhere to safeguarding policy in their context. We ask facilitators to record anonymous and unfiltered feedback.





LISTENING

We've heard from more than 1000 young voices from across the city and county, via six termly listening exercises.

Read all our listening reports and watch Bishop Martyn's response videos on the Diocese of Leicester website >>

www.leicester.anglican.org/info-for-parishes/children-families-and-young-people/bishops-children-and-youth-council-bcyc



THEME

The listening theme chosen by children and young people for Spring Term 2025 is **Safeguarding**.

We are running this listening exercise in partnership with the Diocesan Safeguarding Team: www.leicester.anglican.org/info-for-parishes/safeguarding.

Deadline for responses > **Friday 23rd May.**



SAFEGUARDING INTRODUCTION

Be Safe! Safeguarding is a complex theme and may be difficult for some children and young people to think and talk about. It may trigger feelings, memories, anxieties and questions.

Give repeated permission for participants to ask questions, 'check out', not respond or take a break, if they need.

Please speak with your Designated Safeguard Lead before running this session and choosing participants. You may want to speak with parents / carers of participants to explain this session.

The children and young people in the group should be clear:

1. if they have any worries, they know who they can talk to.
2. if they talk about anything which makes you concerned, you will have to share the information.

Before you start the session, you should talk to the group about agreed behaviour or ground rules, such as respecting others and listening well...



A SIMPLE DEFINITION...

Safeguarding is... everyone working together to try to make sure everyone is safe and feels safe.



SUGGESTED SESSION PLAN

Full permission to use this resource creatively in your setting. You know your children, young people and context best. You may like to add drinks or snacks? Change the timings? Adapt the rounds to suit your group's needs.

[1 min] Welcome:

Welcome everybody. Explain this listening activity is part of Bishop's Children & Youth Council and is taking place in schools and churches across Leicestershire.

[3 min] Intro:

Introduce the listening theme, define **safeguarding** and set some basic ground rules with your group (see previous page).

[1 min] Pray (if appropriate in your context):

Use the suggested prayer or do your own thing.

[15-20 min] Rounds:

Invite each participant to share a response in each round. Encourage participants to be BRUTALLY HONEST!

[3 min] Reflection:

Take a moment to pause and reflect.

Listening Prayer

God, we thank you that you are here with us.
We thank you for listening to and
responding to our prayers.
God, in this listening group, we ask you to
give us -
Grace to listen deeply,
Wisdom to speak thoughtfully,
Courage to share honestly.
Amen.

ROUND ONE

CIRCLE OF TRUST



Description: Arrange the people you can trust and talk to on the circle of trust.

You will need:

- Printed worksheet for each small group (A3 if possible)
- Cut out 'people labels'
- (optional) Playmobil people / Lego minifigs
- Phone or camera to record feedback

How to: Cut out 'people labels', show the worksheet to your group and explain the task. Work as a big group or in small groups.

Who's in your circle of trust?

Arrange the people you trust and can talk to in each layer of the circle. You can put more than one person in each layer. Place the names of the people you can trust the most in the circle closest to you. The furthest circle is those people you trust less and are less likely to talk to.

Discuss as a group who to put where...

Options: You could use Playmobil people or Lego minifigs alongside the 'people labels' on the circle of trust.

Recording:

- photograph each completed worksheet



FACILITATOR PROMPTS



ROUND ONE

If any of your group are struggling to complete the activity, try...

'if you were worried about something at school, who would you talk to?'

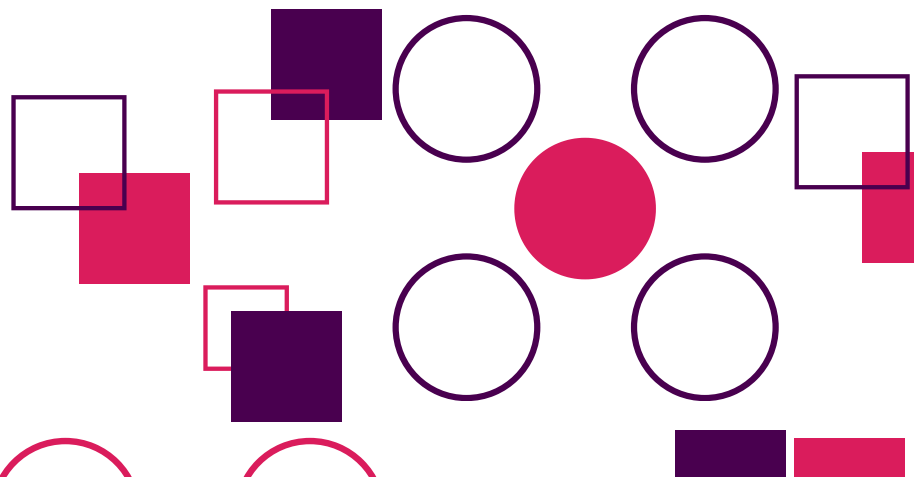
'if you were worried about something at home, who would you talk to?'

'who are you most trusted friends or family members?'



READING

If reading is a barrier, encourage participants to ask other participants or facilitator for help and/or use Playmobil characters or Lego Minifigs to represent people.



Grandparent

Aunty/Uncle

Police person

Parent

Friend

Doctor

Teacher

Sport Coach

Church Leader

Brother/Sister



ME

How many people in your group?

ROUND TWO

SAFE SPACE



2

Description: imagine and understand what feeling safe feels like.

You will need:

- Suggested script
- Safe Space feedback sheet

How to: Explain to participants that they are going to use their imaginations to think about safety and how it feels for them.

Invite participants to get into a comfortable position. Give them permission to sit comfortably, lie down on the floor or find a comfortable posture, where they can be quiet for a few minutes.

Invite participants to close their eyes if they are happy to and find it helpful. Give permission for them to keep eyes open if preferred.

Suggested script: Find a suggested script on the next page. Please adapt to meet your group's needs!

Recording: Once you have read through the script and participants are 'back in the room', ask participants to share **one-word** (or very short) answers about what they saw, heard, smelt and felt during the activity.

Give permission for participants to opt-out of sharing or to write, draw or whisper their response if they'd prefer. Encourage participants to only share as much as they feel comfortable.

Record their responses on the Safe Space feedback sheet.





SUGGESTED SCRIPT



I invite you to think about a safe place. This is a place where nothing or no-one one can hurt anyone. This can be a real place you know or one in your imagination. A place where people could feel safe? (pause ...)

If you can't think of anywhere, that's okay! Not everyone can do this straight away. You could try to think of a place you like to visit or makes you feel happy (pause ...)

When you are ready, in your mind, go to the place you have decided on. Keeping silence, imagine the answer to these questions...

...what can you see in the safe place? (pause ...)

...what can you hear in the safe place? (pause ...)

...what can you smell or taste in the safe place? (pause ...)

...how do you feel in the safe place? (pause ...)

When you are ready, come back into the room. Open your eyes, if they were closed, listen to the sounds in the room and feel your feet on the ground.



SAFE SPACE

FEEDBACK SHEET

2

In your mind, what did you (...xxxxx) in your space place?

(...see)

(...hear)

(...smell)

(...taste)

(...feel)



ROUND THREE

INFO-MO



3

Description: rate the best ways to share safeguarding information.

You will need:

- Printed & cut info cards
- Phone or camera to record feedback
- Example of a safeguarding poster from your context

How to: Print and cut up a set(s) of info cards. Explain to your group...

'whilst safeguarding is everyone's responsibility, some people have safeguarding as part of their job. They are the trusted person to chat to if you have a concern. In school / church this trusted person/s is often called the Designated Safeguarding Lead. Ask the group if they know who this person is?'

Explain to your group...

'it is important to share general safeguarding information in school / church / public spaces to help keep people safe. What do you think are the best ways to share safeguarding information?'

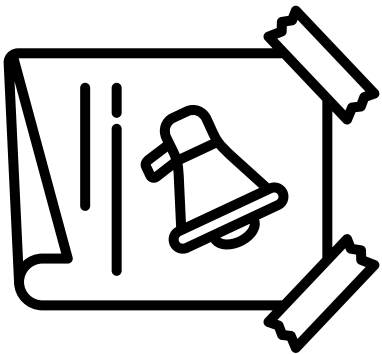
Idea! You may want to show your group an example of a safeguarding poster from your context... or ask them if they have ever noticed or read a safeguarding poster.

Invite participants to work in small groups or as a whole group.

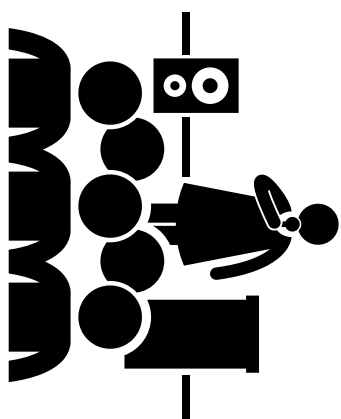
Give each group a set of info cards. Invite them to look through the cards and sort them from best to worst ways to share safeguarding information. There is a blank card for participants to write their own ideas.

Recording: photograph each ordered set of info cards.

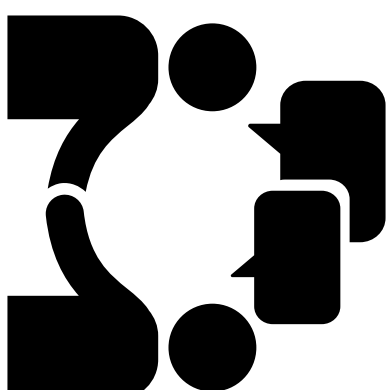




INFORMATION
POSTERS



SCHOOL ASSEMBLY
/ CHURCH SERVICE

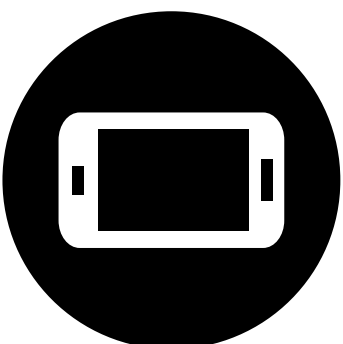


MEET THE PERSON
TO SPEAK TO

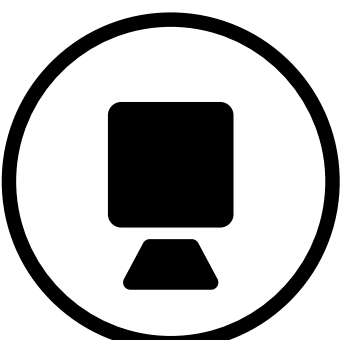
WHAT ARE
YOUR IDEAS?



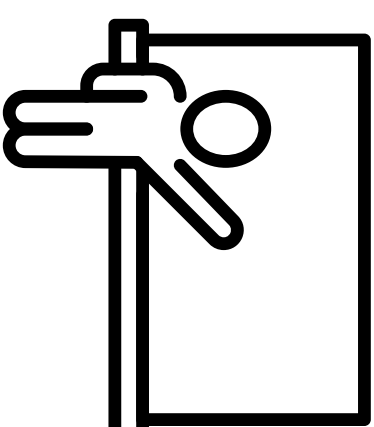
INFORMATION
WEBSITE / APP



MESSAGE SENT TO
PARENTS / CARERS



VIDEO FROM
THE PERSON TO
SPEAK TO



SAFEGUARDING
LESSON / SESSION

REFLECTION

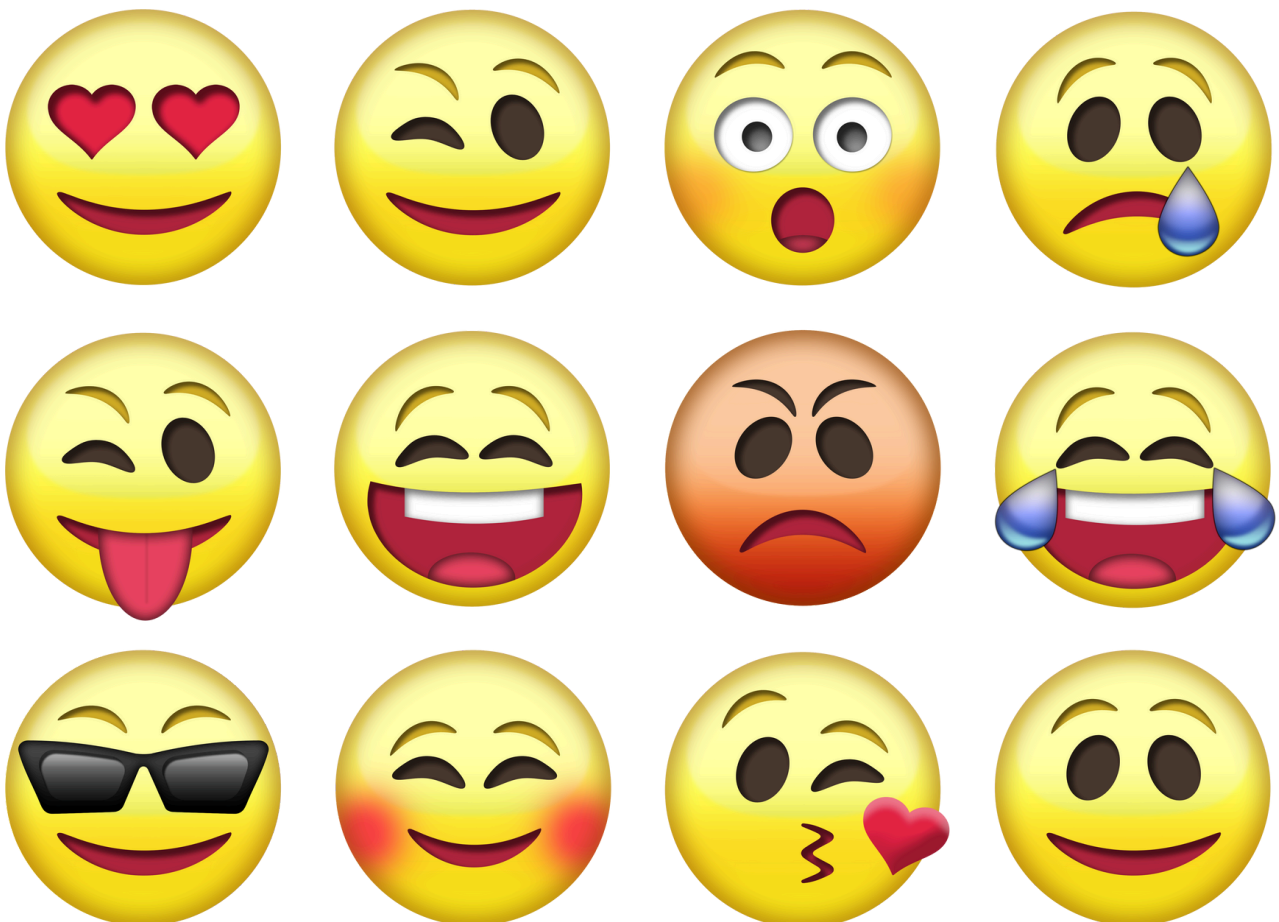
Pause:

Take a moment to reflect together at the end of your session.

Show your group the picture of the emoji's. Ask participants to think about how they are feeling. Invite participants to choose an emoji (or two) that describes their feelings.

Options:

You could complete this reflective activity in silence or invite participants to share the emoji they choose and why (if they are willing).





FACILITATOR FEEDBACK

Alongside the photos and notes from your listening group, please copy and paste the three questions below into an email and briefly answer.

Email feedback to Matt Long > matt.long@leicestercofe.org by
Friday 23rd May

Questions:

1. Where did you meet? (Name of church / school / group)
2. How many children / young people in your group?
3. Age range and makeup of group?
(Gender, ethnicity, Special Educational Needs & Disability).

~

Optional Feedback: we would love to hear your reflections on the listening group? What worked well? What didn't? What would you change? Ideas?

All (brutally honest) feedback is super useful as we learn together.



BONUS ACTIVITY

Invite participants to design an A4 child-friendly Safeguarding Poster to be used in schools and churches. You may want to include some of the following information on your poster:

- A clear statement such as, *safeguarding is everyone's responsibility*.
- A space for the name & photo of the person/s to talk to.
- A space for contact details of the person/s to talk.
- QR code linked to helpful information.
- Emergency helplines – such as ChildLine or Samaritans.

Please post or email posters to the address below. In partnership with the Diocesan Safeguarding Team & Board of Education, we will digitise and publish our favourite posters for use across the Diocese of Leicester.



matt.long@leicestercofe.org



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