

**Resource 1a Video handout**

<b>How or why did each person become involved with knives?</b>	<b>What happened to make them want to live knife free?</b>
 <p data-bbox="229 566 280 589"><b>_Ben</b></p>	
 <p data-bbox="229 866 280 889"><b>_Aliya</b></p>	

**What has helped them to stay knife free?**

**What are the benefits of being knife free?**

**What challenges do you think they might have faced since going knife free?**

## Resource 1b Teacher notes

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NB: This sheet is intended to provide background information for teachers about the two real life stories shown in the knife free videos. It is not intended for direct use with students.

### **Ben's story: In his own words**

When I was 12, my best friend died in a stabbing. Fearing for my own safety, I started carrying a knife for protection. Two years later, I got in a fight and pulled my knife thinking it would protect me. It only made the situation worse and I was stabbed several times in the back. I almost died.

While I was recovering in hospital, my girlfriend made me realise that things had to change. She helped me see that for the sake of my family I needed to put down the knife. Now, as well as looking after my family, I spend time fixing and riding BMX bikes – a passion that gives me the headspace I need, and helps me see the possibilities in front of me.

I've been knife free since 31st August 2015.

### **Aliya's story: In her own words**

I was put into care when I was young and had to grow up very quickly. By the time I was 12, I was hanging around with older people who carried knives. I never carried myself, but I liked the feeling of safety from being around people who did.

When I was 15, I saw someone I knew get stabbed repeatedly right in front of me by a group of guys. I heard later that he was killed in the attack. This affected me very deeply and I began to think about the risks of carrying a knife.

I swore then that I would never pick up a knife, and decided to stay away from friends who carried. It wasn't an easy decision, but I felt I had no other option after seeing how quickly things had got out of control that night.

Now I concentrate on getting my message out to others through dancing and work as a youth ambassador. By helping other young girls to express themselves and make the right choices, I am able to put the past behind me.

**A person can get up to four years in prison for carrying a knife**

**An argument would get out of control quickly if someone had a knife**

**It will be harder for a person to achieve their goals and ambitions if they are involved in knife crime**

**A person could end up in hospital if attacked by a knife**

**A person can get a criminal record for carrying a knife**

**A person will carry around a lot of guilt if they have seen or been part of an attack**

**Friends who don't carry knives may choose to stop hanging out**

**A person can die from a knife attack**

**A person who uses a knife to attack someone can get a life sentence of 25 years in prison**

**A person's friends and family would be really disappointed and upset if they got arrested**

**A person's family would be constantly worried about them**

**A person who carries a knife could have it used against them**

**It will be harder to get into college, university, a job or even travel to different countries with a criminal record**

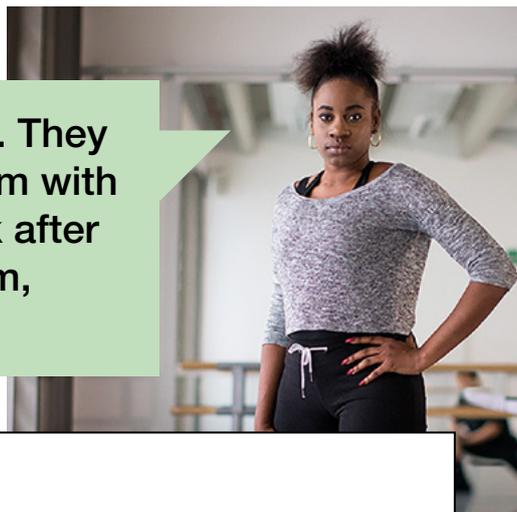
**People who carry a knife often have an increased feeling of danger, fear and stress**

**People who have survived knife incidents are often left with permanent life-changing injuries**

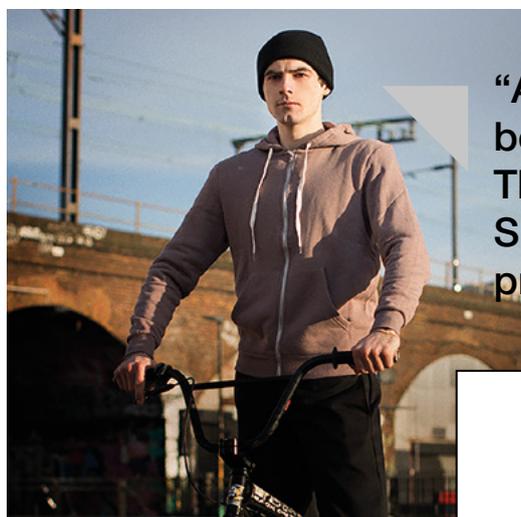
**A person carrying a knife or spending time with people who do, risks their friends being injured in a knife attack**

<p><b>Legal</b></p> <p>A person can get up to four years in prison for carrying a knife</p>	<p><b>Social</b></p> <p>An argument would get out of control quickly if someone had a knife</p>	<p><b>Personal</b></p> <p>It will be harder for a person to achieve their goals and ambitions if they are involved in knife crime</p>	<p><b>Physical</b></p> <p>A person could end up in hospital if attacked by a knife</p>
<p><b>Legal</b></p> <p>A person can get a criminal record for carrying a knife</p>	<p><b>Personal</b></p> <p>A person will carry around a lot of guilt if they have seen or been part of an attack</p>	<p><b>Social</b></p> <p>Friends who don't carry knives may choose to stop hanging out</p>	<p><b>Physical</b></p> <p>A person can die from a knife attack</p>
<p><b>Legal</b></p> <p>A person who uses a knife to attack someone can get a life sentence of 25 years in prison</p>	<p><b>Social</b></p> <p>A person's friends and family would be really disappointed and upset if they got arrested</p>	<p><b>Personal /social</b></p> <p>A person's family would be constantly worried about them</p>	<p><b>Physical</b></p> <p>A person who carries a knife could have it used against them</p>
<p><b>Personal</b></p> <p>It will be harder to get into college, university, a job or even travel to different countries with a criminal record</p>	<p><b>Personal</b></p> <p>People who carry a knife often have an increased feeling of danger, fear and stress</p>	<p><b>Physical</b></p> <p>People who have survived knife incidents are often left with permanent life-changing injuries</p>	<p><b>Social/physical</b></p> <p>A person carrying a knife or spending time with people who do, risks their friends being injured in a knife attack</p>

**“I’ve just met this cool group of older kids. They make me feel safe and protected when I’m with them. One of them has asked if I will look after their knife for them. I should do it for them, shouldn’t I?”**



Empty response box for the first scenario.



**“A good friend of mine has been killed from a knife attack. The area I live in is quite rough. Should I start carrying one to protect myself?”**

Empty response box for the second scenario, containing a closing quotation mark at the bottom right.