

# Tackle This

This series of eight life skills videos can be used to facilitate learning and discussion on the challenges faced by young people in football and in life.

## 1. The Injured One

- Mental Health
- Injury & Illness
- Support Networks



## 2. Player Of The Season

- British Values
- Peer Pressure
- Personal Integrity



## 3. Leaving Home

- Independence
- Safeguarding
- Well-Being



## 4. It Was Just A Laugh

- Equality, Diversity & Inclusion
- Personal Responsibility
- Social Media



## 5. More Than A Game

- Discipline
- Gaming
- Lifestyle Management



## 6. It's Who I Am

- Careers
- Identity
- Transferable Skills



## 7. Stranger Danger

- Online Safety
- Radicalisation
- Resilience



## 8. Respect Me

- Consent
- Relationships
- Respect



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# Tackle This

## 1. The Injured One

- Mental Health
- Injury & Illness
- Support Networks



### Discussion - Pause #1 on 01:52

1. How does he feel about the news of his injury?
2. What problems could a long-term injury cause?
3. What can he do to improve his situation?
  - Establish structure and routine
  - Find purpose, value and happiness in other interests and personal development
  - Share his thoughts and feelings

### Discussion - Pause #2 on 02:35

4. How does a physical injury affect your mental state?
5. What can you do to support someone you know with an injury?
6. Who can he speak to for help and support?
  - Family/Friends/LFE/Club Staff/Tutors
  - Support Services/Local Charities/Private Counselling

### Discussion - End

7. What advice would you give to him?
8. Can you think of any examples of players who have bounced back from long-term injuries?
  - Luke Shaw (Leg)
  - Christian Eriksen (Heart)
  - Raul Jimenez (Head)
9. What have you learned from this today?

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## 2. Player Of The Season

- British Values
- Peer Pressure
- Personal Integrity



### Discussion - End

1. What British Values do you see in this video?
  - Democracy
  - Individual liberty
  - Mutual respect
  - Tolerance of those of different faiths and beliefs
2. What other British Values examples can you think of?
  - The rule of law
3. What examples can you think of in everyday life when British Values are needed?
4. Have you ever experienced a struggle with expressing yourself?
5. Where can you learn about and access support for British Values?
  - In everyday life
  - Online using trusted sources i.e. LFE/Gov/Young Citizens
6. What have you learned from this today?

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## 3. Leaving Home

- Independence
- Safeguarding
- Well-Being



### Discussion - Pause #1 on 01:48

1. How does he feel about leaving home?
2. What could be his first impressions?
3. What potential risks does he face?
  - Feeling that he has no choices but to 'toughen up' and 'make no fuss'
  - Isolation
  - Boredom
4. How can he keep himself safe?
  - Gain an understanding of local safeguarding risks
  - Share his thoughts and feelings
5. What are the positives of moving to a new place?
6. How do you relate to this?

### Discussion - End

7. Who can you talk to about your experiences of living away?
  - Family/Friends/LFE/Club Staff/Tutors
  - Support Services/Local Charities/Private Counselling
8. How can you, as a teammate, help others who are living away?
9. What similar experiences have you had related to this video?
10. What challenges could you face if you were to move abroad?
11. What have you learned from this today?

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## 4. It Was Just A Laugh

- Equality, Diversity & Inclusion
- Personal Responsibility
- Social Media



### Discussion - Pause #1 on 02:02

1. How could this situation have been avoided?
2. How does this affect the reputation of the club?
3. How does this affect those involved?
  - Anxiety from the uncertainty of what will happen
  - Impact of current and future career prospects
4. What potential consequences could be given by the club, or elsewhere?
  - Disciplinary process and investigation before decision on warning/employment status
5. How can you protect yourself from this situation?
  - Learn about and hold a more inclusive behaviour towards football being for everyone
  - Consider challenging other people's offensive or discriminatory behaviour

### Discussion - End

6. What is a digital footprint?
  - The information about a particular person that exists on the internet as a result of their online activity
7. How can social media be used in a positive way?
8. What risk does social media bring?
9. What advice and support is available relating to social media?
  - EMS Library and Online Content
  - UK Safer Internet Centre
  - Childnet
10. What have you learned from this today?

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## 5. More Than A Game

- Discipline
- Gaming
- Lifestyle Management



### Discussion - Pause #1 on 02:04

1. What type of lifestyle does the apprentice have?
2. What did you notice to make you think this?
3. How do you think he is feeling about the situation?
4. How could this situation affect his progress?
  - General well-being and physical needs not being met
  - Inability to deal with life challenges
  - Not able to make the most of opportunities
5. Think about whether you can relate to this.

### Discussion - Pause #2 on 03:18

6. What could be affecting his ability to function at his best?
  - Time management
  - Sleep quality and quantity
  - Diet
  - Unhelpful thoughts and feelings
7. What can he do to improve how he is feeling?
8. Who can he speak to for help and support?
  - Family/Friends/LFE/Club Staff/Tutors
  - Support Services/Local Charities/Private Counselling

### Discussion - End

9. What are the positives to gaming?
10. What are the risks with gaming?
11. How do you relate to the apprentice in the video?
12. What can you do to have a more balanced lifestyle?
13. What employability skills have you noticed in this video?
14. What have you learned from this today?

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## 6. It's Who I Am

- Careers
- Identity
- Transferable Skills



### Discussion - Pause #1 on 01:04

1. Why is there so much pressure on him?
2. What can he do to remove some of the pressure?
  - Self-reflect on his wider value, characteristics, skills and other roles in life
  - Share his thoughts and feelings
  - Research and network to create a dual-career plan and pathway
3. What things might stop him reaching out for help?
4. Who can he speak to for help and support?
  - Family/Friends/LFE/Club Staff/Tutors
  - Support Services/Local Charities/Private Counselling

### Discussion - End

5. What are transferable skills?
6. How can you develop skills off-the-field to help you on it?
  - Engage in new interests and hobbies
  - Challenge yourself in environments with new people, communities and places
7. What interests and hobbies do you have outside of football?
8. Who can help and support you to become less worried about the future?
9. What have you learned from this today?

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# Tackle This

## 7. Stranger Danger

- Online Safety
- Radicalisation
- Resilience



### Discussion - Pause #1 on 01:02

1. Who could have contacted him?
2. For what reasons may they have contacted him?
3. What type of personal information can people find about you online?
4. Where is your personal information available online to the public?
  - Social media accounts and posts
  - News articles and reports
  - Gaming profiles
5. What would you do if a stranger contacted you online?
6. What can you do to protect yourself?
  - Report suspicious contact from strangers
  - Use your support network to help navigate difficult relationships and ideas
  - Remain as private as possible with your personal information and images
  - Use anti-virus software, two-factor authentication and smart passwords

### Discussion - End

7. What has he learned from this experience?
8. Where can you seek help and advice regarding radicalisation?
  - Prevent
  - Online using trusted sources i.e. LFE/NSPCC/Gov/Home Office
  - EMS Library
9. What have you learned from this today?

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## 8. Respect Me

- Consent
- Relationships
- Respect



### Discussion - Pause #1 on 01:16

1. How does he feel?
2. What risks were taken in this situation?
3. What consequences could there be for each person (if any)?
4. How can you protect yourself from this situation?
  - Think before sending and receiving private messages and media
  - Play out the possible scenarios and consequences, as a result of future actions
  - Understand the law of consent and sexting including age, possession/sending of private media
  - Report it and/or seek support from someone you trust

### Discussion - End

5. What should have been done differently?
6. What potential consequences could he face?
7. What are your responsibilities in a relationship?
8. How can you protect yourself from this situation?
  - Understand the law of consent and abide by it
  - Check the understanding of your partner, and do not assume
9. Where can you find support and guidance on consent?
  - LFE
  - Crown Prosecution Service (CPS)
10. What have you learned from this today?

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