

GOALS

Participants define their PACT, how each contact can help and what to do in case of emergency

METHODOLOGY

Description of risk maps, fishbowl exercise, individual contact mapping

TIMESPAN

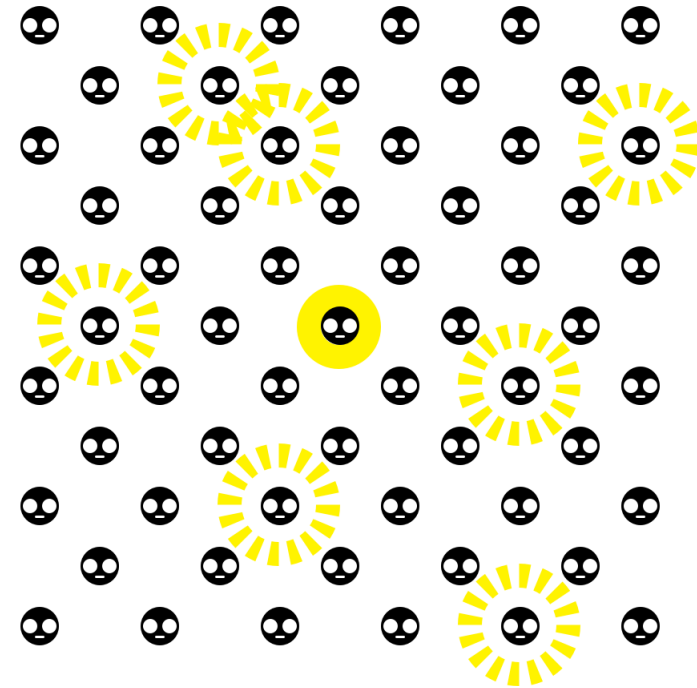
60 minutes

MATERIALS

flipcharts, markers, reflection petals

REMEMBER

Update your PACT based on context



Who is in your PACT?

FULL DESCRIPTION

PACT definition: Identify two to three maps from the Risk Mapping exercise that highlight specific moments of risk that can be used to model a PACT in plenary. Explain that a PACT means choosing three contacts that are best suited to assist in a specific situation who have agreed a plan of action beforehand.

Fishbowl exercise: Choose one participant to roleplay themselves setting up a PACT. It may a good idea to ask someone who has already shared their risk map with the group. Ask the volunteer who they would choose as their three contacts to assist in a real situation from their map (for example, it may be a husband, friend and colleague). Ask people from the room to come forward to play the role of the three contacts chosen. The person must then roleplay how they would have a conversation with each of their chosen contact, explaining 1) what is the Panic Button and why they have been chosen as a contact 2) what they should do upon receiving the alert and 3) important information they will need in order to act quickly. At each point, encourage the room to question the rationale of the lead participant and input suggestions or raise potential problems they could see arising.

MATERIALS

flipcharts, markers, reflection petals

TIMESPAN

60 minutes

YOUR NOTES
