

Roll The Dice: Walk In Our Shoes

A game to understand the diverse experiences of young people. Roll a dice to get started!

Family & Home Life

1. Lives in a loving, supportive family (+1)
2. Accepted by family for who they are (+1)
3. Recently moved homes but adjusted well (0)
4. Parents divorced but amicable co-parenting (0)
5. Parent has substance misuse issues (-1)
6. Experiences emotional or physical abuse at home (-1)

Social & Peer Relationships

1. Has a close, supportive friendship group (+1)
2. Trusted adult or mentor in their life (+1)
3. Mixes with peers but no deep friendships (0)
4. Uses social media to stay connected, but feels neutral (0)
5. Feels isolated or excluded by peers (-1)
6. Part of harmful peer group (-1)

Culture, Identity & Society

1. Strong sense of cultural identity and feels proud (+1)
2. Accepted and supported in exploring gender/sexuality (+1)
3. English as second language with good understanding (0)
4. Follows cultural traditions but feels neutral about them (0)
5. Faces racism or discrimination (-1)
6. Feels societal pressure to conform (-1)

Environment, Wealth & Access

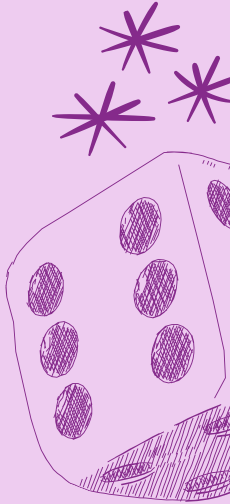
1. Family has stable income and reliable housing (+1)
2. Has access to clubs, transport, and digital resources (+1)
3. Lives in a modest area with some access to activities (0)
4. Gets free school meals but feels no stigma (0)
5. Experiences food insecurity at home (-1)
6. Cannot afford transport or extracurriculars (-1)

Education & School Experience

1. Good academic performance and enjoys school (+1)
2. Feels supported and included by teachers (+1)
3. Recently changed school with mixed feelings (0)
4. Receives extra learning support (0)
5. Irregular attendance or lateness (-1)
6. At risk of school exclusion (-1)

Health & Neurodiversity

1. Physically and mentally healthy (+1)
2. Receives good support for diagnosed ADHD or autism (+1)
3. Has a minor, manageable health condition (0)
4. Mild learning difficulty not affecting school life (0)
5. Experiences anxiety or depression (-1)
6. Undiagnosed learning disability causing school struggle (-1)



Instructions

Purpose and Who It's For

This game is designed by young people to help professionals gain deeper insight into the complex and diverse experiences of young people. By rolling a dice to build a fictional young person's life, players explore how different factors can shape outcomes, opportunities, and challenges. This activity is ideal for youth workers, educators, social care professionals, mental health workers, and others who work with or support young people.

Creators

The game idea was developed by young people as part of the Youth Action Away Day delivered by ProMo Cymru and Youth Access in 2025.

What You'll Need

- One six-sided dice
- This resource pack
- Pen or pencil

How to Play

1. Roll the dice once for each category (six total rolls).
2. Read the associated statement.
3. After each roll, fill in the Young Person Profile sheet by copying over the statement and the points scored. Each statement is worth a score:
 - +1 = Positive Experience
 - 0 = Neutral Experience
 - -1 = Challenging Experience
4. After all six categories are rolled and recorded, add up the total score. The possible range is -6 to +6
5. Build a brief profile of your fictional young person. Consider the discussion prompts.
6. Reflect on this by yourself or share with your team.



Young Person Profile Sheet

Category	Trait	Points
 Family & Home Life		
 Environment, Wealth & Access		
 Social & Peer Relationships		
 Education & School Experience		
 Identity & Societal Factors		
 Health & Neurodiversity		
TOTAL		



-6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6



Reflection

Build a profile of your fictional young person. Consider:

- What's their name, age, and personality?
- What barriers do they face?
- What strengths and support do they have?
- What services or societal changes might help them thrive?
- What assumptions might people make about this young person?
- How might their combined experiences shape their reality?



Reflect on how your service supports young people. Consider:

- Where might this young person fall through the cracks?
- What support, changes, or interventions could help?
- How your can organisation tailor support to meet the young person's needs?

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