Yr 9-12 Lesson plan 1: Connectedness Y-Chart

RU QK?

A Y-chart identifies what something:

- · Looks like
- Feels like
- Sounds like

Use the chart below to record what you think connectedness looks, feels and sounds like.

Look	s like:
Sounds like:	Feels like:

R U OK? at School Yr 9-12 Lesson plan 1: Worksheet B

Phone Chat Worksheet

RU©K?

Text messages can send mixed messages, especially when someone's struggling. How would you reply to the text messages below to show your friend you're there to support them?

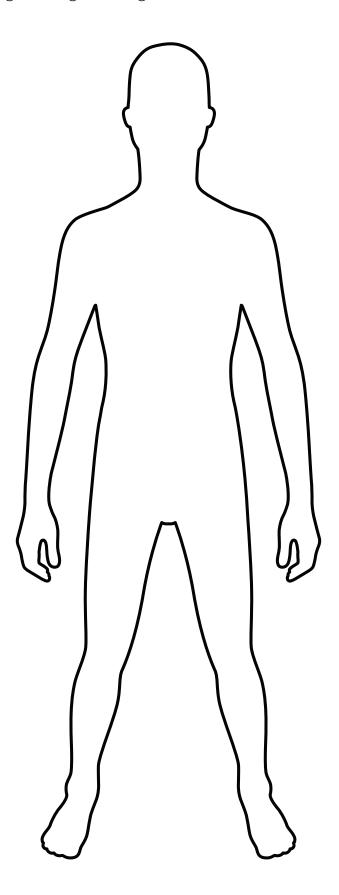
1. Hey. Terrible day @school :(Reply:	2.	Maths results :-/ Mum's going to be MAAAAD!!! Reply:	3	Huge fight with Ged. Feel awful now :(Reply:	
4. She just broke up with me!!! Reply:	5.	Can I come over to yours? Mum & dad fighting again Reply:	6	James not invited to Kate's party & doesn't want me to go cos Tim is. What do I do? Reply:	

R U OK? at School Yr 9-12 Lesson plan 1: Worksheet C

Body Outline Worksheet



Identify the warning signs that might indicate that someone's not ok. Draw or write the physiological changes that might occur.



R U OK? at School Yr 9-12 Lesson plan 1: Worksheet D

Personal Reflection Worksheet

RU©K?

In the thought bubbles, recall a time when you weren't ok. In the speech bubbles, suggest ways to ask someone experiencing a similar situation 'are you ok?'

