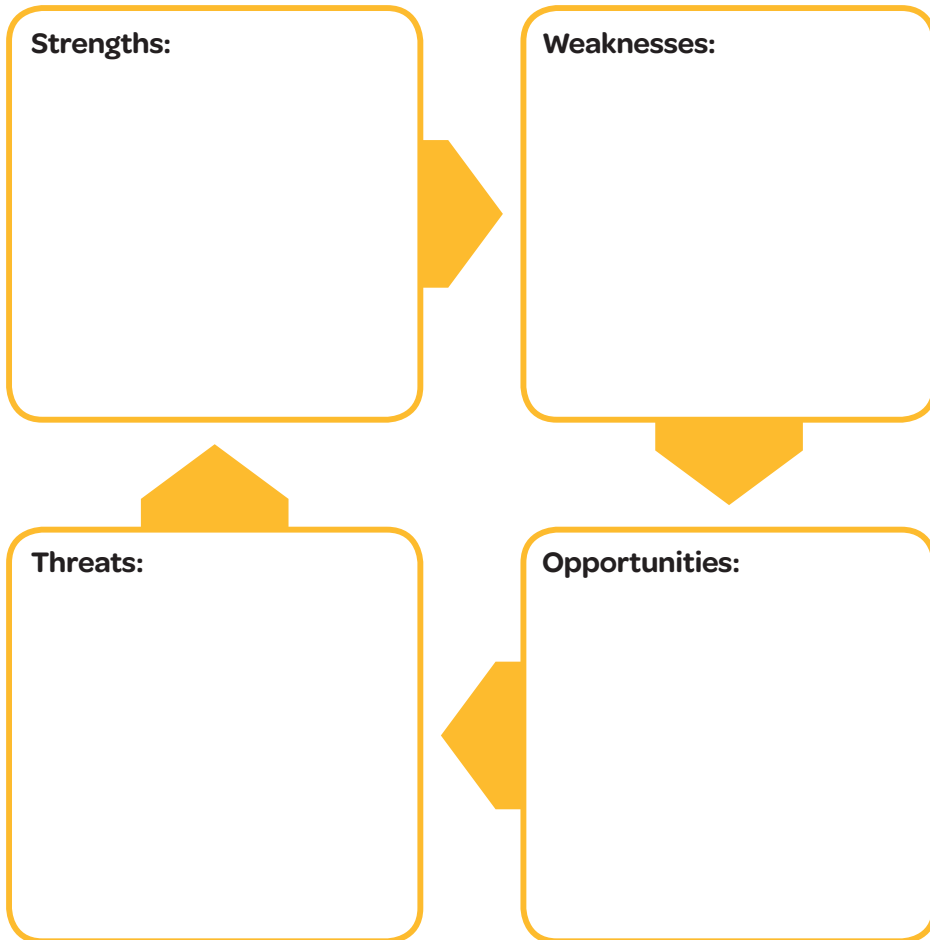


SWOT Analysis Worksheet

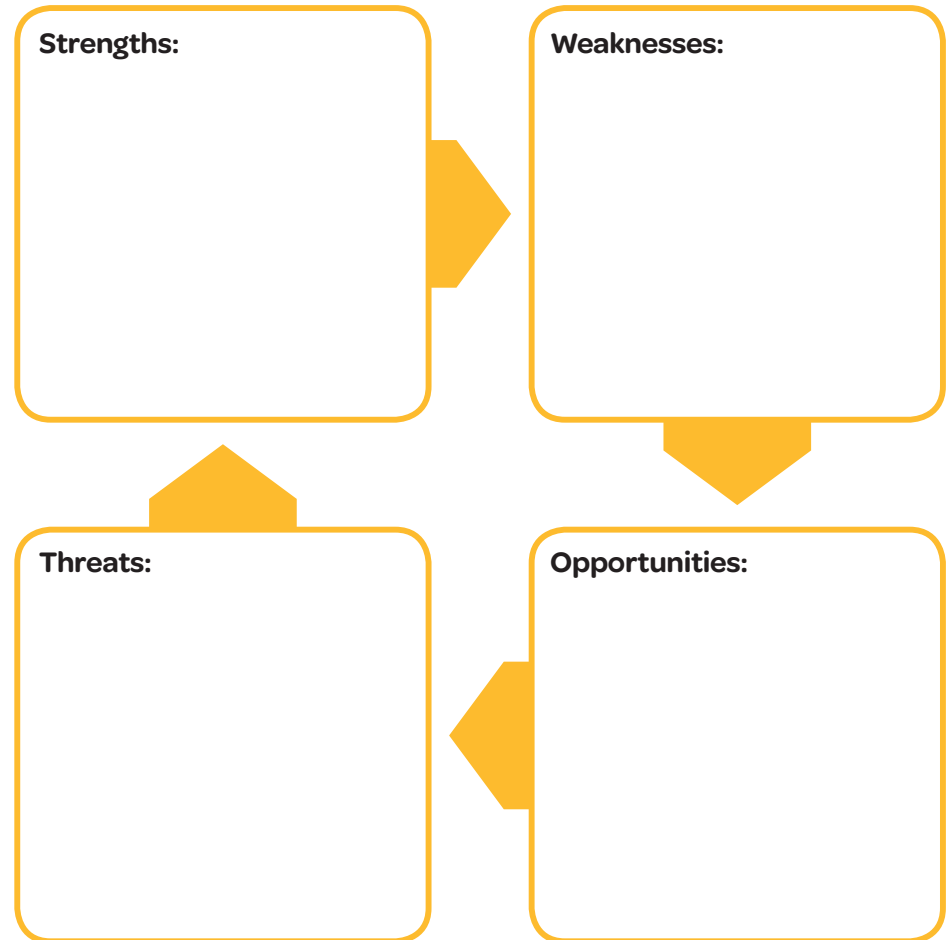


Analyse the strengths, weaknesses, opportunities and threats of each way of communicating and asking 'are you ok?'

Text message



Phone call



SWOT Analysis Worksheet



Face-to-face chat

Strengths: 	Weaknesses:
Threats: 	Opportunities:

Facebook post

Strengths: 	Weaknesses:
Threats: 	Opportunities:

After watching the video, complete the scenarios below to support someone at school who's not ok. Sometimes you may need to direct them to an adult, the school counselor or a professional.

Scenario 1

Ben: The work has just got on top of me. I need to stay at home to get back on track.

Suzie: Perhaps there is a teacher at school you like who could help?

Ben:

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Suzie:

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Scenario 2

Ben: Yeah, I'll be at school tomorrow for sure.

(2 days later)

Suzie: Sir, Ben isn't here again. I'm worried. That's 4 days in a row.

Ben:

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Suzie:

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Scenario 3

Ben: I can't do the science project. I just don't want to.

Suzie: Do you really not want to? Or do you need some help?

Ben:

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Suzie:

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Scenario 4

Suzie: So you've been off 2 days now. How long have you been feeling like this?

Ben: Usually I just feel lonely. But now I just feel empty and it's hard getting out of bed.

Suzie:

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Ben:

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