

What makes a good friend?

When someone you know is showing signs that they're not ok, you may need to give them some extra support.

Visit <http://au.reachout.com/What-makes-a-good-friend> to answer the questions below to find out how you can become a more supportive friend when someone's not ok.

1. List 5 common signs of a good friend
2. List the 7 ways to be a good friend
3. Think about the type of friend you are. Would you use any of these strategies to improve your qualities as a friend? Justify which ones you would choose.

Asking the question

Once you've initiated a meaningful conversation with someone to ask if they're ok, you may be required to seek support for yourself or the person you're supporting.

Use the links below to answer the questions about how you could support someone you know who isn't ok, or even find out some background information for yourself.

Loneliness

Visit: <http://au.reachout.com/I-feel-so-alone>

1. Describe the signs that someone you know may be experiencing loneliness.
2. What are 3 things you could suggest to help someone who's experiencing loneliness?
3. What could you do as a friend to support someone you know who's feeling alone?

Living in a rural or remote area

Visit: <http://au.reachout.com/Living-in-a-rural-or-remote-area>

1. Why do you think people living in rural and remote areas might experience poor mental health?
2. What is a common difficulty faced by people living in rural and remote areas when looking after their mental health and well-being?
3. What could you suggest to a friend living in a rural or remote location to help them overcome limited access to support services?
4. If you were living in a rural and remote area, what are two strategies you could implement to promote well-being in your school community?

Fighting with a brother or sister

Visit: <http://au.reachout.com/Fighting-with-a-brother-or-sister>

1. What are the 4 main reasons that brothers and sisters fight?
2. If someone you know is fighting with their brother or sister, what 4 things could you suggest to help them deal with these issues?
3. What could you advise someone to do if they wanted to better communicate with their brother or sister?

Dealing with divorce and custody

Visit: <http://au.reachout.com/Dealing-with-divorce-and-custody>

1. How do you think someone experiencing this situation might behave?
2. If someone you know is experiencing a divorce in their family, what 5 things could you advise them to do?

Alcohol abuse

Visit: <http://au.reachout.com/Life-cant-be-fixed-with-a-shot-of-vodka>

1. Why might people turn to using alcohol to hide or fix problems in their life? Give at least 3 reasons.
2. Discuss 3 alternatives to drinking alcohol to deal with feeling down, lack of confidence or difficult social issues.
3. Describe the dangers that may be associated with excessive consumption of alcohol for young people.

Building better coping skills

Visit: <http://au.reachout.com/Factsheets/B/Building-better-coping-skills>

1. If you needed to explain to someone the positive effects of using coping strategies, what are 5 things you could say to them?
2. From this list of coping strategies, explain the ones you think are most suited to young people.
3. What do you feel is the best way that you connect with your closest friends?

What if someone isn't ok and doesn't want help?

A friend may or may not respond to your support or advice. This doesn't mean that you should ignore them and leave them alone. There are other ways you can support them.

Visit the website below to assist you in answering the questions below.

<http://au.reachout.com/Emergency-Help>

1. Name 2 agencies you could provide to someone to seek further support
2. Which agencies are specifically for young people?
3. If someone you know at school was acting out of character, what are 3 steps you would take to ensure that person is being looked after?
4. If you feel that someone is in immediate danger who should you call?

School partners:

Brainstorm
Productions



www.ruok.org.au

Support Networks Worksheet



Complete the table below. The first 4 have been started for you. In the bottom 3 rows, record your own personal networks.

Name	Web	Phone	Address	Services
	ReachOut.com			
Kids help line				
School nurse				Basic first aid
School counsellor				