

# R U OK? at School

## Year 7-8 tool box

### Lesson plan 4: Creating conversations

**R U OK?**<sup>TM</sup>  
A conversation could change a life.

#### Key message

R U OK?Day is a national day of action held annually to encourage and empower all people to regularly and meaningfully ask 'are you ok?' to support those struggling with life. On this day, it's important that schools promote meaningful conversations and ongoing support.

#### Outcomes

By the end of this lesson students will be able to:

- Work effectively as a member of a small group and report to a larger student body
- Develop a school initiative which promotes meaningful conversations
- Develop skills in event organisation and management

### Activity 1 – Creating conversations



#### Resources

- R U OK?Day Planning Worksheet (A)
- Fact Sheet: Inspiring students to stay connected

#### Instructions

- After reading the **Fact Sheet: Inspiring students to stay connected**, brainstorm ways to promote meaningful conversations at school. Answers may include:
  - Sporting competitions
  - Short film competitions
  - Morning teas
  - Team building activities
- Divide students into small groups (4-6) to design a school campaign.
- Designate an idea to each group and ask them to complete the **Planning Worksheet**. Once completed and approved, they can scaffold the ideas for the event.



## Activity 2 – Implementing an R U OK? school campaign



### Resources

R U OK?Day Scaffold Worksheet (B)

### Instructions

- The ideas generated by each group can be implemented as a class, or through the leadership body or student representative council. Students could be encouraged to vote on which activities should be held as a school activity on R U OK?Day.
- Using the **Scaffold Worksheet**, students plan their initiative/campaign that could be used for R U OK?Day.

### Computer lab option

Promote the proper use of social media to promote R U OK?Day within your school. Students can make Facebook events or pages devoted to their events. Encourage the use of Twitter to promote online services related to their event or for ongoing support.

School partners:

**Brainstorm**  
Productions



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