

R U OK? at School

Year 9-12 tool box

Lesson plan 1: Signs that could mean a friend isn't ok

R U OK?™

A conversation could change a life.

Key message

Asking someone if they're ok can help them cope with stressful times, such as exam periods or when school work is building up.

Outcomes

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

- Understand and identify situations where people may not feel ok
- Identify the signs that people may not be ok
- Identify appropriate times to ask 'are you ok?'

Activity 1 – What are the signs that someone's not ok?



Resources

- Picture, photo or drawing selected by students
- Fact Sheet: Signs that could mean a friend isn't ok

Instructions

- Ask students to bring in a picture, photo or drawing that depicts an emotion of someone who's not ok.
- Moving around the circle, ask students to discuss the following questions:
 - Why did you choose this picture?
 - What feelings does the picture display?
 - What do you think might contribute to someone feeling this way?
 - Do you think that someone who is not ok will openly display these feelings? Why or why not?
 - If someone is feeling this way how might they physically display their feelings?
- Share the **Fact Sheet: Signs that could mean a friend isn't ok**.

Activity 2 – How might someone show they're feeling disconnected?



Resources

- Connectedness Y-Chart (A)
- Phone Chat Worksheet (B)

Instructions

As a think-pair-share activity, ask students to complete the **Connectedness Y-Chart**.

- What does connectedness look like?
- What does connectedness sound like?
- What does connectedness feel like?

Activity 2 cont'd

When the chart is complete, discuss with students the importance of connectedness and feeling connected. Use the following questions to guide discussion:

- What does it mean to be connected?
- Who can make us feel connected?
- What makes us disconnected?
- Who can we connect with?

Students can then complete the **Phone Chat Worksheet** to demonstrate appropriate responses to support a friend who's struggling.

Computer lab option

Set up a Google Docs for the Y-Chart so that the students can write up their responses from their personal device, which can be projected onto the board to guide group discussion.

Activity 3 – How would you know that someone's not ok?



Resources

Body Outline Worksheet (C)

Instructions

- Students draw on the **Body Outline Worksheet** typical physiological effects the body may experience when someone's not ok. e.g. sweating, oily skin, under/over weight, headaches etc.
- Discuss as a class the effect stressful times can have on an individual and the importance of being able to recognise these signs in others.

Activity 4 – How do you know when to ask 'are you ok?'



Resources

Personal Reflection Worksheet (D)

Instructions

Students complete the **Personal Reflection Worksheet**. In the thought bubble, students list times when they needed someone to ask if they were ok. In the speech bubble, they suggest ways to ask someone experiencing a similar situation 'are you ok?' in a sensitive and caring way.

Computer lab option

Ask students to design a Comic Life to display the thought and speech bubbles instead of using the paper worksheet.

School partners:

Brainstorm
Productions



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