

# R U OK? at School

## Year 9-12 tool box

### Lesson plan 2: Asking the question

# R U OK?™

A conversation could change a life.

#### Key message

Asking people around you if they're ok and demonstrating effective listening skills can help friends feel valued, supported and connected.

#### Outcomes

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

- Identify people who need to be asked 'are you ok?'
- Develop skills to start meaningful conversations
- Understand that further help or assistance may be required beyond an initial conversation

### Activity 1 – What makes a meaningful conversation?



#### Resources

- White board marker
- Post-it notes

#### Instructions

- Put the heading 'What makes a meaningful conversation?' on the whiteboard.
- Each student has 2 post-it notes to write their responses, which will be placed on the board around the heading.
- As a class, group similar answers and discuss the different viewpoints.
- Identify that meaningful conversations may be different for different people.

### Activity 2 – How to ask 'are you ok?'



#### Resources

SWOT Analysis Worksheet (A)

#### Instructions

According to the different ways people can communicate, use the **SWOT Analysis Worksheet** to identify for each the:

- Strengths
- Weaknesses
- Opportunities
- Threats

Identify as a whole class the most effective means of communicating and why you might use different media for different situations.

## Activity 3 – How to follow up on a conversation



### Resources

- Role Play Worksheet (B)
- How to start a conversation (YouTube clip)

### Instructions

- Watch the YouTube clip **How to start a conversation**:  
<http://www.youtube.com/watch?v=hFzRTwTCmXA&feature=youtu.be>
- Using the **Role Play Worksheet**, students suggest ways they could assist someone further after an initial conversation.
- Discuss possible answers as a whole class.

### Computer lab option

Students can use iMovie or Windows Movie Maker to recreate the scenario and develop an ending where the female character has to deal with the fact Ben did not show up at school the following day.



School partners:

**Brainstorm**  
Productions



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