

R U OK? at School

Year 9-12 tool box

Lesson plan 3: Where can you seek help when a classmate needs it?

R U OK?TM
A conversation could change a life.

Key message

When you need to access information to support someone, you can turn to many people and places in your community. Encouraging friends to seek help early will enable them to manage the situation and potentially stop the problem from getting bigger.

Outcomes

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

- Identify and describe the benefits of seeking help
- Identify people and organisations they can seek help from if someone they know isn't ok
- Recall knowledge of issues that young people face that may be detrimental to their health

Activity 1 – When does someone need help?



Instructions

As a class, discuss when you may need to seek further help to support a friend. Suggested scenarios may include:

- Not showing up for an organised meeting, event or activity
- Missing school after having a bad day
- Ignoring texts
- Not answering phone calls
- Looking unhealthy or unusually tired
- Poor body image

Activity 2 – Where do you seek help?



Resources

Web Quest Worksheet (A)

Instructions

Direct students to [ReachOut.com](https://www.reachout.com) in order to complete the **Web Quest Worksheet**.

Computer lab option

Upload the **Web Quest Worksheet** onto your online class page, or online learning system, so that students can navigate site and copy and paste links.

Activity 3 – Who can you contact?



Resources

Support Networks Worksheet (B)

Instructions

Using the **ReachOut.com** website and their own knowledge of support networks, ask students to complete the **Support Networks Worksheet**.

Computer lab option

Ask students to create a ScoopIt page to record websites they've found useful for accessing support.



School partners:

Brainstorm
Productions



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