

# R U OK? at School

## Year 7-8 fact sheet

### Lesson 4: Inspiring students to stay connected

R U OK?Day is about encouraging all people to look out for friends, family and teachers by regularly asking them 'are you ok?' and then listening to the answer. We don't have to be an expert to do this because we all have the capacity to reach out and support anyone doing it tough. If you want to organise an event, there are some things you'll need to think about to make sure it's fun for everybody.

#### How do I encourage other students to get involved?

R U OK?Day should be fun and inclusive. Here are suggestions to make the day a success in your school:

#### 1. Encourage people to connect

R U OK?Day is dedicated to educating people about how to reach out and ask the question 'are you ok?' You can help educate your friends by:

- Sharing some of our video materials (under the Resources for You section of the website)
- Introduce the school counselor and ask them to talk about the support they provide
- Introduce other local and national support services and ask them to talk about their services
- Talk about your commitment to the R U OK? message and why it's important
- Invite a student leader to tell their personal story of connecting with someone and how it helped them deal with a difficult situation



R U OK?

#### 2. Organise fun activities

R U OK?Day is about celebrating the importance of community and friendship in overcoming tough times. Below are some ways to get students involved:

- Organise an art competition or art stall around the theme 'Conversations, community, connection'
- Organise teacher versus student sport matches, 3-legged races or face painting
- Host a food stall and invite people to bring a dish to share (you could also challenge people to only bring orange and yellow food)
- Organise a school concert

#### 3. Create a splash of colour on the day

R U OK?Day's official colour is bright and happy and should be used on the day. Below are suggestions, just make sure you discuss with the Principal or teacher first:

- Encouraging students to incorporate the colour into their uniform (e.g. shirts, socks, hair band, ribbons)
- Yellow and orange chalk can be distributed so that students can write positive messages or draw the R U OK?Day logo on the basketball court or footpaths
- Create an R U OK?Day poster to put up around school
- Create an R U OK? banner for the school entrance to welcome students on R U OK?Day (or every day!)
- Put up balloons around the school – you can either buy our official merchandise or buy some yellow and orange ones from a party shop
- Use orange and yellow plastic plates, cups and serviettes for a school morning tea



#### 4. Document the day and inspire others

- Record a short video of the activity or take photographs of the activities and artwork created (make sure everyone involved is ok to have their involvement recorded)
- Share these with [hello@ruokday.com.au](mailto:hello@ruokday.com.au) or post on [facebook.com/ruokday](https://www.facebook.com/ruokday) and [facebook.com/ReachOutAUS](https://www.facebook.com/ReachOutAUS)

#### 5. Get your teachers on board

Let relevant school staff at your school know you are interested in running an activity for R U OK?Day at least one week prior to the day and share the website details with them. Perhaps you could share the information at a staff meeting or put a poster up in the staff room.

### Things to consider when organising an event

- What equipment do I need to run the activity?
- Where is the best space in the school for the activity?
- How many people will be involved in the activity?
- Do I need help to run the activity? Who can I get to help me at school? Can I get my friends to help me organise and run the activity?
- Which activities are best suited to my school community?
- Be flexible in your timing of the activity. If your school suggests another day of the week, or the school year to run an R U OK?Day activity, that's perfectly ok! Work with your school community to decide the best timing.

School partners:

**Brainstorm**  
Productions



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