

Ask

R U OK?[®]

ANY DAY

**Primary School
R U OK? 2025
Presentation Guide**

Learn when and how to ask
at ruok.org.au

R U OK?[®]
A conversation could change a life.

Giving a presentation to share the message:

Ask R U OK? Any Day

This document will help you deliver an effective R U OK? presentation using our PowerPoint template.

We suggest you take some time to prepare, so you feel comfortable and can enjoy the experience of presenting.

Presentation tips

- Smile and make eye contact with people in the audience
- Look at the audience more than your notes
- Talk from the heart
- Know the content because that will help your confidence
- Avoid speaking too quickly (writing SLOW DOWN on your notes can help)
- If presenting online it's OK to pause. People may need some time to write questions or digest what you've shared.
- Always remember people want to listen to what you have to say because the message you are sharing matters to them.
- Ensure safe language is used throughout the event – please refer to the Mindframe guidelines at mindframe.org.au
- For more information on how to create a safe environment, see the R U OK? Duty of Care webpage ruok.org.au/duty-of-care



Presentation structure

- 1 Engage people:** Describe a time when someone asked you at work, 'are you OK?', and it made a difference (1-2 minutes)
- 2 Connect:** Introduce yourself with some background about who you are, why you are presenting and why you are supporting R U OK? (1 minute)
- 3 Tell people why they are here:** In your own words, explain that by the end of the presentation you want everyone in the audience to know they can make a difference by reaching out, asking, 'are you OK?' and lending support to someone in their world who might be struggling with life (1 minute)
- 4 Explain there's more to say after R U OK?:** Using the PowerPoint slides go through the steps of when and how to have an R U OK? Conversation. Rehearsing with the slides before your presentation can help you feel comfortable and confident. This guide also has some additional content you might want to include in your presentation. Try and put things in your own words, as it will make it more authentic
- 5 Thank people** and ask them to go out and ask, 'are you OK?'.

Ask R U OK? Any Day

Presentation Speaking Notes



Insert school name
Insert school year

Slide 1

- Insert your school name and year group into the slide if relevant. If not, you can delete this text from the slide.

Ask R U OK? Any Day

Presentation Speaking Notes

Acknowledgement of Country



Slide 2

○ Acknowledgement of Country

I acknowledge the Traditional Owners of the land on which we are meeting today and pay my respect to Elders past, present and future.

Ask R U OK? Any Day

Presentation Speaking Notes

R U OK? is all about helping our friends, classmates and family by having meaningful conversations



Slide 3

Script:

- R U OK? is a charity with a mission to get everyone having more conversations to check in with each other to see how they're doing.
- It's about what we can all do to help our friends, classmates and family to get through tough times.

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Presentation Speaking Notes



Slide 4

Script:

- The role of asking 'R U OK?' and helping someone who is struggling can be played by lots of different people – in the middle here there's someone who needs help. This could be any of us at various times of our life. All the people around – friends, family, team-mates, classmates, doctors, neighbours etc can all play that supporting role.
- When someone is struggling it can be hard for them to reach out. That's why we call on those around them who might notice, to start the conversation and encourage them to speak about what might be troubling them. This can help people feel like they have a friend supporting them and prevent small things becoming bigger issues.

Ask R U OK? Any Day

Presentation Speaking Notes

When our friends are sad, frustrated, angry, or just not themselves, its important that we try to help them, and ask, 'are you OK?'.



R U OK?
A conversation could change a life.

Slide 5

Script:

- When our friends are sad, frustrated or angry it's important that we try to help them, and ask: "Are you OK?".
- Asking this can make a difference when someone is struggling – it can make them feel less alone and more supported. We want everyone to feel like people are there for them.
- When someone does need help, it's often easier for them to talk to someone they know. That's why we're going to talk through what to do if they are worried about someone.

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Presentation Speaking Notes



Slide 6

- It's important to remember that you can't always solve or fix what they're going through.

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Presentation Speaking Notes



Slide 7

- But what you can do is have regular R U OK? Conversations and check in with each other.
- That way you're providing regular opportunities for them to open up and share what's going on in their life.

Question for the class: How do conversations make a difference?

- Conversations can help them to process and manage what they're going through, to prevent little things from becoming big things.

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Slide 8

- Sometimes our friends might feel sad, worried, or upset. It's important we know how to spot these signs.
 - You might notice they don't feel like playing, even if it's a game they usually love.
 - They might be sitting by themselves a lot or not talking as much as usual.
 - Some people say they feel sick when they're feeling worried.
 - And sometimes, they might cry or look really upset.
- If you notice any of these signs, it could be a good time to check in and ask: "Are you OK?"
 - or let a trusted adult know.

OPTIONAL AUDIENCE ENGAGEMENT QUESTION

- Can you think of some more signs that might mean someone is feeling sad or might need help?

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Presentation Speaking Notes



Slide 9

- R U OK?Day is a great reminder, but we can make a real difference by checking in with our friends all year round.
- We can ask: “Are you OK?” any day, not just on R U OK?Day.
- R U OK? want Australians to know you don’t have to be an expert, and you don’t have to do it alone.
- R U OK? is here to help with their four-step conversation framework, **ALEC** (**A**sk, **L**isten, **E**ncourage Action, and **C**heck In) which we will be going through today to help build your confidence.

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Presentation Speaking Notes



Slide 10

- Now we're going to talk through the steps of an R U OK? Conversation.

Ask R U OK? Any Day

Presentation Speaking Notes



Slide 11

- So, when should you ask, 'are you OK?'.
- Whenever you notice a change in what someone's saying or doing, or if you know there are things happening in their life that might be putting them under pressure or causing stress.

Question for the class: What are some examples of signs that could indicate someone needs your support?

- They're being quieter and more withdrawn than usual
- You notice a change in their appearance, maybe their hair is usually really neat but lately they haven't been brushing it
- They seem confused or distracted
- They're unable to 'switch off'
- They're having mood swings
- They're no longer interested in things they used to love doing or talking about

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Slide 12

- Before you check in with a friend, check in with yourself first.
- It's great to care about others, but before you try help someone, ask yourself: **Am I feeling okay to do this right now?** If you're not feeling ready, that's totally okay. You can let a trusted adult or another friend know instead.
- Here are some questions to help decide if you're ready to talk to someone who might need support:

Are you ready?

- Am I feeling calm and in a good mood?
- Can I really listen to what they're saying?
- Do I have time to talk, and not rush the conversation?

Are you prepared?

- I don't need to fix everything—they might just need someone to listen.
- Talking about tough stuff can be hard, and they might cry or feel upset. That's okay.
- Have I picked a quiet spot where we can talk comfortably, like a bench or a quiet part of the playground?

Is now a good time for them?

- If they're busy or not ready to talk, that's okay too. You can ask, "Would another time be better?"
- Sometimes it's easier to chat while doing something else—like walking or kicking a ball.

Remember: Being a kind friend means looking after yourself and others. You don't have to do it alone—ask a teacher, parent, or adult you trust if you're not sure what to do.

Ask R U OK? Any Day

Presentation Speaking Notes



Slide 13

- The four steps of an R U OK? Conversation is a simple guide to help you support your friends.
- The acronym **ALEC** will help you remember :
 1. **A**sk R U OK?
 2. **L**isten
 3. **E**ncourage Action
 4. **C**heck in

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Presentation Speaking Notes



Slide 14

Step 1 is 'Ask R U OK?'.

- Start the conversation at a time and in a place where you'll both be comfortable to chat.
- Be relaxed and friendly in your approach. Think about how you can ease into the conversation.
- Ask R U OK? in a way that feels natural to you and your relationship with the other person. See some examples of how to ask on the slide.
- You can start by letting them know you've noticed a change. You could say something like:
 - "I've noticed a few changes in what you've been saying/doing. How are things going for you?"
 - "I know there's been some big life changes for you recently, how are you managing?" OR
 - "You don't seem yourself lately - want to talk about it?"
- If they don't want to talk, let them know you'll be there when they are ready, or ask them if there's someone they'd be more comfortable chatting to.

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Presentation Speaking Notes



Slide 15

Step 2 is 'Listen'.

- It's important you genuinely listen with an open mind and without judgment.
- It can be tempting to jump in and try to push someone's worries away or offer a 'quick fix', but it's best to avoid rushing the conversation.
- Also don't be afraid to sit in silence and give the person some space and quiet so they can find the words to express what they're going through.
- Acknowledge what they're going through.
- You could say:
 - "I'm here to listen if you want to talk more"
 - "How are you feeling about that?" OR
 - "I'm not going to pretend I know what it's like for you, but I'm here to listen to why you feel the way you do."
- It can be really hard to hear that someone is in pain or struggling – but try and sit with the discomfort and remind yourself that your support can make a real difference for them.

Ask R U OK? Any Day

Presentation Speaking Notes



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Step 3 is 'Encourage action'.

- Once they've shared what they're going through, you might suggest to them that they think about one small step they might be able to take to improve their situation.
- You don't have to have the answers or be able to offer professional health advice, but you can help them consider the next steps and actions they can take.
- If they've been feeling this way for a while, they might need to talk to a trusted adult.
- Some options might include talking to a teacher, the school counsellor, a family member or a trusted friend.
- You could say:
 - "What do you think is a first step that would help you through this?"
 - "What can I do right now to support you?"
 - "Have you spoken to your teacher or the school counsellor about this?" OR
 - "What's something you enjoy doing? Making time for that might help."

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Presentation Speaking Notes

Useful contacts

Kids Helpline (24/7)

Confidential phone and online counselling service for young people aged 5-25.
1800 55 1800
kidshelpline.com.au

13 YARN (24/7)

Support phone line for Aboriginal and Torres Strait Islander people.
13 92 76
13yarn.org.au

headspace

Community centres, online and phone counselling services for young people aged 5-25.
1800 650 890
headspace.org.au

Lifeline Australia

24/7 Crisis Support and Suicide Prevention Services
113 11 14
lifeline.org.au

Qlife

Confidential home and online LGBTI support and referral.
1800 184 527
qlife.org.au

Beyond Blue (24/7)

Advice, referral and support from trained mental health professionals.
1300 224 636
beyondblue.org.au



Slide 17

- Here are some help services that you can call for help as well. These services connect you with a professional who is trained to support you and guide you through whatever you need to talk about. You can call them to ask for advice on how to support your friend or your friend can call them.

Add a slide to include any local support services available at your school or in your local community.

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Presentation Speaking Notes

Ways to access support

24/7 SERVICES	PHONE	WEBCHAT	TEXT
			
			
			
			

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- If you don't like speaking on the phone, Lifeline, Beyond Blue, and Kids Helpline all have webchat available.
- Lifeline also has a text service available, which is again helpful if people don't feel comfortable having a phone call.
- You can also call Lifeline, Beyond Blue, Kids Helpline, and 13 YARN on behalf of someone else, and they will all provide guidance on how to support them.

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- After the conversation it's important you stay connected and keep checking in. Plan together to get back in touch so you can see how they're going. Your ongoing care and support can make a difference.
- When you check in you could:
 - Lock in a regular catch up and one-on-one time.
 - Ask them about activities they like to do and help them make plans to do them or arrange to do them together.
 - Organise group catch-ups to help them connect with others.
- When you check in you could say:
 - “Just wanted to check in and see how you're doing?”
 - “Have things improved or changed since we last spoke?”
 - “What's been working for you since we last chatted?”
 - “Do you need more support?”

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Presentation Speaking Notes

Personal reflection

- Who can you check in with this week?
- What's something positive you can do for yourself this week?



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Slide 20

- I'd encourage everyone to think about who you can regularly check in with and ask R U OK? Any Day. Or if you are in need of support, I encourage you to reach out to someone today or call one of the support lines for help.
- Take some time today to do something nice for yourself - to make sure you are refilling your cup and looking after yourself.

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Presentation Speaking Notes



Slide 21

- As we wrap up today I'd encourage you to think about someone you could genuinely ask 'are you OK?'

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