

R U OK? in Australian Primary Schools



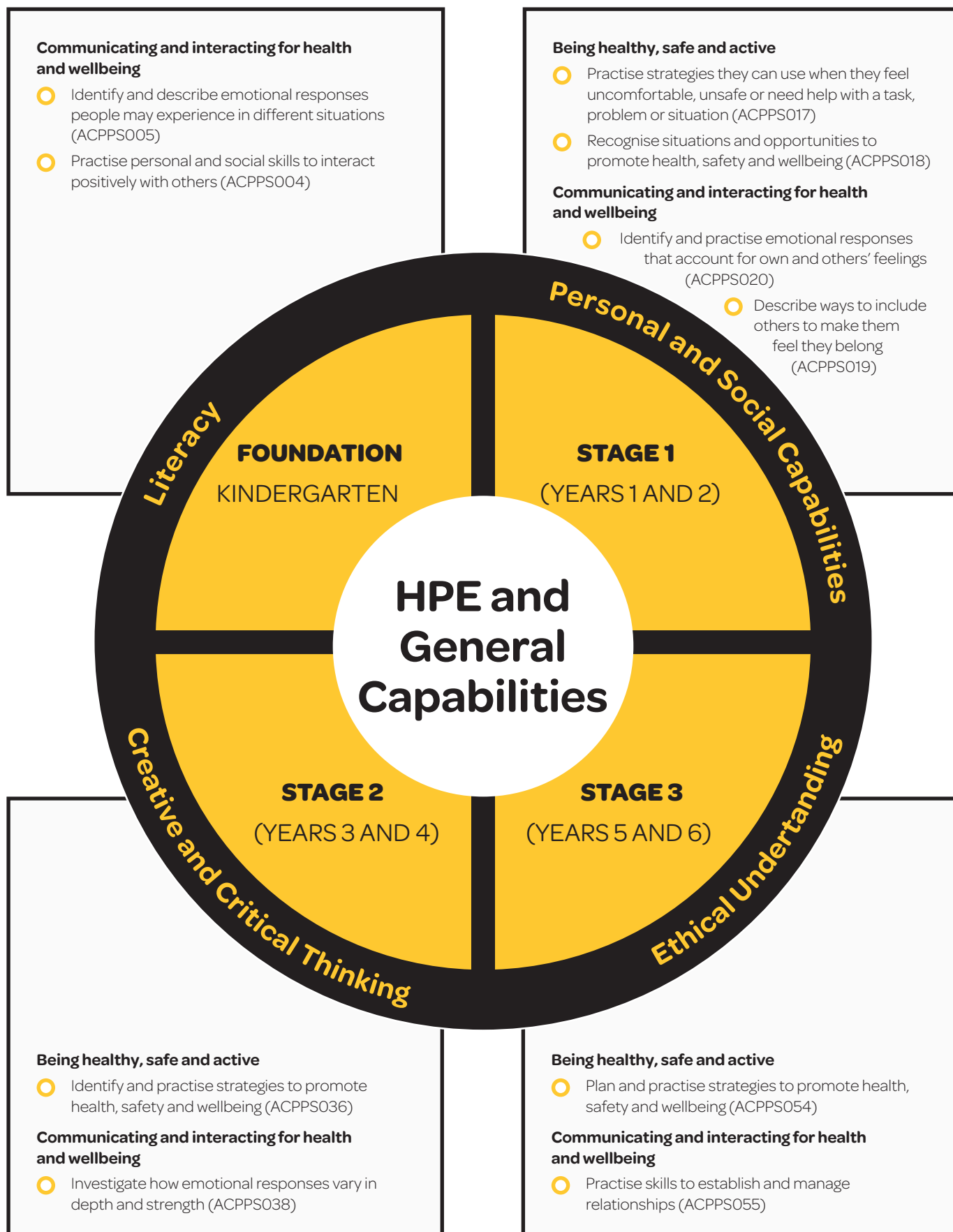
Who is R U OK?

R U OK? is a harm prevention charity that encourages people to stay connected and have conversations that can help others through life's ups and downs. In primary schools, R U OK? educator resources support teachers and leaders across Australia to help students learn how to start a conversation with their peers. Educators build the social and emotional skills of children by helping them develop the skills they need to support each other and be good friends.

The R U OK? message can be taught throughout the school year as it can be mapped to the Australian Curriculum, integrated into pastoral care and wellbeing lessons via the Australian Student Wellbeing Framework and used to help address the Be You domains.

R U OK? and the Australian Curriculum

R U OK? primary school educator resources can be used to address Personal, Social and Community content in the Health strands from the Australian Curriculum. Students develop their understanding of mental health and wellbeing through learning about the importance of friendship and emotions in themselves and others. These resources also develop a range of General Capabilities, including aspects from Personal and Social, Critical and Creative Thinking, Ethical Understanding and Literacy.



R U OK? and the Australian Student Wellbeing Framework

The Australian Student Wellbeing Framework guides primary school wellbeing activities through five main elements. Areas of the framework where R U OK? activities can be applied include:

- **Inclusion:** R U OK? primary resources help build positive, respectful relationships among students through understanding friendship and building support networks.
- **Student voice:** Through actively engaging students in identifying and responding to emotions in themselves and others, R U OK? lessons develop social and emotional skills, such as personal safety, resilience, help-seeking and protective behaviours, and foster a sense of connectedness.
- **Support:** By raising awareness and understanding of wellbeing through identifying, recognising and responding to emotions, R U OK? lessons support students with strategies that promote resilience and positive behaviour.
- **Partnerships:** Through developing the skills for students to have important conversations with those around them, R U OK? resources provide collaborative opportunities within the school community to support wellbeing.



Figure 1: Australian Student Wellbeing Framework

R U OK? and the Be You Framework

The Be You Framework provides actions schools can take to support the mental health and wellbeing of children. Using R U OK? lessons and resources in primary school allows teachers to approach the five domains of the framework.

5 Domains	R U OK? lessons and resources
Mentally Healthy Communities	<ul style="list-style-type: none">○ Helps educators to positively discuss and promote mental health and wellbeing in a safe learning community.○ Assists teachers to observe and support their students, while fostering skills to develop children socially and emotionally.○ Teaches students about strong, supportive relationships.
Early Support	<ul style="list-style-type: none">○ Teaches students to have discussions around emotions, who to talk to and how to be supportive○ Provides opportunities for educators to identify children displaying risk factors and seek early support, improving the mental health and wellbeing of children at risk.
Responding Together	<ul style="list-style-type: none">○ Helps schools to adopt a learning culture where social and emotional skills are developed.○ Builds students' ability to discuss emotions and understand how to support each other.○ Assists schools in drawing on this knowledge in the event of a critical incident and focus on emotional support.
Learning Resilience	<ul style="list-style-type: none">○ Teaches students age-appropriate social and emotional skills, including resilience, self-confidence and identifying and regulating emotions, which enhance wellbeing and mental health.
Family Partnerships	<ul style="list-style-type: none">○ Opens opportunities for educators to partner with families to collaboratively support children and reduce the likelihood of mental health issues.