

# Classroom activity for Year 11




## What support is available if a friend is not OK?

School	Local community	Online
Name: How are they accessed: How they can help:	Name: Contact details (address/website/phone): How they can help:	Name: Website details: How they can help:
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**Places to get support**

RUOK? at school

<b>Duration</b>	20 minutes
<b>Learning intention</b>	Students evaluate support services available online, in the local community and at school.
<b>Activity focus</b>	By ensuring students have a clear understanding of the support services available, they will be able to confidently talk about them with the people in their world. This will help young people encourage their friends to access help and support services if they are concerned about them.
<b>Resources required</b>	<ul style="list-style-type: none"> <li>Writing materials</li> <li>Computer for research</li> <li>'Places to get support' Worksheet</li> </ul>
<b>Curriculum and wellbeing themes</b>	<ul style="list-style-type: none"> <li>Accessing support</li> <li>Taking action</li> </ul>
<b>Success criteria</b>	<ul style="list-style-type: none"> <li>I can identify a variety of support services.</li> </ul>
<b>Activity description</b>	<p><b>Introduction: support services</b></p> <p>Explain to students that it's helpful to know the support services available within the community, so they can encourage and help their friends to access them. It is also important to point out to students that they can call and access services for tips on how they can support their friends, as they are available to both help-seekers and help-givers.</p> <p><b>Support services Jigsaw</b></p> <ol style="list-style-type: none"> <li>Discussion: What do you need to know about a support service to help a friend?</li> <li>Divide the class into groups of three. Within each group students assign each other to 'school', 'online' or 'local community'.</li> <li>Distribute the 'Places to get support' handout.</li> <li>Ask each individual to collate a list of 3 people/organisations/websites from their category.</li> <li>For each suggestion they should have details of how to access the service and what support they offer.</li> <li>To help students research, suggest students access <a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a> where services can be searched by postcode. There are also a variety of online services on the RUOK? find help page at <a href="https://www.ruok.org.au/findhelp">https://www.ruok.org.au/findhelp</a></li> <li>Students come back together into groups of 3 to share their responses. Each student to fill in the remaining two sections on their handout while listening to their classmates.</li> </ol> <p><b>Wrap up</b></p> <p>Encourage students to keep their copy of the handout somewhere they can access it so they always have the information they need to help a friend.</p>
<b>Differentiation</b>	<ul style="list-style-type: none"> <li>Support strategies: <ul style="list-style-type: none"> <li>Students work in pairs and come together into larger groups for sharing services.</li> <li>Provide students with the names of services you want them to investigate.</li> </ul> </li> <li>Extension strategies: <ul style="list-style-type: none"> <li>Students create a video promoting services for other students.</li> </ul> </li> </ul>
<b>Reflection question</b>	What services are available in the local community, and school and online?

 <b>School</b>	 <b>Local community</b>	 <b>Online</b>
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**Places to get support**