Classroom activity for Year (12)

Checking in on a mate

Send them a text message

Duration	20 minutes
Learning intention	Students will learn how to check back in with a friend after asking 'are you OK?' and encouraging them to take action.
Activity focus	Checking in is an important part of an R U OK? conversation. Teaching students why this is important, and how they can do this in a meaningful way will help students support those around them.
Resources required	O Scenario O Post-it notes
Curriculum and wellbeing themes	O Relationships O Wellbeing
Success criteria	O I know how to check back in with a friend after encouraging them to take action.
Activity description	**Set the Scene: scenario** Introduce the following scenario to the students: *You have noticed that a friend seems different lately. They have been missing days of school, have overdue work and seem really tired.* *They opened up to you after you asked them how they were going, and you encouraged them to see the school counsellor (this can be personalised to the school).* **Brainstorm: *Checking in.*** 1. Give students a post-it note each and get them to write down a way to check in. Ask students to display them in a collaborative space at random (for example on the board). 2. Discuss each one briefly as a group. Discard any inappropriate ones or double ups. Add any extra suggestions that may have been left out. 3. Ask students to move the post-it notes to rank them in order of effectiveness, creating a line. 4. Add some more context to the student's persona (perhaps very active on a specific social media platform, lives nearby or is in all the same classes as you). 5. Revisit the line, does it change? 6. Emphasise there is no right answer. It will change for each individual. Checking in and showing you care is the important thing.

Differentiation	O Support strategies:
	  – Introduce the scenario verbally and then have some pre-prepared check-in ideas on post-it notes ready to share with students.
	
	O Extension strategies:
	  – Students group check in suggestions into themes and discuss the pros and cons for each. For example digital communication, social media, at school.

Reflection question	How can you check in with a friend?

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