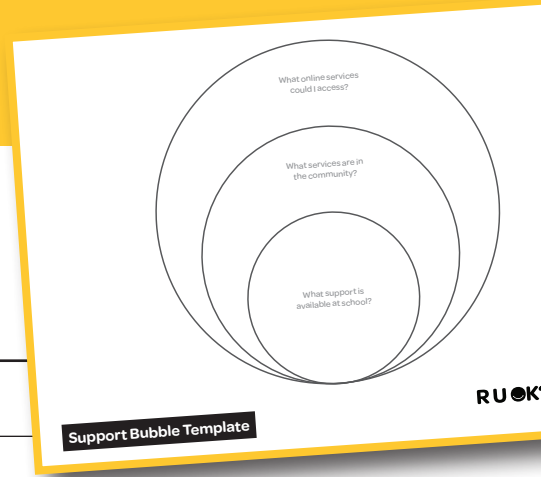


Classroom activity

Where to find support

Year level **7**



Duration	20 minutes
Learning intention	Students understand the range of people, support networks and services they can access if someone says they are not ok
Activity focus	This activity focuses on building a class diagram of support networks and services.
Resources required	<ul style="list-style-type: none"> Support Bubble Template
Curriculum and wellbeing themes	<ul style="list-style-type: none"> Accessing support Help-giving
Success criteria	<p>I can:</p> <ul style="list-style-type: none"> List the range of support networks and services I can access in my own life to help my friends.
Activity description	<p>Research Time (5-7 minutes)</p> <ol style="list-style-type: none"> Ask students to research formal support services outside of their own network. Ask them to specifically look at support services that they would be comfortable accessing for themselves or their friends. <p>Class Support Bubble Template and Discussion (10-15 minutes)</p> <ol style="list-style-type: none"> Ask students to start filling in the Support Bubble Template. Have a large Support Bubble Diagram either projected or displayed on the board. Start asking students to add their ideas to the class support bubble template. They can then use this to complete their own support bubble template. Ask students to compare their support bubble with their friends. Compare the supports that they have in common and those that are different.
Differentiation	<ul style="list-style-type: none"> Support Strategies: Group the students in pairs or small groups to research one online services. Get the students to then explain this to the class. For example, these could be Headspace, Black Dog Institute, Kids Helpline, Beyond Blue, Butterfly Foundation. Extension Strategies: Students create a Support Bubble for the school that could be displayed on noticeboards. Include websites and phone numbers.
Reflection question	Why is it important to know who is in our mate's support bubble?

