

Classroom activity

Supporting your mates

Year level **8**



Duration	20 minutes
Learning intention	Students will be aware of what supports are available so that they can help their friend access support.
Activity focus	Students will become experts about supports available in their given context. They will then use this knowledge to teach their peers.
Resources required	<ul style="list-style-type: none"> Four square 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"> Name multiple supports within school and outside of school that can help my mates who may not be OK.
Activity description	<div> <p><u>Main Groups (2-3 minutes)</u></p> <ol style="list-style-type: none"> Provide each class member with a four square template. Create groups of four. Within each group, allocate each member a different context: <div> <div>School</div> <div>Home</div> <div>Online</div> <div>Other activities</div> </div> <p><u>Individual Expert brainstorm (5 minutes)</u></p> <ol style="list-style-type: none"> Each group member brainstorms/researches what support is available in their context. For example: other activities may be a dance teacher, football coach or librarian. Students may think of formal and informal support. </div> <div> <p><u>Main Groups (5 minutes)</u></p> <ol style="list-style-type: none"> Each expert context member spends time teaching the others in their group about what supports are available. The other group members then fill in their own worksheet and discuss each context. <p><u>Class Discussion (with reflection question)</u></p> <ol style="list-style-type: none"> Discuss the different support options. Ask students, <ul style="list-style-type: none"> What may stop you suggesting a particular support to a friend? What encourages you to suggest a particular support? Does the same support suit everyone? </div>
Differentiation	<ul style="list-style-type: none"> Supporting Strategies: Provide students with examples or names of online supports (e.g. RU OK?, Batyr, Beyond Blue, Headspace) Extension Strategies: Create a digital support services square that could be shared to other year groups and displayed around the school.
Reflection question	What supports would you be most comfortable suggesting to your friend and why?



School



Online

**What help is
available?**



Home



Other activities

Listening in