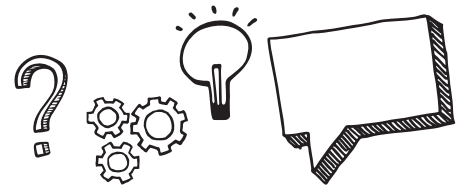


Classroom activity

Setting boundaries

Year level **9**



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| Duration | 20 minutes |
| Learning intention | Students will discuss the steps to an R U OK? conversation and identify scenarios where they need to set boundaries |
| Activity focus | This activity focuses on giving students the tools to recognise that they may need to ask their friend are you ok but making sure that they do not take on any personal responsibility for their friend. |
| Resources required | <ul style="list-style-type: none">○ Ability to show quiz to a class (or student laptops)○ Setting Boundaries worksheet |
| Curriculum and wellbeing themes | <ul style="list-style-type: none">○ Relationships○ Wellbeing |
| Success criteria | I can: <ul style="list-style-type: none">○ Recognise that I am not able to “fix” my friends’ problems. I am there to support them. |
| Activity description | <p><u>The 4 Steps Quiz (10 minutes)</u></p> <ol style="list-style-type: none">1. Either as pairs, or as a class, students complete the 4 steps quiz on the RUOK? Website. https://www.ruok.org.au/questions2. Discuss the merits of each answer and decide the best course of action.3. Discuss some strategies that students could use if they are worried about a friend. <p><u>Setting Boundaries (10 minutes)</u></p> <ol style="list-style-type: none">1. Prompt statement: It is important to look out for our mates, but it is also important to acknowledge our limits.2. Class discussion. Ask students the following questions, give them time to pause and think about each scenario before discussing as a group:<ul style="list-style-type: none">- If a friend tells you something and asks you not to tell anyone, but you are worried about them, what can you do?- One of your friends keeps coming to you for support, but you aren’t doing so well yourself, how would you set some boundaries?- You are supporting one of your friends because they trust you, but they really need professional support, how can you help them access professional support? |
| Differentiation | <ul style="list-style-type: none">○ Support Strategies: Complete this activity in pairs.○ Extension Strategies: Students provide written answers to each question. |
| Reflection question | Sometimes, we need to help our friends access support, how would you do this? |