



## Classroom activity

# Turn and Talk

## Secondary school (Years 7-10)

<b>Duration</b>	20 minutes (6 minute video followed by activity in pairs)
<b>Learning intention</b>	Students will know when and how to start an R U OK? conversation.
<b>Activity focus</b>	The activity focuses on identifying the signs that someone is struggling and how to take action and initiate a supportive conversation.
<b>Resources required</b>	<ul style="list-style-type: none"> <li>○ <a href="#">R U OK? video featuring Isaac Humphries</a> (R U OK? Ambassador and professional basketball player)</li> <li>○ Pen and paper or device to take notes</li> </ul>
<b>Curriculum and wellbeing themes</b>	<ul style="list-style-type: none"> <li>○ Help-giving</li> <li>○ Personal and social skills</li> </ul>
<b>Success criteria</b>	<p>I can:</p> <ul style="list-style-type: none"> <li>○ Identify the signs that someone is struggling</li> <li>○ Have a conversation to support my peers</li> </ul>

<p><b>Activity description</b></p>	<p><b>Part 1 - Video</b></p> <p>1. Watch the R U OK? video featuring Isaac Humphries, <a href="#">available here</a>.</p> <p><b>Part 2 - Turn and Talk</b></p> <p>1. In pairs, invite students to participate in a discussion about the video. Below are questions to ask the students. There are 'Thought starters' to encourage discussion if needed. After each question, encourage each pair to share back to the group. This activity could also be done in a collaborative space, for example on whiteboards or butcher's paper.</p> <p>2. Ask students:</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p><b>a. What are some signs that a friend might be struggling?</b></p> <p>You could split this into three categories (with thought starters):</p> <p><b>What are they saying?</b></p> <ul style="list-style-type: none"> <li>○ Saying things in a more negative tone than usual, for example, 'What's the point?'</li> <li>○ Expressing low self-esteem, for example, negative comments about their appearance</li> </ul> <p><b>What are they doing?</b></p> <ul style="list-style-type: none"> <li>○ Not replying to messages</li> <li>○ Turning up late to school</li> <li>○ Missing after school activities, such as training</li> <li>○ Struggling to focus in class</li> </ul> <p><b>What's going on in their life?</b></p> <ul style="list-style-type: none"> <li>○ Someone in their family is unwell</li> <li>○ Changes at home</li> <li>○ They're moving house</li> </ul> <p><b>b. How would you check in on a friend you were concerned about?</b></p> <p>Thought starters:</p> <ul style="list-style-type: none"> <li>○ Send them a text</li> <li>○ Have a chat at recess or lunch</li> <li>○ Video call them after school</li> <li>○ Go for a walk together</li> </ul> </div> <div style="width: 48%;"> <p><b>c. How would you start the conversation and ask R U OK?</b></p> <p>Thought starters:</p> <ul style="list-style-type: none"> <li>○ 'What's been happening?'</li> <li>○ 'How are you going?'</li> <li>○ 'I've noticed that you...'</li> <li>○ 'Are you OK?'</li> <li>○ 'How are you feeling about...?'</li> </ul> <p><b>d. How do you show that you're listening to someone?</b></p> <p>Thought starters:</p> <ul style="list-style-type: none"> <li>○ Remove distractions (e.g. putting away your phone)</li> <li>○ Make eye contact</li> <li>○ Give them the time they need to speak and don't interrupt them</li> <li>○ Ask follow up questions to understand more</li> </ul> <p><b>e. What's your top tip for being a good friend?</b></p> <p>Thought starters:</p> <ul style="list-style-type: none"> <li>○ Check in regularly</li> <li>○ Accept friends as they are</li> <li>○ Let my friends know I'm always there for them</li> <li>○ Help my friends when they are having a tough time</li> <li>○ Ask my friends how I can support them</li> </ul> </div> </div>
------------------------------------	---