

THERE'S MORE TO SAY AFTER RUOK?™

If someone says they're not OK it's important to keep the conversation going.

What would you say next? Put your response in the speech bubbles.



Learn what to say at ruok.org.au
A conversation could change a life



Classroom Activity

IF SOMEONE SAYS THEY'RE NOT OK IT'S IMPORTANT TO KEEP THE CONVERSATION GOING.

LEARNING INTENTION

Asking people around you if they're OK and knowing what to say if they say they're not OK can help friends feel supported and connected when they're going through a tough time.

EQUIPMENT REQUIRED

- Alec and Jenny video
- There's more to say after R U OK? classroom activity sheet

Activity

- Watch the Alec and Jenny video:
 - High school students (https://www.youtube.com/watch?v=Z5g65pt_Z_4)
 - Primary school students (<https://youtu.be/KEKhTSagJ3I>)
- Discuss what was the impact and result of Alec asking Jenny R U OK?
- Hand out the activity sheets and encourage students to fill in what they would say if a friend responded this way.
- Discuss as a group what you could say if someone was not OK.
- Emphasise that young people cannot be expected to fix someone's problems, nor know the best way to help and support. However, they can listen to what their friend is saying, let them know they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend.
- If your school has a counsellor or support service share those details with your students.



**Learn what to say at ruok.org.au
A conversation could change a life**