

Keeping kids safe!

Lesson Plans - Year 7 to 9



Lesson 3: Seeking help (55 minute lesson)

Objectives

Students will:

- identify when it is important to seek help
- explore support options available.

Safety education guidelines - Brief recap of guidelines

Resources needed: Guidelines – if previously displayed.

Time: 2 minutes

As previously established:

- listen carefully to each other
- be respectful of different opinions
- keep sensitive information within the group
- avoid using names when sharing stories
- try to contribute but, if you feel uncomfortable, you can pass
- if you feel distressed, let the teacher know
- no put downs
- try to contribute
- value others' contributions.

**(If you displayed these guidelines last time, you can make reference to these)*

Introductory activity: Bullying and cyberbullying

Resources needed: Video: [Better Choices... cyber bullying](#)

Time: 20 minutes

Teacher: "Often there are overlaps between in person bullying and cyber bullying. They can both have the same impacts and people may need the same strategies to resolve the situation."

Show the video: [Better Choices... cyber bullying](#)

Teacher: "It's important to note that no one is ever to blame for bullying. Bullying is an abuse of power and it is never the victim's fault. In this video the suggestion is made that not getting help has made the boy's situation worse. It's also important to realise that some people find it very hard to ask for help when they are being bullied."

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Ask the following questions and discuss students' responses:

- Why do people find it very hard to ask for help when they are being bullied?
- How do you think the boy's situation would have changed if he had spoken up earlier?
- What could other people (friend/parents) have done to help?

Activity: ask students to make a comic strip which illustrates this scenario yet provides a positive resolution.

Challenging situations

Resources needed: Video: [Youth Beyond Blue Getting Help Series](#) OR (if YouTube is unavailable)

<https://www.youthbeyondblue.com/understand-what's-going-on/videos-vlogs>

Time: 8 minutes

Watch the video: [Youth Beyond Blue Getting Help Series](#)

As a class, make a list of at least 10 challenges a teenager may want help and support with – write these on the board.

Teacher: "Of these things listed, which feel like the easiest things to get help with? Which feel the hardest things to get help with?"

Get students to rank the challenging things in order (from least hard to talk about to most hard to talk about).

Draw students' attention to the things they have nominated as most hard to talk about.

Teacher: "Why is it hard for people to reach out for help for these things?"

Getting help

Resources needed: Video: [Getting help from a school counsellor](#)

Video: [Junior Journo Kids Helpline](#) OR [on YouTube](#)

Time: 10 minutes

As a class, make a list of at least 5 options a teenager has for receiving help – write these on the board.

Watch the video: [Getting help from a school counsellor](#)

- What are the key pieces of information presented in the video?
- What does a school counsellor do?
- Why might someone go to a school counsellor?

Watch the video: [Junior Journo Kids Helpline](#)

- What are the key pieces of information presented in the video?
- What does Kids Helpline do?
- Why might someone contact Kids Helpline?

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Conduct a class discussion which covers the following ideas:

- How are school counsellors and Kids Helpline similar/different?
- What are the advantages/disadvantages of each?

Teacher: "You don't have to answer this aloud, however, have a think about which option you would prefer if you needed help. Why would you prefer this option?"

Concluding activity

Time: 5 minutes

Teacher: "Today we have raised some confronting topics. We have mentioned support options including Kids Helpline and the school counsellor.

It is important that you all have a safety network of people who will listen to you, believe you and do what they can to keep you safe. Remember that there are several people and organisations who can support you. This includes teachers in this school."

Extension activity - Support organisations

Resources needed: Paper, camera, computer.

Teacher: "There are many types of organisations for young people to access to get help if they are unsafe, want to talk to somebody about what is happening in their lives and need support.

We have considered Kids Helpline and a school counsellor. What other options can you think of?

Students should spend five minutes on Google and write a list.

Share the lists with the class.

Each student should choose one of these organisations. For this organisation they should now create an A3 poster (or a Word document or PowerPoint) which conveys the following information in an engaging manner:

- name of the organisation
- contact details
- services provided
- description of how/why the organisation may be useful
- promotional slogan.