

# STAGE 4 PDHPE – 2021 TERM 3 REMOTE LEARNING Workbook 5 – Wk 9

Miss Wrightson

Dear students and parents,  
This term, students will be learning about the body and the changes that occur during puberty. This work booklet will assist students in understanding the physical, social and emotional changes that they may face during this time.

If you require any assistance, please email Miss Wrightson - [rebecca.wrightson3@det.nsw.edu.au](mailto:rebecca.wrightson3@det.nsw.edu.au)

Thank you for continuing to complete your work. I am so pleased to see so many of you working hard. Well done and keep up the great effort.

This week, we are focussing on R U OK Day, self care and helping others.

This Thursday the 9<sup>th</sup> of September is R U OK Day. I have included some activities that you can do at home to participate in this day. If you have something that you have done, send a picture or video to my email and I will put together all of the wonderful things Stage 5 is doing on the school Facebook page.

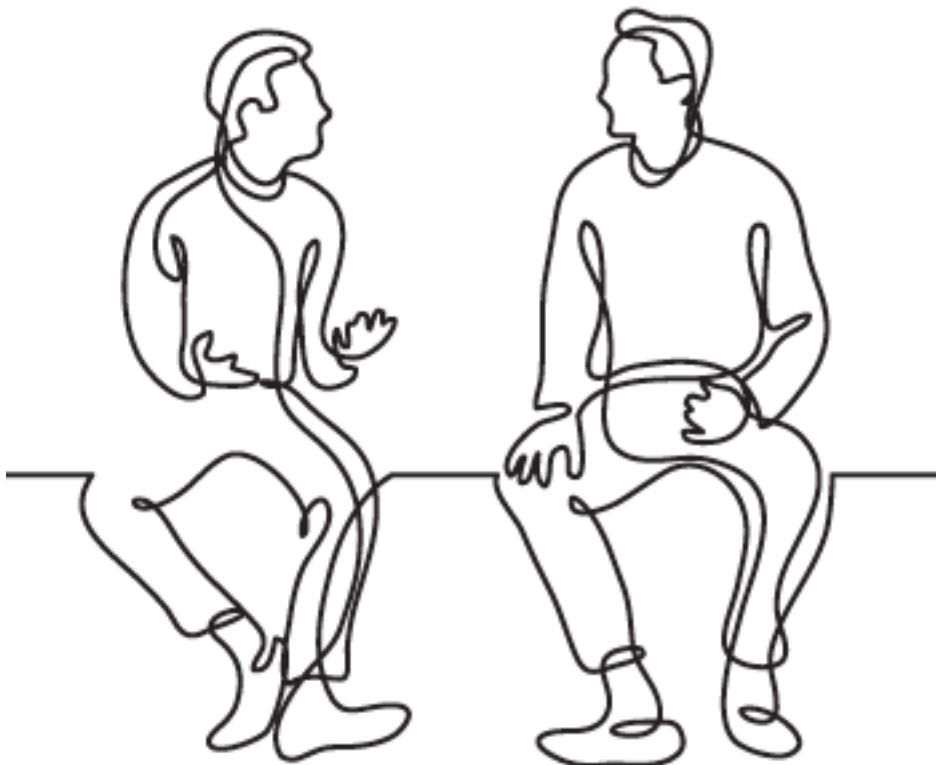
Please continue to attempt all questions to the best of your ability and remember to get out and get active.

As per last week, there is a physical activity tracker to fill in. Fill in the physical activities you have done for the week. It could be mowing the lawn, walking the dog, going for a walk, fitness circuit, shooting hoops, passing the footy or anything else you can think of.

If I can help with anything, please don't hesitate to email me or contact me through Google Classroom.

I look forward to catching up with you, when we can.

Miss Wrightson



**R U OK? DAY™**  
9 September 2021

**RUOK?**  
Are they OK? Ask them today

**RUOK?**

R U OK?Day is a national day of action when people are reminded that every day is the day to ask, “are you OK?” if someone in your world is struggling with life’s ups and downs. Asking a friend how they are going could be the first step in getting them the help they need.

**What can you do?**

We would love you to be involved in our support for R U OK Day. This week, get creative by:

- Dressing in yellow
- Cook or bake something for everyone at home
- Create or play a game with people at home
- Trick Shot Tuesday – get creative and do a trick shot with anything around the house
- Do some artwork
- Anything else you can think of that supports R U OK Day.

Take pictures and/ or videos of the awesome stuff you get up to and email it to Miss Wrightson or send to MCS Facebook page.

Everything will be put together and presented on the MCS school Facebook page.



# Signs that could mean a friend isn't OK

It isn't always easy to know whether someone is OK, particularly if they haven't talked about it. However, there are some signs you can look for which could indicate that a friend or family member may need your support.

## What causes problems?

A whole range of different things can lead people to feel low. It can be a combination of different things, including:

- Going through something stressful
- Experiencing grief or loss
- Being around people going through tough times
- Arguing with someone
- Problems at school
- Big life changes e.g. moving house
- Caring for someone who's unwell
- Being bored
- Having a medical condition or chronic illness
- Not sleeping well
- Not exercising enough

## When to bring it up

It's a good idea to check in with a mate about how they're doing if:

- They've been showing signs of being in a low mood for a couple of weeks or longer
- You notice their mood is having an impact on how you behave towards them
- They're not enjoying life
- You're worried about their safety
- They start to miss school or work, or don't want to hang out with people and do their favourite activities

## What signs should I look out for?

Going through difficult times can have a really big impact on a person's life, including on their:

- Relationships with other people
- Physical health
- Emotional health

So, it's a great idea to be aware of certain behaviours and signs that can indicate a mate or a family member might be going through something. The first thing to look out for is signs of a low mood and the second thing to keep an eye on is the length of time someone seems down.

## What are the signs of a low mood?

When people feel low, they often:

- Withdraw from their friends or family
- Lash out at people and become angry or upset really easily, even towards people they care about
- Cry or become emotional
- Lose interest in activities and things they usually love
- Have changed sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (such as in the middle of the day)
- Have a changed appetite. They could be eating more than usual or less.

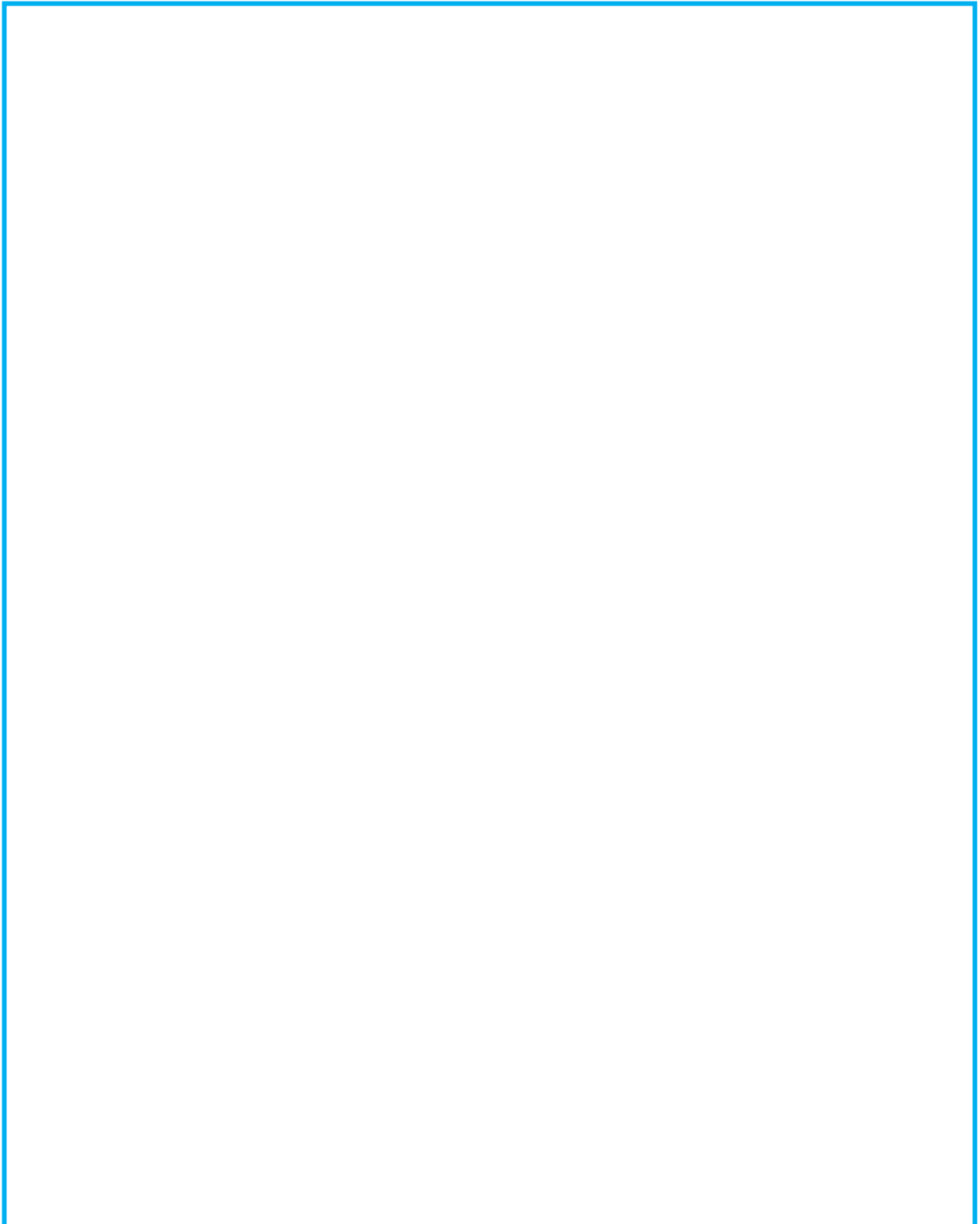
## How do I know they need help?

If someone's been showing a few or all of the signs of a low mood for two weeks or more, it could mean they're not OK and need support. Talk to your doctor, a school counsellor or an adult you trust about how to help them

ROW 1	<b>What I know?</b>	<b>What I want to know?</b>	<b>What I learned?</b>	<b>How can I learn more?</b>
	E.g, it isn't easy to know whether someone is OK, if they haven't talked about it	Who can I tell if my friend isn't ok?	A signs of a low mood could be changes in eating habits	I am going to research more information on the R U OK? Website
ROW 2	<b>What we know?</b>	<b>What we want to know?</b>	<b>What we learned?</b>	<b>How can we learn more?</b>

## Mind Map:

1. Using the information gained through reading the fact sheet, students mindmap the information they have read: Signs that could mean a friend isn't OK.

A large, empty rectangular box with a blue border, intended for students to create a mind map. The box is currently blank, providing space for the student to draw and write their mind map based on the information provided in the text above.

# Quiz

It's a simple question, but it can be a tough one to ask.

That's why we've designed this quiz to help you feel more confident asking, "Are you OK?" and starting a conversation with someone you're worried about. It'll take a few minutes and we hope will leave you feeling more equipped to start a conversation that could change a life.

All of your answers are confidential and will not be stored or shared.



When do you think is a good time to ask someone, "Are you OK?"

- ☐ When they're surrounded by people in a noisy public place
  - ☐ When they're running out the door
  - ☐ When they're in a quiet comfortable space that's ideal for them
  - ☐ Never. I'll ignore my gut instinct that something's not right
-



What's important to remember when listening to someone talk about how they're feeling?

- ☐ Tell them about your problems and 'that time' when you felt the same
  - ☐ Let them talk without interruption and listen with an open mind
  - ☐ Talk over them so they can't get a word in
  - ☐ Make eye contact but not really listen to what they're saying
- 



What are some of the next steps you could encourage them to take to manage their situation?

- ☐ Suggest they talk to someone who can provide further support; like their GP, manager or teacher
  - ☐ Say it's not that bad and they'll get over it
  - ☐ Suggest they don't talk to anyone else about how they're feeling
  - ☐ Suggest they stop doing their favourite things; like sport, social outings or volunteering
-





What is an important gesture to show you genuinely care?

- ☐ Forget what they've told you
- ☐ Laugh it off
- ☐ Tell them they're weak for talking about their problems
- ☐ Check in with them again soon to see how they're going

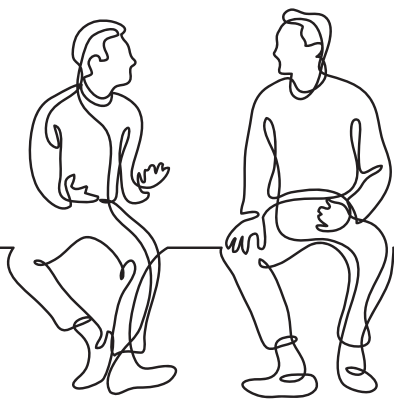
😊 **You've got what it takes** 😊



**...to have a  
conversation  
that could  
change a life**

Visit [ruok.org.au](https://ruok.org.au)

**RUOK?**<sup>TM</sup>  
A conversation could change a life.



## Ask R U OK?

**or something like this:**

"How you travelling?"

**No, I'm not OK.**

**Dig a bit deeper:**

"What's been happening?"

"How long has that  
been the case?"

"I'm ready to listen  
if you want to talk."

**Yes, I'm fine.**

**But your gut says they're not:**

"It's just that you don't seem  
like your usual self lately."

"I'm always here if  
you want to chat."

"Is there someone else  
you'd rather talk to?"

**Listen; don't judge**

**Encourage action and offer support:**

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing the school counsellor?"

**Make time to check in:**

"Let's chat again next week."

**R U OK?**™

# Fact sheet

## Tip Sheet:

Read through Tip Sheet, recording the top 5 pieces of information they would share with a friend or family member.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Watch -

How to be a good mate - [https://www.youtube.com/watch?v=Z5g65pt\\_Z\\_4](https://www.youtube.com/watch?v=Z5g65pt_Z_4)

How to be a good school mate - <https://www.youtube.com/watch?v=Q4Db28pEGzQ>

# Questions:

1. What characterises a meaningful conversation?

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2. What could you say if someone said 'No, I'm not ok'?

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3. What could you say if someone said 'Yes, I'm ok' but your gut says they're not ok?

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## Hot seat questions:

**1. What are the strengths of using text/social media such as Snapchat or Instagram to ask someone if they are OK?**

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**2. What are the weaknesses of using text/social media such as Snapchat or Instagram to ask someone if they are OK?**

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**3. What are the opportunities of using text as a form of communication?**

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**4. What are the threats to using texts as a form of communication when asking if someone is OK?**

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**5. Discuss a situation where you have asked a friend if they are OK? How did you ask? Would you have used this same way to ask another friend if they were OK? If not, what would you have changed?**

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**6. What immediate supports are available for you and a friend at your school if you or they are not OK?**

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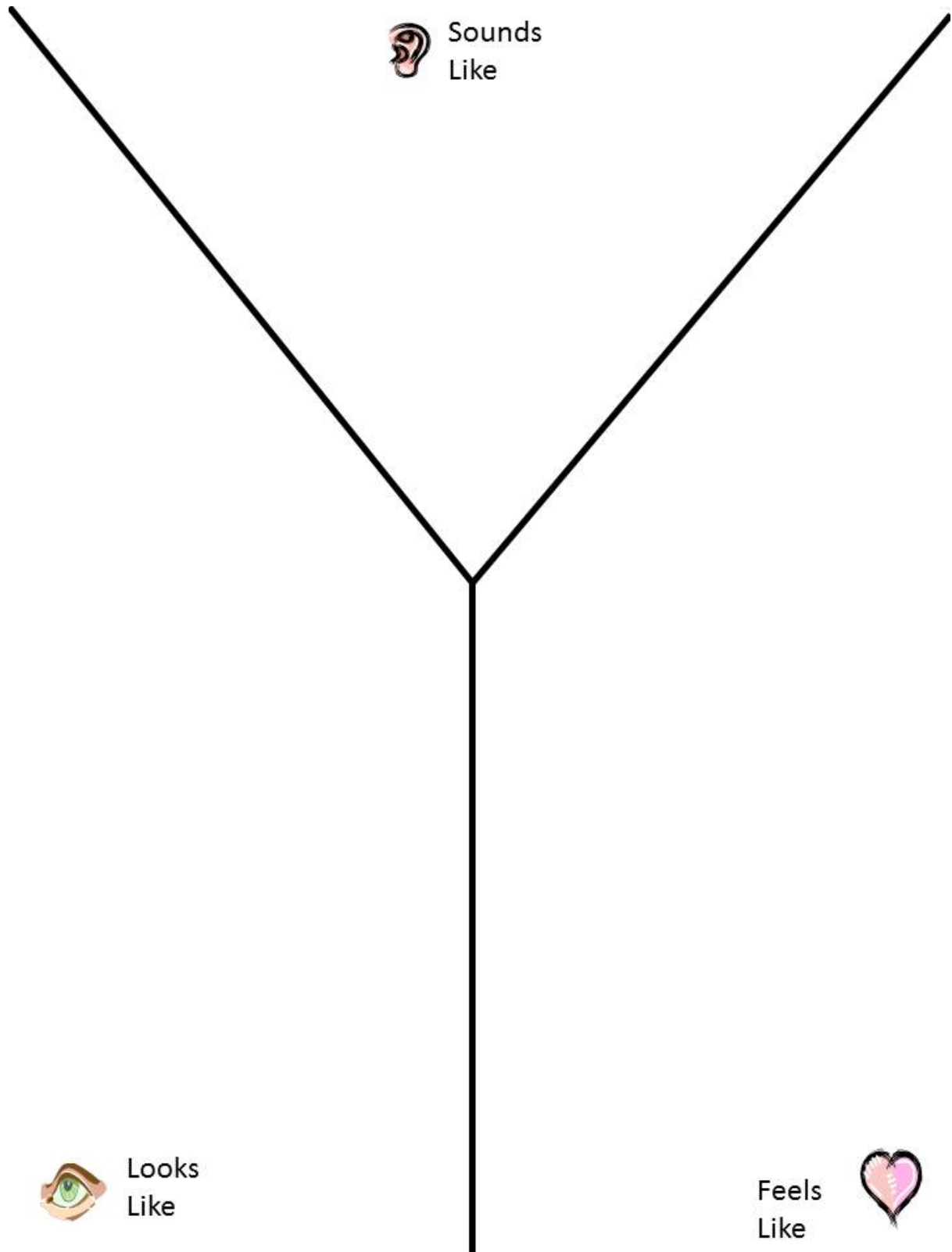
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## Activity details:

1. Use the chart below to identify what checking in on a friend looks like, feels like, sounds like.



## Questions

After learning about how to check in on someone:

1. I would rate my understanding ...

0	1	2	3	4	5	6	7	8	9	10
Low										High

2. I am .... Confident in checking in on someone.

0	1	2	3	4	5	6	7	8	9	10
Low										High

3. One thing I learnt through these activities is ...

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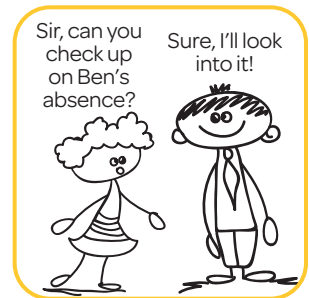
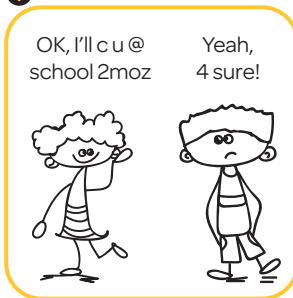
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# Cartoon Connection

After watching **How to start a conversation** YouTube clip, design 4 cartoon strips that depict how you would follow up on that conversation.

1



2



3



4



# Encourage action

## What makes a good friend?

When someone you know is showing signs that they're not OK, you may need to give them some extra support.

Visit: <https://au.reachout.com/articles/what-makes-a-good-friend> to answer the questions below to find out how you can become a more supportive friend when someone is not OK.

- 1 List 5 common signs of a good friend
- 2 List the 7 ways to be a good friend
- 3 Describe 2 of the ways you could be a good friend.

## After asking the question

Once you've initiated a meaningful conversation with someone to ask if they're OK, you may be required to seek support for yourself or the person you're supporting.

Use the links below to answer the questions about how you could support someone you know who isn't OK, or even find out some background information for yourself.

### Loneliness

Visit: <https://au.reachout.com/articles/how-can-i-stop-feeling-lonely>

- 1 What are some of the signs that someone may be experiencing loneliness?
- 2 What are 3 things you could suggest someone do when experiencing loneliness?

### Living in a rural or remote area

Visit: <https://au.reachout.com/articles/living-in-a-rural-and-remote-area>

- 1 What is a common difficulty faced by people living in rural and remote areas when looking after their mental health and well-being?
- 2 What could you suggest to a friend living in a rural or remote location to help them overcome limited access to support services?

## Fighting with a brother or sister

Visit: <https://au.reachout.com/articles/conflict-with-family>

- 1 What are the 4 main reasons that brothers and sisters fight?
- 2 If someone you know is fighting with their brother or sister, what are 4 things you could suggest to help them deal with their issues?
- 3 What could you advise someone to do if they wanted to better communicate with their brother or sister?

## Dealing with divorce, separation and custody

Visit: <https://au.reachout.com/articles/dealing-with-divorce-and-custody>

- 1 If someone you know is experiencing a divorce or separation in their family, what are 5 things you could advise them to do?

## Building better coping skills

Visit: <https://au.reachout.com/mental-fitness/coping>

- 1 If you needed to explain to someone the positive effects of using coping strategies, what are 5 things you could say to them?
- 2 From the list of coping strategies, explain the ones you think are most suited to young people.

## What if someone isn't OK and doesn't want help?

A friend may or may not respond to your support or advice. This doesn't mean that you should ignore them and leave them alone. There are other ways you can support them.

Visit the website below to assist you in answering the questions below.

<https://au.reachout.com/urgent-help>

- 1 Name 2 agencies you could refer someone to for them to seek further support
- 2 Which agencies are specifically for young people?
- 3 If you feel that someone is in immediate danger who should you contact?



# Remember these 4 steps to starting a conversation



**1. Ask R U OK?**



**2. Listen**



**3. Encourage action**

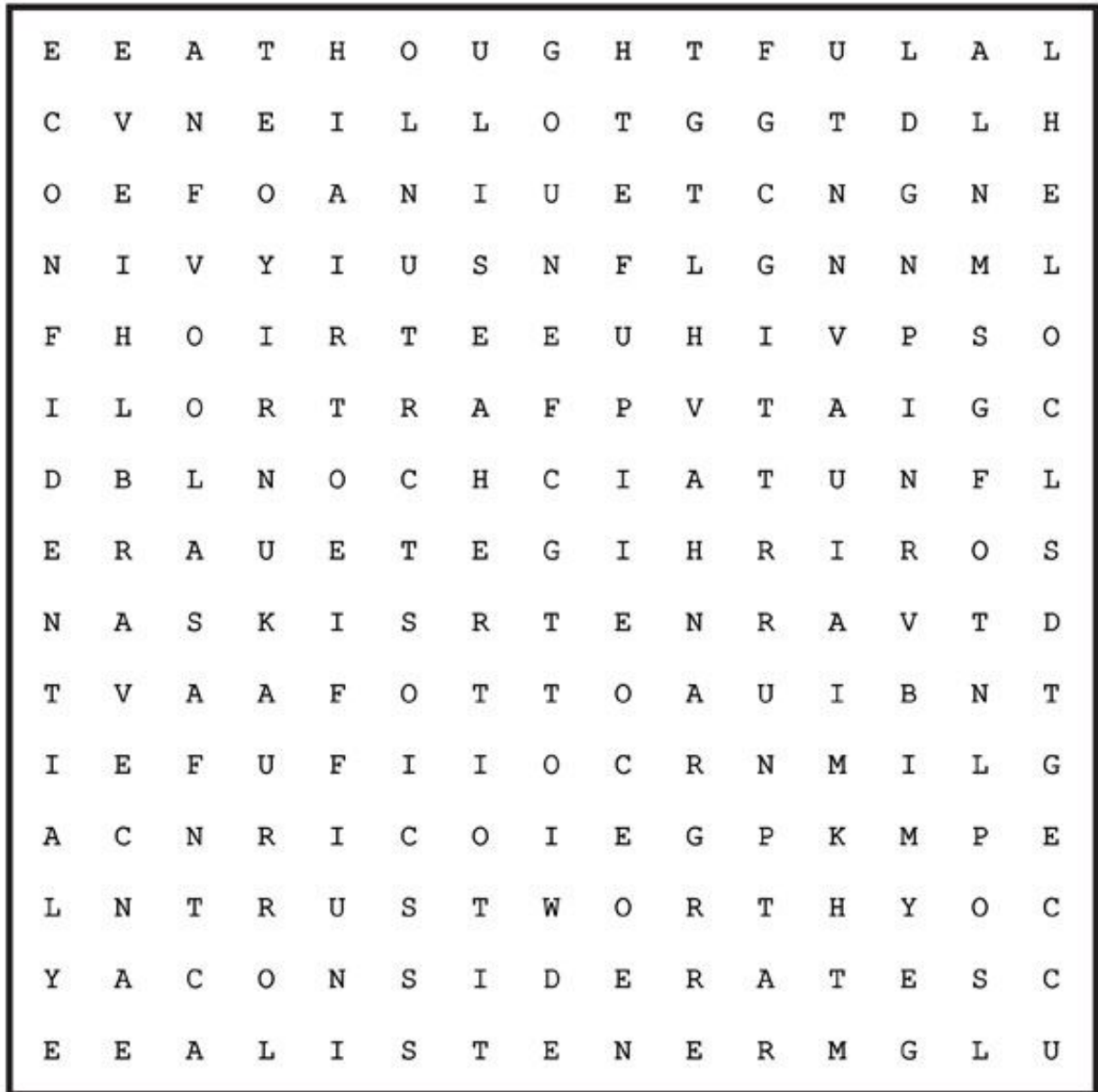


**4. Check in**



# HOW TO BE A GREAT FRIEND WORD SEARCH

Find each of the words about important friendship qualities hidden below.



## WORDS TO FIND

brave  
caring  
communication  
confidential  
considerate

empathetic  
faithful  
forgiving  
funny  
generous

honest  
inseparable  
kind  
listener  
loving

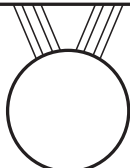
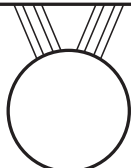
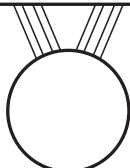
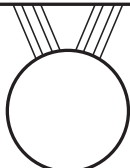
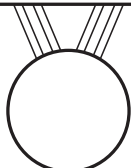
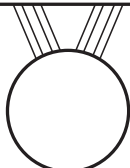
loyal  
protective  
thoughtful  
truthful  
trustworthy

Name: \_\_\_\_\_

# HOW DID YOU GET ACTIVE THIS WEEK?

What is your physical activity goal for this week? \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>G</b> <b>GOLD</b> vigorous activities <small>Ex. Running, rugby, badminton</small>	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️
<b>S</b> <b>SILVER</b> moderate activities <small>Ex. Swimming, skateboarding and bike riding</small>	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️
<b>B</b> <b>BRONZE</b> strenghtening activities <small>Ex. Walking, yoga and jumping rope</small>	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️



SCHOOL PROGRAM  
PROGRAMME SCOLAIRE



Who helped you to reach your physical activity goal this week? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

