



## Secondary School

### Help seeking: Lesson Notes

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This lesson is designed to address some of the common reasons why young people say they find it hard to ask for help.

#### **Optional items you could add to the presentation:**

- Photos of the school staff who are available to help and what issues they can help with
- A photo or map of exactly where specialist staff can be found and times of availability
- Some information about what will happen when the young person arrives
- Any local information which young people can access to get help that your school recommends

**There are three activity points which can be discussion based, group based or individual writing:**

#### **Activity point 1**

The initial stimulus question can invite students to explore possible options for instance...

- Call for help
- Stay and risk drowning
- Get out alone

You can discuss why someone might choose one of those options/what the dangers are.

#### **Activity point 2**

In the second activity students can list as many reasons as possible why they think people don't ask for help.

#### **Activity point 3**

In the third activity they can debate different people who a young person could ask for help.

Feel free to add extra activities with related to the content.

Avoid asking pupils to use examples from their own lives but they can be encouraged to discuss fictional people and what they might do in certain situations.

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### **Presentation Video Clips**

Check the clips that already embedded in the presentation to ensure they are suitable for the age group. They can be exchanged for the alternative clips shared here.

If Your Mate's Acting Differently - Ask Twice <https://youtu.be/HjjMMkgMCaM>

It's good to talk – NHS Lincolnshire <https://youtu.be/AJ-tcqPv5JM>

I had a black dog his name was depression  
<https://www.youtube.com/watch?v=XiCrniLQGYc>

**If you have any further questions or would like any further support, please contact Gabrielle Rowles at [gabrielle@boingboing.org.uk](mailto:gabrielle@boingboing.org.uk)**

**Resources for schools created by Boingboing (CIC)  
in partnership with Hastings Opportunity Area**

