

## Worksheet 1: Questions for students

Watch the video *Should we help Bree?*

1. What are Amy and Claudia's concerns about Bree?

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2. Why does Amy think they should talk to Bree?

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3. Why is Claudia reluctant to talk to Bree?

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4. If Bree was your friend, would you talk to her about your concerns?

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**Watch the video *Helping Bree***

5. What approach did Amy and Claudia take in talking about their concerns to Bree?

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6. Were these approaches helpful or unhelpful?

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7. Does Bree need help?

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8. What are the barriers to seeking professional help?

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**Watch the video *Should we help Mitch?***

9. What are Joe and Lee’s concerns about Mitch?

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10. Why does Joe think they should talk to Mitch?

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11. Why is Lee reluctant to talk to Mitch?

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12. If Mitch was your friend, would you talk to him about your concerns?

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**Watch the video *Helping Mitch?***

13. What approach did Joe and Lee take in talking about their concerns to Mitch?

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14. Were these approaches helpful or unhelpful?

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15. Does Mitch need help?

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16. What are the barriers to seeking professional help?

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## Worksheet 2: Answers for teachers

See the following for answers and tips:

- [Making the Link – Teacher Manual and Classroom Activities](#)
- [Tips for effective communication in helping someone with problem cannabis use: Mental Health First Aid Guidelines](#) on p 5

### Teacher Tip:

#### Barriers to seeking professional help for Bree:

- Bree is reluctant to seek help as she thinks what she is going through is 'just a phase'; she doesn't know why she's feeling this way; she doesn't believe anyone can help or she can trust anyone; and she is worried her parents will find out about her smoking cannabis (confidentiality).

### Teacher Tip:

#### Barriers to seeking professional help for Mitch:

- Mitch is reluctant to seek professional help because he doesn't think he is 'crazy'; he is concerned that a counsellor wouldn't know anything about cannabis; and he has been feeling down so possibly may be depressed and have a general lack of motivation.

### Tips for effective communication

- Stay calm and reasonable
- Ask the person about their cannabis use rather than make assumptions about their use
- When the person finishes talking, repeat back what you have heard them say and allow them to clarify any misunderstandings
- Focus the conversation on the person's behaviour rather than their character
- Use "I" statements instead of "you" statements (e.g. "I feel worried/angry/frustrated when you..." instead of "You make me feel worried/angry/frustrated...")
- Stick to the point (i.e. focus on the person's cannabis use) and do not get drawn into arguments of discussions about other issues
- Do not criticise the person's cannabis use
- Do not call the person an "addict" or use other negative labels

