

THEME:

helping and resources

ACTIVITY NUMBER:

4B

ACTIVITY NAME

mates help mates

WHAT:

worksheets

Worksheet 1: Questions for students

Watch the video *Should we help Bree?*

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

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

3. Why is Claudia reluctant to talk to Bree?

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



Watch the video *Helping Bree*

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

6. Were these approaches helpful or unhelpful?

7. Does Bree need help?

8. What are the barriers to seeking professional help?

Watch the video *Should we help Mitch?*

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



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

11. Why is Lee reluctant to talk to Mitch?

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

Watch the video *Helping Mitch?*

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

14. Were these approaches helpful or unhelpful?



15. Does Mitch need help?

16. What are the barriers to seeking professional help?



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 councillor 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 "Your 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

