

THEME:

helping and resources

ACTIVITY NUMBER: 4B

ACTIVITY NAME

mates help mates

WHAT:

instructions

December 2013

Educative outcome	At the completion of this activity, students will be better able to identify problems associated with cannabis use and have some skills to approach appropriate helpers
Task	Students watch a video with fictional high school students about encouraging help seeking among peers, then answer a worksheet
Duration	40 minutes
Materials	<ul style="list-style-type: none"> • Pre-ordered DVD or internet access • Worksheet one: student worksheet • Teachers answers

Introduction:

Introduce a hypothetical about being concerned for a friend. For example, you have a friend who has been acting differently lately – you know he/she is smoking weed and you are pretty sure they have a problem with it.

Open a class discussion about whether it is difficult to approach someone when you think they have a problem with cannabis (or any other drug, e.g. alcohol). Brainstorm some barriers:

What might stop you from talking to your friend about having a 'problem' (identifying barriers)	What might stop the person talking to you about their 'problem'?
Examples might be: <i>worried about ruining the friendship</i> <i>worried about the other person's reaction</i>	Examples might be: <i>worried about what you think</i> <i>stigma</i>

Activity:

- Students watch each of the four short clips from the [MAKINGtheLINK](#) DVD/website available and answer the questions on worksheet one

Summary and concluding remarks:

- To conclude, discuss with students some of the things they could say and do to assist a friend to get help: such as: listen non-judgementally, tell them you are concerned about them, explain to them gently how their behaviour is affecting you and those around them, ask if they have thought about getting professional help, tell them about the different helpers they could go to, talk about the barriers they feel are stopping them, link them up with someone who has been through a similar experience, offer to make an appointment with them or go with them to seek help.

Alternatives

- In small groups ask students to come up with their own ways of raising concerns with their friends and encouraging them to seek professional help. This could be done as a written activity or dramatic script

Extensions

- Ask students to identify a range of local resources/services/people where the students in the videos could get help





Key messages for	<ul style="list-style-type: none"> • There are barriers that young people face to seeking help • Acknowledging and addressing these barriers is important • Friends should be encouraged to assist others to seek help • There are a variety of helping options available to young people for mental health and alcohol and other drug issues
Activity Overview	<ul style="list-style-type: none"> • This activity is taken directly from <i>MAKINGtheLINK Student Program: A school-based program to promote help-seeking for cannabis use and mental health problems</i>. It uses short videos to encourage discussion and develop skills strategies for young people if they are concerned about a friend

For more information please access these NCPIC fact sheets and other resources

- [Making the Link – Teacher Manual and Classroom Activities](#)
- See also: *Information for Teachers* in this package (downloadable PDF on website)