

Materials Required:

- Scenarios
- Chart paper and markers (enough for each small group)

Prep Time: 10 minutes

- Print out scenarios
- Prepare chart paper for small group work

Task Time: 45 minutes

Activity Description:

1. Tell the class that in small groups of 4-5 students, they will be examining scenarios involving a peer who is in need of help. In their small groups, they will generate ideas around how to get help for their friend, barriers to getting help and potential solutions
 - Explore the sample scenario with the whole class
2. Divide the class up into small groups and hand each of them a scenario card
3. On chart paper, have the group write down the barriers to getting help, the potential solutions to the barriers and ways of getting help. Facilitator will circulate and follow up with each small group.
 - Note to facilitator: while circulating, encourage students to think of ways to get help from trusted adults
4. Regather the whole class and have each group present their scenarios, ways of getting help, barriers, and solutions
5. Have a class discussion: identify some common barriers to getting help that are listed across scenarios and solutions to these barriers. Have a discussion around why it's important to reach out to a trusted adult(s) to get help for a friend

Activity Extensions:

- To make the activity more interactive, scenarios can be rotated among small groups so that each small group works on a different component (i.e., barriers, solutions to barriers and ways of getting help)

Additional Comments:

- Make sure a list of resources for getting help are available for the class to refer to (e.g., Kids Help Phone, Cybertips.ca, etc.)

Additional Resources:

- Kids Help Phone: <https://kidshelpphone.ca/>

Silent Messages Activity: Social Scenarios

You see some kids at school bullying a new student. They tell you not to tell anyone or else they will beat you up. How can you get help for this student?

- a) What are some barriers to getting help?
- b) What are some potential solution to these barriers?
- c) What are the different ways you can get help? (Hint: focus on getting help from trusted adults)

Your friend tells you that they feel uncomfortable with the way their soccer coach is behaving around them (for example, touching them on the elbow or knee, suggesting private training sessions, etc.). They do not want you to tell anyone because they don't want to be kicked off the team. How can you get help for your friend?

- a) What are some barriers to getting help?
- b) What are some potential solution to these barriers?
- c) What are the different ways you can get help? (Hint: focus on getting help from trusted adults)

Your friend steals a classmate's wallet and offers you half the money. You think this is wrong, but do not want to get your friend in trouble. What should you do?

- a) What are some barriers to getting help?
- b) What are some potential solution to these barriers?
- c) What are the different ways you can get help? (Hint: focus on getting help from trusted adults)

You notice your camp leaders are not actually supervising the young kids at camp properly and this jeopardizes the kids' safety. You are a leader in training and don't want to lose your chance of being a leader because it is a voting process decided by current camp leaders.

- a) What are some barriers to getting help?
- b) What are some potential solution to these barriers?
- c) What are the different ways you can get help? (Hint: focus on getting help from trusted adults)

An inappropriate picture of a peer at school is being passed around on social media and you see it. Your friends tell you to not report it because it could get a lot of people into trouble. You are also worried about being a "snitch". How can you get help for this peer?

- a) What are some barriers to getting help?
- b) What are some potential solution to these barriers?
- c) What are the different ways you can get help? (Hint: focus on getting help from trusted adults)