

VIBE ACTIVITIES

RUOK? Day page 12



It's ok to say 'I'm not ok'

YOU WOULDN'T THINK FOOTY STAR WENDELL SAILOR WOULD HAVE TO WORRY ABOUT BULLYING, BUT HE ADMITS HE WAS BULLIED AT SCHOOL AND THAT'S WHY HE IS KEEN TO PROMOTE R U OK? AT SCHOOL. WENDELL WAS AT THE RECENT LAUNCH OF THIS NEW PROGRAM THAT ENCOURAGES STUDENTS TO CHECK IN WITH THEIR MATES AND ASK THEM, "ARE YOU OK?"

Wendell has been involved with the campaign from the beginning. He is passionate about the program because he has personal experience of bullying. He wants to remind kids to put their hands up and say "it's not ok" if they are struggling with things.

"I know how traumatic it can be to suffer from bullying at school and I urge kids to reach out to each other if they see a friend in need. It may seem like a hard thing to do, but don't be afraid to speak out if you are not ok," says Wendell.

National suicide prevention organisation, the R U OK? Foundation, recently launched a schools-focused mental health program aimed at encouraging students to start talking about their emotional wellbeing.

A founder of R U OK? Day, Janina Nearn says the new schools campaign targets rural and remote youth as well as young people in the cities.

"We have a lot of different communities getting behind R U OK? Day. We recently ran workshops in Wilcannia with the Elders as well as with Indigenous students from Shalvey College in St Marys, Sydney," she says.

"This resulted in the creation of the R U OK? Communities project, which celebrates community, culture and heritage – all important factors in wellbeing."

Janina says the R U OK? at Schools program is focused on building resilience and helping young people to cope with issues that can continue into adulthood.

"It's about helping students understand how they can support their friends. It is also about when it's appropriate to get expert help or flag the issue with an adult or school counsellor. We like to focus on what we can do to help those problems from getting bigger – whether it is exam stress or homework, by putting strategies in place for regular conversations."

The dedicated schools-based program delivers relevant educational support to both students and teachers on topics including peer support and how to manage school pressures.

The schools program complements the message of R U OK?Day on 13 September,

which aims to promote the importance of regular connection with others in an effort to help reduce Australia's high suicide rate.

The day encourages people to connect with someone they care about, and help prevent little problems from becoming big ones.

"On that day, everyone across the country, from all backgrounds and walks of life, are encouraged to ask family, friends and colleagues a simple question: "Are you ok?," she says.

She says over four years, R U OK?Day has grown rapidly. Last year's campaign reached 58% of Australians, while one in five took part in the day.

"This year we want to increase participation and get more people asking questions of their friends as well as running events to remind people to ask the question throughout the year," she says.

"R U OK?Day™ is a positive message, celebrating life. It is for everyone rather than just those at risk. We are not a charity. We are asking people to have conversations rather than put their hands in their pockets."

Janina says the program is linked closely to other information partners, such as Reachout.com, Sane, Beyond Blue, Lifeline, Mensline and Kids Helpline.

For more information and resources, head to www.ruokday.com or call 1800 RUOKDAY (1800 7865 329).

Research tells us that more than 2,200 Australians suicide each year. For each person that takes their life, another 30 people attempt to end their own life. Bullying is common in all areas of life, but it can lead to very serious mental health problems and even suicide.

Most people don't openly share their feelings, particularly if they're struggling. The national suicide prevention organisation RUOK? reminds us to take time out to check in with our friends by asking if they are OK.

The RUOK? at School program can provide strategies to manage difficult situations, from bullying to exam stress to peer pressure. It seeks to help students to say "I'm not OK" when they are struggling with a problem, big or small. It advises students about how and where to access help.

Read *It's OK to say "I'm not OK"* on page 12

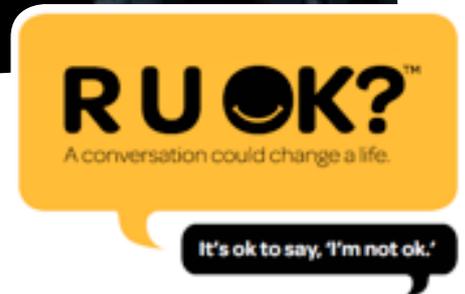
ACTIVITY 1

READING FOR MEANING



Building reading skills

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.



There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

1 Why is footballer Wendell Sailor helping to promote RUOK? Day?

(inferred)

- he was bullied as a child.
- he wants people to look after their friends.
- he wants people to be more aware of the effects of bullying.
- all of the above.



2 Wendell says, "I know how traumatic it can be to suffer from bullying."
In this sentence, what does "traumatic" mean?

(inferred)

- enjoyable
- very difficult to cope with
- truthful
- painful



3 What are two focus areas for RUOK? program in schools?

(inferred)



4 What is the purpose of the RUOK? Communities Project?

(inferred)

5 The text says that the RUOK? at School program is focussed on "building resilience and helping young people to cope with issues that can continue into adulthood."

Shade one bubble.

In this sentence, "building resilience" means

(inferred)

- providing places to meet with other bullies.
- giving up.
- finding strategies to cope with tough times.
- changing your friends.



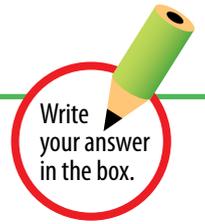
6 The purpose for adding the pictures to the written text is to

(applied)



ACTIVITY 2

LANGUAGE CONVENTIONS - SPELLING



- 1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

He worryed about being bullied.

He was promoteing an anti-bullying campaign.

Which freind will you check on?

- 2** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

The organisayshon was set up to prevent suicide.

It promotes regular conversayshons about bullying.

It is a nashonal program.

ACTIVITY 3

LANGUAGE CONVENTIONS - GRAMMAR



- 1** Which word correctly completes this sentence?

He has been _____ with the program from the beginning.

- involve
- involved
- involves
- involving

2 Which word is a **pronoun** in this sentence?

The day encourages people to connect with someone they care about.



- the
- day
- connect
- they

3 What does the pronoun **it** refer to in these sentences?

RUOK? Day is a positive message, celebrating life.
It is for everyone, rather than just those at risk.

- RUOK Day?
- a positive message
- celebrating life
- people at risk

ACTIVITY 4

LANGUAGE CONVENTIONS – PUNCTUATION

1 Punctuate this passage correctly.



the ruok day program encourages students to check in with their mates
and ask them are you ok

ACTIVITY 5

WRITING AN EXPOSITION



An **Exposition** is a type of argument text that states **one** point of view about an issue. **Expositions** use persuasive language to put forward the argument.

Expositions begin by stating the Thesis, and then give different Arguments to the point of view, concluding with a Restatement to sum up the arguments.

Here's how an **Exposition** is structured:

| Argument type | Social purpose | Stages | Phases |
|-------------------|---|--------------------|---|
| Exposition | argues one point of view about an issue | Thesis | preview |
| | | Arguments | evidence statistics quotes examples elaborations |
| | | Restatement | review conclusions |

Topic:

Write an Exposition to argue why RUOK? Day should be promoted in your school.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.