

Asking for Help On My Own Two Feet

Year: **2nd or 3rd** Subject: **SPHE** Subject Links: **ICT** Duration: **3 class periods**

Topic Overview

These lessons are taken from 'On my Own Two Feet'. 'Assertive Communication Handbook Lesson 10' has been updated to include current contact details for relevant helping agencies.

The core concept of the lesson is that everyone has the right to ask for help without feeling guilty and without feeling disloyal. The helping agencies websites are distributed to students to allow them to make contact with such agencies.

SPHE Curriculum Mapping

Module

Personal Safety

Topic

Help Agencies

Aims

- To provide students with knowledge of the available helping agencies
- That students will explore and reflect on the skills necessary to enable them to make contact with such agencies

Learning Outcomes

After completing this lesson the student should:

- be able to identify the appropriate helping agency for a diverse range of situations.
- have developed their skills to enable them to make contact with such agencies.

ICT Framework Links: Level 3

- demonstrate an awareness of and comply with responsible and ethical use of ICT.
- effectively research, access and retrieve information.
- evaluate, organise and synthesise information.

Materials/Resources

Lesson 1

1. Copies of Handout
'I Just Don't Know What To Do'
2. Copies of Handout
Helping Agencies ~ some examples
3. The ICT Room and the Internet to allow students access the Helping Agencies websites and to research support sites.

Lesson 2

1. Copies of Handout –
Helping Agencies ~ some examples
2. The ICT Room and the Internet to allow students access the Helping Agencies websites and to research support sites.

Lesson 3

1. Copies of 'Situations'
2. Poster paper and markers

Relevant Websites

www.webwise.ie/LearningResources
www.watchyourspace.ie

Some SPHE teachers may like to work with the students' ICT teacher when preparing to deliver these lessons.

Further Resources

- **Glossary of Internet Terms**
- **Webwise 'Internet Safety Pack for Schools'**



Lesson 1 Asking for Help

Activity/Tasks

Young people have a right to feel safe and secure. If they are experiencing a problem they have a right to ask for help and to keep on doing so until they get the response they need. This first lesson looks at some of the problems with which young people may need help and some of the people and agencies to whom they can go for that help.

Methodology

- A. Divide the class into groups of 4 or 5. Present Handout - 'I Just Don't Know What To Do'.**
Invite the groups to discuss the questions on the handout. Take feedback on each of the questions posed. Acknowledge that we all experience problems and difficulties throughout our lives and often need to seek help
- B. They return to their groups and list the agencies/people/services, both locally and nationally, of which they are aware who help people with problems. It may help if they think of anyone they know who ever got help with a problem from any person or agency. Feedback is taken and the teacher lists all suggestions on the board.**
- C. Distribute Handout – Helping Agencies. Web addresses are given on the handout and Helpline telephone numbers. Ask students to complete the Handout for Homework by filling in the missing voluntary and statutory agencies phone numbers. They will find the relevant phone numbers when they access the helping agencies websites. Alternatively the class could do this online in the school's ICT room at this time.**

Assessment/Evaluation

Students retain a copy of Helping Agencies ~ some examples handout. At home they fill in the phone numbers of the helping agencies for the next class which will take place in the ICT Room.

Lesson 2 Asking for Help

Activity/Tasks

In this class students in pairs in the ICT Room are going to research online one particular helping agency and present their findings to the whole class.

Materials/Resources

Copies of Handout – Helping Agencies ~ some examples

The ICT Room and the Internet to allow students access the Helping Agencies websites and to research support sites.

Methodology

Each pair of students selects one of the Helping Agencies support websites and researches it, taking notes and then preparing and delivering a 2 minute presentation on the Helping Agency to the other students.

Assessment/Evaluation

Each student's notes and presentation material will be retained in his/her SPHE Journal.

Possible Extension Material

If time allows students could explore the 'Useful Web Addresses' named on Helping Agencies ~ some examples Handout

Lesson 3 Asking for Help

Activity/Tasks

Students are going to brainstorm the issues and problems about which young people might contact a professional helping agency. If they have difficulty they could use those provided on the 'Situations' sheet.

Materials/Resources

Copies of 'Situations'

Methodology

Stage 1

Role play making contact with an agency. Divide the students into small groups and give each group a problem situation. Get each group to prepare a script for role playing the initial contact with the agency, and what follows. Group presents role play.

Stage 2

After each group has presented the role play, put the following questions for discussion:

- **Why are people sometimes slow to ask for help?**
- **How did the person with the problem feel making the initial contact?**
- **Could the person have made it easier for her/himself? If so, how?**
- **Do you think this is a realistic role play with regard to how an agency would respond to a person with a problem?**

Mention the supportive approach used by helping agencies when dealing with people, e.g. they would welcome you, listen carefully and offer support and advice.

Raise the question

If you're not happy with the first response you get what would you do then?

Emphasise the need to try someone else, not to give up.

Additional suggestion:

Guest speakers from various agencies e.g. Al Anon., The Samaritans could address the group. Guidelines for 'Visitors to the classroom' should be followed in the event of guest speakers being invited to address the group.

