

#2 Keep Safe

Teaching Resource – Yarning Circle

CURRICULUM ALIGNMENT

8 WAYS Story Sharing

AUSTRALIAN HPE ACPPS072

ACTIVATION

- Ask the students why some young people feel shame when asking for help? Discuss whether it makes things easier or harder if the problem they're facing is online
- Have everyone sit in a circle facing one another. Read out the quotes from the Quote Sheet and ask students to pick one they can relate to
- Spend timing going around the circle and discussing the different experiences – encouraging them to overcome any feelings of shame

REFLECTION / EXTENSION

- Remind students that there are people who are there to support them – no matter what
- Have the students think about the people in their support network that they trust to go to for help
- Remind students of the support available to them through school
- Show students how they can access counselling and support services that's confidential, respectful and culturally safe. – display these in the classroom (e.g. Kids Helpline ph: 1800 55 1800 or Online chat; 13YARN ph: 13 92 76)

SUPPORTING RESOURCE

- Quote Sheet – cut into individual quotes

“It’s embarrassing.”

“I don’t feel
comfortable asking
for help.”

“I can’t trust other
people.”

“I might get in
trouble.”

“They might gossip
and tell others.”

“I don’t want to
disappoint them.”

“They’re too old.
Born ages ago.”

“They won’t
understand.”