

## Activity: 7-8.4.2

### Key Message

- It is very important to have a network of trusted friends and adults you can go to for support.

### Activity Details

#### Victorian Curriculum

**Health & PE** Develop skills to evaluate health information and express health concerns  
VCHPEP129

**Capabilities** VCPSCSE037

**Time** 40 minutes

**Levels** 7 & 8

# Network hand of 'helping people' and 'helping places'

## Purpose

To identify adults and services that can assist when a student needs help with a difficult or sensitive situation.

## Teaching notes

This activity will help students identify a support system that they can use if they need help or advice. It requires them to identify 'helping people' and 'helping places'.

*Please note: A simpler version of this activity is included in the Primary sample units of work for years 3-4 and 5-6.*

## Procedure

- Ask students what a 'helping person' or 'helping place' means to them (someone or somewhere you can go to for help).
- Brainstorm and write up a list on the board of people who could be 'helping people' (e.g. parents/carers, uncles/aunts, grandparents, neighbours, teachers, friends, police officers etc.).
- Brainstorm some of the 'helpful places' in your local area, and write these on the board (e.g. community health centres, sexual health clinics, chemists, GP services etc.).
- Ask students to identify five people/places they could go to for help and record these on the *Network hand of 'helping person' or 'helping place'* worksheet. These should include:
  - At least two community services
  - At least one school-based service/person
- Ask them to complete the worksheet, using either the brochures/pamphlets you have collected and/or the internet.

## Discussion

*Please note: you may not need a discussion section.*

Ask the students to present their findings to the class. You may wish to make copies of their work to form a local directory that all students can access.

# Network hand 'helping people' and 'helping places'



List five 'helping people' and/or 'helping places' you could go to for help. They may include:

- an adult family member or friend
- an adult at school
- a (local) community health service
- a (local) sexual health centre or medical centre
- a public service

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For each of the above people/places except an adult family member or friend, answer the questions below. You may need to use brochures or the internet to determine things like opening hours, addresses etc.

1. a) Where can I find this person/place? \_\_\_\_\_  
\_\_\_\_\_
- b) How would I get there? \_\_\_\_\_  
\_\_\_\_\_
2. a) When am I able to access this person or place? \_\_\_\_\_  
\_\_\_\_\_
- b) Would I need to make an appointment to see this person/someone in this place? If so, how would I do this? \_\_\_\_\_  
\_\_\_\_\_
3. How much would it cost to see this person or place? \_\_\_\_\_  
\_\_\_\_\_
4. Why might you refer others to this person/place? \_\_\_\_\_  
\_\_\_\_\_

