



## Activity: 5-6.12.2

### Key Message

- It is important to have strategies and the skills to assert your own choices and to have trusted adults and/or services that can be part of your support network.

### Activity Details

#### Victorian Curriculum

**Health & PE** Investigate community resources and strategies to seek help about health, safety and wellbeing  
VCHPEP107

**Time** 40 minutes

**Levels** 5 & 6

**Equipment**

- whiteboard and markers
- scrap paper
- 1 copy of the *Network hand* for each student
- 5 copies of the *Network hand* letter for each student

# Network hand of helping people

## Purpose

To identify adults that can assist when the student needs help.

## Teaching notes

This activity will help students identify a support system that they can use if they need help. It requires them to identify 'helping people' and then ask them to act as their helping person via a letter. The delivery of letters can be done for homework.

## Procedure

1. Ask students what the term 'helping person' means to them (someone who you can go to for help).
2. Brainstorm and write up a list on the board of people who could be 'helping people' (e.g. parents, uncles/aunts, grandparents, neighbours, teachers, friends, police officers etc.).
3. Ask students to identify 5 people that they could go to who could be their 'helping people'. Specify that they need one person from each of the following categories:
  - Someone I live with
  - Someone I go to school with
  - A friend
  - Someone in my neighbourhood
  - Someone who cares for me.

The students may like to do this on a scrap piece of paper first and then record these on the worksheet.
4. Explain that the students will need to complete and give a letter to each of these 5 helping people asking them to be on their network hand. (See the template in this section).
5. Hand out 5 copies of the letter to each student and have them fill in the name of their prospective helper and their own name (see worksheet).
6. The letters can be delivered, emailed or posted as homework.
7. Ask students to think of a special place that they can store their page for future reference (e.g. stick on the back cover of a book, inside their locker, on their wall at home).
8. The 'helping people' list should be reviewed in six months to make sure it's current as teachers, family move etc.



## Network hand 'helping people' I could go to



Write the names of your helping people, one in each digit.  
Put your network hand in a special place.

## Network hand 'helping people' letter

Dear \_\_\_\_\_

I am inviting you to be on my network.

This means that if I feel unsafe or have a problem please:

- listen to me
- believe me
- assist me

so that I can feel safe again.

Please sign this if you are willing to do this.

\_\_\_\_\_

From \_\_\_\_\_