

People I Would Talk To

PART A: Personal qualities

By talking with someone if we're feeling sad, angry, scared, or confused, or if we have a problem we can get their advice, support and help, and often feel a *lot* better.

Instructions: Ask students whether or not they would choose to talk with someone who has the following qualities:

| | |
|---------------------|-------------------------|
| Patient | Someone who believes me |
| Helpful | Busy |
| Annoying | Someone I respect |
| Good listener | Someone who respects me |
| Friendly | Mean |
| Someone who gossips | Available |
| Caring | Kind |
| Someone I trust | Someone I like |

PART B: People who have these qualities.

Instructions: Ask students who they know who has some of these qualities.

Responses may include:

| | |
|------------------------------------|------------------------------|
| Mum | Minister/Pastor |
| Dad | Neighbour |
| Relative (Grandparent/Aunty/Uncle) | School Adopt-a-Cop |
| Teacher | Babysitter |
| Principal | Kids Helpline (1800 55 1800) |
| Best friend's parent | Friends* |
| Coach | Siblings* |

* *Note:* While talking to other children shouldn't be discouraged, students should be advised that if they need someone to help them, they will probably need to talk to an adult as well.

Summary:

It's a good idea to think of people we might talk with if we need advice, support or help.