

HELPING HAND

Who are your helpers?
Trace your **hand** & write or
draw a **professional helper** in
each finger and thumb. On the
palm, write down **2-3 natural**
supports.



Remember:

It is important to reach
out to **trusted adults** for
help when you need it.



WHICH HELPER?

Match each
scenario with the
most appropriate
helper(s). Hint: there may
be more than 1!



A classmate teases Alex about their new haircut.



Owen hears online that someone in his class is thinking about harming themselves.



Angela is at the park with a few friends and an adult they all don't know offers them ice cream.



Jared's worries are getting worse and he is struggling to sleep at night.

Hazel gets into a disagreement with a friend at recess.



Owen is crying in class and can't concentrate on the lesson.

Alex tried their box breathing and still can't calm down.



Hazel's medication for her OCD isn't working as well as it used to.

- Doctor
- Parents/Caregiver
- Friends
- Teacher
- School Counsellor
- Coach
- Social Worker
- Psychologist
- Handle on their own
- _____



Remember:
Everyone needs **help**
sometimes. It's important to
reach out when you need it.



WHICH HELPER? ANSWER SHEET

Match each
scenario with the
most appropriate
helper(s). Hint: there may
be more than 1!



Q: A classmate teases Alex about their new haircut.

A: Handle on their own, friends and/or teacher



Q: Owen hears online that someone in his class is thinking about harming themselves.

A: School counsellor, teacher, parents/caregiver and/or psychologist



Q: Jared's worries are getting worse and he is struggling to sleep at night.

A: Parents/caregiver, coach, psychologist and/or school counsellor

Q: Hazel gets into a disagreement with a friend at recess.

A: Handle on their own, friends and/or teacher



Q: Owen is crying in class and can't concentrate on the lesson.

A: Teacher and/or school counsellor

Q: Alex tried their box breathing and still can't calm down.

A: Teacher, school counsellor, parents/caregiver and/or social worker

Q: Hazel's medication for her OCD isn't working as well as it used to.

A: Doctor and parents/caregiver



Remember:

Having a discussion about the
available helpers in your school or
community setting is encouraged.



ASKING FOR HELP LEVEL 1

Role-play time! Using these scripts, take turns asking for help. Can you think of & practice your own examples?



Sometimes our problems are too BIG to solve on our own & we need to ask a trusted adult for help. Try these steps:

1. Explain how you are feeling
2. Describe the problem & maybe what you have already done to try to solve it on your own
3. Let the person know you need a helping hand

"I am sad that nobody will let me play with them at recess. I asked to join the soccer game, but they said they didn't need any more players. *Do you have any suggestions?*"

"I feel really disappointed that my father cancelled his weekend visit with me again. He did not answer my text or phone calls. *I need your support.*"

"I am overwhelmed by this project. I have an idea of what to do, but don't know where to start. *Can you help me make a plan?*"

Try Your Own!

"I am having trouble dealing with..."



Remember:
Asking for help is a **skill** that can be **practiced**.



ASKING FOR HELP LEVEL 2

Role-play time! Using these scripts, take turns asking for help. Can you think of & practice your own examples?

Being a good friend means helping out when we can, but sometimes the problem is too BIG. It is important to encourage your friend to ask for help when they need it. Here's how:



1. Connect with how you think your friend is feeling
2. Let them know that you care
3. Suggest that maybe they should seek help

"It seems like you are hurt by what your mom said to you last night. I am worried that you will not be able to focus and we have a big test today. *Do you think maybe you should talk to the school counsellor before you start class?*"

"I can see you are embarrassed by what happened on the bus this morning. We all mess up sometimes - it can help to talk to someone. *Is there someone who could help you feel better?*"

"I can feel that you are angry at those bullies. I don't want you to get yourself in trouble by getting revenge. *Who do you trust to help with problem-solving this?*"

Try Your Own!

"Our friendship is really important, and I've noticed..."



Remember:
Asking for help is a **skill** that can be **practiced**.



ASKING FOR HELP LEVEL 3

Role-play time! Using these scripts, take turns asking for help. Can you think of & practice your own examples?



If your friend does not want to ask for help & you feel they are unsafe, you will need to tell an adult. It is not tattling when you talk to an adult to keep yourself and others physically and/or emotionally safe. Follow these tips:

1. Tell an adult that you are worried about a friend
2. Describe why
3. Ask for their help

"I am worried about Meena. Some of our friends told her she looks heavy and for the past few weeks she has been throwing her lunch away. *Can you give her some support?*"

"I am concerned Liam is putting himself at risk. He met some new friends at the mall and they are encouraging him to steal. *Can you check in with him?*"

"I am afraid Stacey is going to get hurt. She has a boyfriend who she met online. He wants to get together after school today. *Is there a way you can make sure she is safe?*"

Try Your Own!

"Can I talk to you about...?"



Remember:
Asking for help is a **skill** that can be **practiced**.

