

Ontario Dress Purple Day: Lesson 1



Activity: Getting Help for Peers

Grade Range: Grades 9-12

Task Time: 45 minutes

Activity Objective:

The objective of this activity is to explore ways youth can get help for their peers, the barriers they may encounter, and potential solutions to these barriers.

Materials Needed:

- Scenarios
- Handout of Resources and Organizations that Support Youth
- Chart paper and markers (enough for each small group)

Activity Description:

1. Tell the class that in small groups of 4-5 students, they will be examining scenarios involving a peer who is in need of help. In their small groups, they will generate ideas around how to get help for their friend, barriers to getting help, and potential solutions.
 - Explore one sample scenario from the list below with the whole class.
2. Divide the class up into small groups and hand each of them a scenario card.
3. On chart paper, have the group write down the barriers to getting help for their friends, the potential solutions to the barriers, and ways of getting help. Facilitator will circulate and follow up with each small group.
 - *Note to facilitator: While circulating, encourage students to think of ways of getting help from trusted adults*
4. Regather the whole class and have each group present their scenarios, ways of getting help, barriers, and solutions.
5. Have a class discussion: Identify some common themes that have emerged about barriers to getting help and solutions to these barriers.
6. Have a discussion about why it's important to reach out to a trusted adult(s) to get help for a friend.

Adaptations:

- To make the activity more interactive, scenarios can be rotated among small groups so that each small group works on a different component (i.e., barriers, solutions to barriers, and ways of getting help).

Comments and/or Additional Resources:

- Make sure handout of Organizations and Resources that Support Youth resources is available for the class to refer to (e.g., Kids Help Phone, Black Youth Helpline, Naseeha Youth Helpline, LGBT Youth Line, Cybertips.ca, Children's Aid Societies, etc.).
- This activity may lead individuals to disclose suspected instances of abuse. The facilitator has a legal obligation to report this information to a [Children's Aid Society](#).

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Scenarios: Getting Help for Peers

Grades 9-12

Your friend tells you that they feel uncomfortable with the way their soccer coach is behaving around them (for example, touching them on the elbow or knee, suggesting private training sessions, etc.). They do not want you to tell anyone because they don't want to be kicked off the team. How can you get help for your friend?

- What are some barriers to getting help?
- What are some potential solutions to these barriers?
- What are the different ways you can get help? (Hint: focus on getting help from trusted adults)

Your friend tells you that they are depressed and thinking of harming themselves. They tell you to keep this a secret or else they will break up your friendship. How can you get help for this friend?

- What are some barriers to getting help?
- What are some potential solutions to these barriers?
- What are the different ways you can get help? (Hint: Focus on getting help from trusted adults)

You recently visited your friend's home and witnessed his parents yell and scream at him that he is worthless. They kicked him out of the house while you were there and so he came back to your place. He reveals that they are physically violent with him and that the previous week his father had thrown him down the stairs. When you offer to help he begs you not to get involved or to say anything.

- What are some barriers to getting help?
- What are some potential solutions to these barriers?
- What are the different ways you can get help? (Hint: Focus on getting help from trusted adults)

Your friend tells you that in their last romantic relationship, their partner took intimate pictures of them. They have since broken up and that ex-partner is now threatening to post these pictures online and your friend does not know what to do. How can you get help for this friend?

- What are some barriers to getting help?
- What are some potential solutions to these barriers?
- What are the different ways you can get help? (Hint: Focus on getting help from trusted adults)

Your friend's mother was in a car accident and she badly injured her back. She started taking medication for the pain, and your friend tells you she never gets out of bed any more. He thinks she might have become addicted to the pain killers. She is not showing up for work, is not buying groceries, and he is worried about how they are going to pay rent.

- a) What are some barriers to getting help?
- b) What are some potential solution to these barriers?
- c) What are the different ways you can get help? (Hint: focus on getting help from trusted adults)

Your friend is hanging out with a new group of people who engage in underage drinking and substance abuse. Your friend feels pressured to do the same and cannot say no because they don't want to be seen as a "loser". How can you get help for this friend?

- a) What are some barriers to getting help?
- b) What are some potential solutions to these barriers?
- c) What are the different ways you can get help? (Hint: Focus on getting help from trusted adults)

Your friend stays over for the night and wakes up in the middle of the night screaming. When you ask your friend what their nightmare was about, they reveal to you that their father is violent towards their mother and that they frequently see him beating her. Your friend is terrified for his mother's safety.

- a) What are some barriers to getting help?
- b) What are some potential solutions to these barriers?
- c) What are the different ways you can get help? (Hint: Focus on getting help from trusted adults)

While changing in the locker room, you notice cuts all over your friend's arm. You ask your friend about them and they shrug it off and said they don't want to talk about it. You're worried that your friend might be cutting. How can you get help for this friend?

- a) What are some barriers to getting help?
- b) What are some potential solutions to these barriers?
- c) What are the different ways you can get help? (Hint: Focus on getting help from trusted adults)

Your friend tells you that their romantic partner is hurting them, but they don't want you to tell anyone because they don't want to break up with their partner. How can you get help for this friend?

- a) What are some barriers to getting help?
- b) What are some potential solutions to these barriers?
- c) What are the different ways you can get help? (Hint: focus on getting help from trusted adults)