

Journée Passez au mauve de l'Ontario : Leçon 1



Activité : Obtenir de l'aide pour des pairs

Niveau scolaire : 7^e et 8^e année

Durée : 45 minutes

Objectif de l'activité :

Explorer les façons dont les jeunes peuvent obtenir de l'aide pour leurs pairs, les obstacles qu'ils peuvent rencontrer et les solutions possibles à ces obstacles.

Matériel requis :

- Scénarios
- Feuilles mobiles et marqueurs (suffisamment pour chaque petit groupe)

Description de l'activité :

1. Dites à la classe qu'en petits groupes de 4 à 5 élèves, ils examineront des scénarios engageant un pair qui a besoin d'aide. Dans leurs petits groupes, ils produiront des idées sur la façon d'obtenir de l'aide pour leur ami, des obstacles à l'obtention d'aide et des solutions possibles.
 - Explorez le modèle de scénario avec l'ensemble de la classe.
2. Divisez la classe en petits groupes et distribuez une carte de scénario à chacun d'eux.
3. Demandez au groupe d'inscrire sur une feuille mobile des obstacles à l'obtention d'aide pour leurs amis, des solutions possibles aux obstacles et des façons d'obtenir de l'aide. Le facilitateur se promènera et assurera un suivi auprès de chaque petit groupe.
 - *Note au facilitateur : En vous promenant, encouragez les élèves à penser à des façons d'obtenir de l'aide d'adultes fiables.*
4. Rassemblez l'ensemble de la classe et demandez à chaque groupe de présenter leur scénario, leurs façons d'obtenir de l'aide, leurs obstacles et leurs solutions.
5. Engagez une discussion avec l'ensemble de la classe : Nommez des obstacles courants à l'obtention d'aide qui sont mentionnés dans les scénarios et les solutions à ces obstacles. Discutez des raisons pour lesquelles il est important de s'adresser à des adultes fiables afin d'obtenir de l'aide pour un ami.

Adaptations :

- Pour rendre l'activité plus interactive, on peut faire circuler les scénarios parmi les petits groupes, de sorte que chaque groupe travaille avec un composant différent (obstacles, solutions aux obstacles et façons d'obtenir de l'aide).

Commentaires et ressources additionnelles :

- Assurez-vous que le feuillet d'organismes et de ressources qui appuient les jeunes est disponible pour que la classe puisse s'y reporter (p. ex., Jeunesse, J'écoute; Black Youth Helpline, Naseeha Youth Helpline, LGBT Youth Line, Cyberaide.ca, sociétés d'aide à l'enfance).

Ontario Dress Purple Day: Lesson 1



Scenarios: Getting Help for Friends

Grades 7-8

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)

You see some kids at school bullying a new student. They tell you not to tell anyone or else they will beat you up. How can you get help for this student?

- 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 steals a classmate's wallet and offers you half the money. You think this is wrong, but do not want to get your friend in trouble. What should you do?

- 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 notice your camp leaders are not actually supervising the young kids at camp properly and this jeopardizes the kids' safety. You are a leader in training and don't want to lose your chance of being a leader because it is a voting process decided by current camp leaders.

- 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'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)

An inappropriate picture of a peer at school is being passed around on social media and you see it. Your friends tell you to not report it because it could get a lot of people into trouble. You are also worried about being a "snitch". How can you get help for this peer?

- 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)