

FOCUS WORD: get help

INTRODUCTION

POSSIBLE ACTIVITIES

See activity sheet

POSSIBLE RESOURCES

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JOURNAL WRITING

Get Help

Purpose: To practice being willing and able to accept the ideas of others and then add to or build on what someone else is creating.

Partner Activity: "Yes, And"

1. Introduce the activity. Today we are going to play an improv game known as "Yes, and." Here's how it works: Person A decides what the conversation is about and Person B accepts what Person A has established and then adds to the situation.

2. Examples. Here's an example:

Person A: What a hot and miserable day to be at school!

Person B: Yep, and the teacher said we have to stay inside and finish this test no matter what.

Person A: Yes, and isn't he the meanest teacher you've ever had?

Person B: Yep, and it's made me think about leaving and never coming back.

Person A: Yes, and you'd end up getting in trouble and have to sit in the hot detention room.

Person B: Yeah, and I suppose you think you have a better idea?

Person A: Yes! And after I go to college and make my fortune, I will come back and buy this place some air conditioning!

Imagine what happens if you play "No, and" instead and deny the other person:

Person A: What a hot and miserable day to be at school!

Person B: No, it's not. And we're not even at school.

Neither person has anywhere to go, so the conversation is over.

3. Find a partner. Now we will try it! Find a partner and pick a Person A and a Person B. For the first round, Person A will start.

4. Person A. Share something you're struggling with today. [After a few minutes, pause the conversation.] What was that like? Did anyone slip up and give their partner a "Yeah, but" instead of a "Yes, and"? What was the "Yeah, but" like?

5. Person B. Person B, this time you will start. [After a few minutes, pause the conversation.] What was that like this time? Were there any "Yeah, but" this round? What was the "Yeah, but" like?

6. Debrief. After playing "Yes, and" games, we hope to learn how to embrace the ideas and concepts offered by others. You don't actually need to say the words "Yes, and" for it to work. Simply affirm what the other person is saying and allow yourself to build on it. When it comes to getting help, what do you think is important about "Yes, anding" people instead of "Yeah, butting" them?



What Would You Do?

Purpose

To brainstorm ways you can get support in various circumstances.

Prep Steps

- 1 Paper and markers.
- Review and revise the scenarios to be relevant for your circle's demographic and age range.
- Write the scenarios for step 2 on one piece of paper each. (See sidebar on back.) Set the sheets face down in the middle of your circle.

Alternatives

- 1 Use the instructions to brainstorm ideas around a current struggle.
- R Instead of writing scenarios on paper, read them aloud.

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HELP

ACTIVITY

Instructions

●●OPENING●●

- 1 **Share purpose.** Most people struggle with getting help or have felt beyond help before. Getting help is a courageous step—and it's also one of the most important steps you can take on the road to respect.
- 2 **Brainstorm ideas.** Let's play "What would you do?" We'll take turns flipping over one of the sheets of paper in the middle of the circle. Each piece of paper has a scenario written on the back. Read the scenario and then offer a way you could get help in that situation. ➔➔
- 3 **Share and commit.** Pick a partner, and share with each other:
 - This week, I will get help with something I'm struggling with by ...
 - I will let you know I did this by ...
- 4 **Debrief.** What does getting help have to do with our self-respect? Who will share? (Get at least three examples.)

●●CLOSING●●

Scenario

- Your family argues all the time
- You're in danger of failing a class at school or in your training program
- You don't know how to improve at work and feel like you're going to get fired
- Someone is gossiping about you
- You're being harassed or bullied
- Your boyfriend/girlfriend is pressuring you to go further than you want to sexually
- Someone told you he/she is being abused
- You want to go to college but aren't sure where to start
- Someone told you he/she feels suicidal
- You don't have enough food to eat or a safe place to live
- You are being harmed by someone
- You are not happy with the way your body looks and always trying to change it

Follow-Up Questions

(After they flip over a sheet of paper and read the scenario, ask)

- What would you do to get help?

My Support Circles

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Purpose

To build your capacity to get help by creating support circles.

Prep Steps

- 1 Butcher/flipchart paper, paper, pens and markers. For Respect Circle alternative: art supplies listed.

- Create four posters and title them with the prompts from step 4. Hang them around the room or lay them on the floor.

Alternatives

- Use the instructions to have a conversation.
- Provide paper, paint and markers. Ask participants to create a collage or display that represents their support circles.

ACTIVITY



Instructions

●●OPENING●●

- 1 **Share purpose.** People who thrive have support circles. The people in your support circles can change over time or be topic-specific. Some circles may be short-lived to address a specific issue or struggle, but others you might have for the rest of your life.
- 2 **Match challenges to supporters.** First, think of a challenge—something you need to overcome or a goal you want to achieve. Using a sheet of paper, list up to seven people you already know who could support you with this challenge.
- 3 **Review the lists.** Let's share our lists. Notice if you had difficulty listing seven people—that's OK. Many people find that challenging. We say "seven" because research shows that is the number of influential, healthy adults that young people need in their support circle to help them thrive. (Share lists. As each person shares, ask:) Who else could you add to your list—including me? (Brainstorm together.) If you were in his/her shoes dealing with that struggle, what kind of supporter would you look for to help you?
- 4 **Create bigger support circles.** Next let's make four more lists together of who or where we could turn to for help if we were in the situations listed. On each poster, write your ideas for how you could get support with the following topics:
 - ... stay healthy.
 - ... stay motivated to reach your education or career goals.
 - ... navigate tough issues such as addiction, eating disorders, self-harm, abuse, mental health issues or grief.
 - ... connect with resources you need to be safe or reach your goals such as food, clothing, housing, transportation, medical care or funding for your education/training.
- 5 **Debrief.** Go around the circle and share: What is one area of your life where you will get help? What kind of support circle can you create or find to deal with this issue? How can you connect with them—where and how often?

●●CLOSING●●

Discussion Questions

Here are some additional discussion questions you can use with a  or  to explore and practice Get Help:

- What are the biggest challenges you are facing in life today?
- Who do you turn to for advice you can trust?
- What is the best support you ever received? How did it impact you?
- Who did you turn to the last time you had a major problem? Why did you choose that person?
- What is the impact when you don't ask for the help you need?
- What does it feel like to help someone else?
- What are the best ways to ask someone for help?
- What can you do if someone you ask for help says "no" or is unresponsive?
- Who do you know that never asks for help? What do you think makes them not ask?
- What are ways you can know that the help someone is offering is healthy and safe?
- Based on what we discussed, what's one way you are going to practice Get Help?

•TIP!• See card #65 for additional engaging discussion questions.