

Lesson 3 Help, Advice and Support

Learning Intention

To be aware of the options for getting help, advice and support

Learning Outcomes

To have practised communicating with adults

To know how to access help and support

Resources

[Cannabis Facts Teacher Guide](#)

[Problem Page Scenarios](#)

Activities

1. Ground Rules

In a circle, remind the group of the ground rules from the previous lesson.

2. Circle activity

In a circle, use the talking ball. Roll the ball to a child asking them to complete your sentence stem. This child should then roll the ball across the circle to another child who completes the same sentence stem. Repeat as necessary. Ask the children to complete the sentences: children may feel happy when...; children may feel sad when...; children may feel confident when...; children may feel worried when...

3. Asking for help

Ask the children to think about the worries they have just heard. Draw up a list of issues mentioned and add anything else a child wishes to volunteer. If necessary, add the following categories to their suggestions: bullying, drugs, alcohol, homework, health, friendship problems and family issues. Ask the children to work in pairs and discuss who they would choose to talk to if they had a problem. Collate the list of responses. Ensure that this covers at least family members, friends and school staff.

4. Who else can help?

Tell the children that they have thought about how to ask for help, but what if a person doesn't feel able to speak to someone they know, whether it be a family member, friend, or teacher? Where might they get help, advice or support? Add the children's ideas to the list from activity 3. If they don't bring them up, you may want to mention some organisations that you know about e.g. ChildLine or Talk to Frank see National Contact List in [Cannabis Facts Teacher Guide](#).

5. Help Me Scenarios

In groups of four, display the Problem Page from [Problem Page Scenarios](#) on the whiteboard. Give each group one problem cut from page 2 and explain that the group needs to agree who they think this person should seek help from and then offer solutions to the problem in writing. They can start their response, Dear Worried... Ask one member of each group to read their response to the class. After each piece of advice is read out ask the class if they think there were any other options they might have used?

6. Reflect and Review

Answer any questions that were remaining from last lesson. Finish with a closing round: If I needed help or advice I could...

Additional Activities

Internet Search

Explain that they are going to use the internet to look for organisations that might be able to give children and young people advice and help. Briefly recap on how to search the internet, e.g. using search engines; keywords e.g. bullying or the name of the organisation; location. Discuss using any other links if the site is not helpful. N.B. You will need to discuss with the children whether getting advice from other young people is the best source of advice. There are a wide range of views online regarding drug use and caution should be used when reading personal statements. Ask the children to work in pairs to find two places they would recommend where they could get support / advice / information about their chosen issue. Ask them to record the web address, contact number and/or email address. Ask each pair to feedback at least one site they have found. Discuss how easy or difficult they found it to get information. Were there any local organisations? Tell the children you will collate all their information and display it on the classroom wall. **Ensure you have vetted all recommended sites before the lesson.**

Display Board

The children may wish to make a display board of helpful sites for other pupils to use which could be mounted outside the classroom. See National contact list in the [Cannabis Facts Teacher Guide](#).