

## GETTING SUPPORT

### Objectives:

After this lesson, the students:

- Understand how important support is
- Know where to get support if needed

### Lesson Outline

#### Introduction

You can introduce the topic by showing some video's, which you can find on the website. Introduce the quote too. Read it out loud and ask what students think of it.

“Support your friend, even if you don't support their situation”

For the introduction it is really important to connect to the students' real life experience. After the video you can ask some reflective questions like: do you recognise this situation, can you relate to the person in the video, what do you feel after watching the video,....?

#### Warm-up

A warm-up is important to introduce students to a certain topic and make them feel comfortable with each other and the topic they are going to discuss.

**Step 1.** Ask students to reflect on a difficult situation they had.

**Step 2.** Let them write down the situation on a piece of paper. Make sure they don't write their names on it. Let them put the piece of paper in a box.

**Step 3.** Ask students to grab a paper from the box, and think about where they would advice the person with this problem to get support.

#### Information

Let the students read through the lesson content on their own, give them some time to form their own opinions and ask them if they have any questions.

**Support** means helping someone out who needs some assistance. People can get support for all kinds of things;

- Material support
- Emotional support
- Physical support
- Financial support
- Advice

Services can offer you advice when you have an issue or a question, and they will refer you to the right person for support. It is no shame to ask for help or support, everyone needs some support at one point in their life! Have a look at where you can get support;

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- Health centre
- Youth centre
- Online support group
- Psychologist or counsellor
- Peer support groups
- Parents
- Friends
- Nurse
- Teacher
- Trusted adults

With the support services above, you can talk about different issues which concern your sexual and reproductive health, such as for example questions about;

- Contraceptives
- Menstruation
- Having sexual intercourse
- Sexual abuse or coercion
- STI's

**Parent support** refers to the support your parents can give you. Your parents are people who want the best for you and are therefore always ready to give you the help, advice and support you need. Try to be open about your feelings, explaining them what you feel and why you feel that way.

### Other types of support

Sometimes you also need support for other issues which aren't mentioned above;

- **Suicide prevention** is support people receive when they are considering to kill themselves due to extreme depression, stress, crisis or emotional difficulties. Health centres in your neighbourhood can support or refer people with suicidal thoughts!
- **Bullying** is about making other people feel bad, by calling them names, intimidate them, act violently or aggressively, threaten them or even abuse them. Bullying can have serious psychological and emotional consequences for the people being bullied. It is therefore important to stop bullying from happening and support people being bullied. If you are being bullied, ask a trusted adult or friend for help. They can advise you to talk to your teacher about the bullying if it is happening in class. You can also talk to a counsellor about it in your local youth centre!
- **Drugs and alcohol** can seriously harm your health. Uncontrolled, excessive or long-term use of drugs or alcohol is called drug or alcohol abuse. People who need support in dealing with drug /alcohol abuse can find help at the local health centre, or talk to a counsellor or trusted adult.

### Activities

There are different types of activities which can be done in the order of your preference! Also, you don't have to do all activities together. You can encourage youth to read stories or do quizzes at home!

These activities are important because they help the students to process the information by practicing and reflecting on how this information is related to their own situation.

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**Discussion:** you can facilitate a discussion by using the reflective questions. Or use the story as a starting point for a debate.

### Reflective questions

- Do you have a way of dealing with your own emotions? Someone you can talk to when you feel sad?
- Do you know where you could get support if you needed it?
- How could you help others who need your help?

**Storytelling:** use the story as a starting point for the students to come up with their own story based on their realities. This can be in the form of a roleplay, comic, story etc.

### Story

When I was 14 I felt like the whole world caved in on me. I was angry and wanted to make it go away and I thought alcohol would help. I would drink until I passed out and often cry myself to sleep. I didn't realise at the time I had a problem but looking back I stopped doing all the things that I used to love like playing soccer. A lot of drinking turned into a lot of drugs, it's all a bit of a blur for a couple of years until I had a panic attack and my friend got me some help. I didn't want help at first, it took time but I feel like I have more control now and I'm taking it one day at a time. I'm 19 now and I want to do things I love again.

Source ysas.org

**Advisors:** let students use the reflective questions or stories to come up with their advice for other youth. This could be in the form of a poster, roleplay, slogan etc.

**Quiz:** Let students do the quiz on the platform to test if they understood the content.

*[Write in textbox] This game is a fill-out question where students have to write text into 6 text boxes. At the end they see the overview of what they have filled out into the 6 text boxes and one feedback per answer at the end.]*