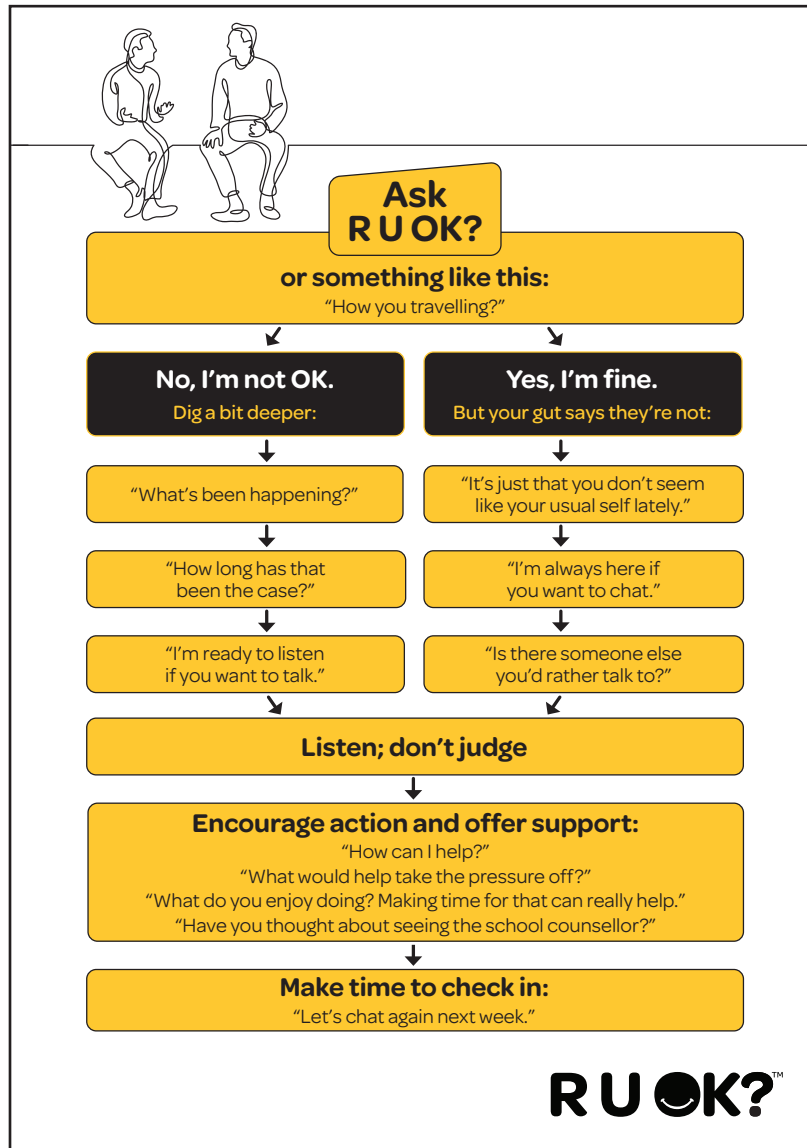
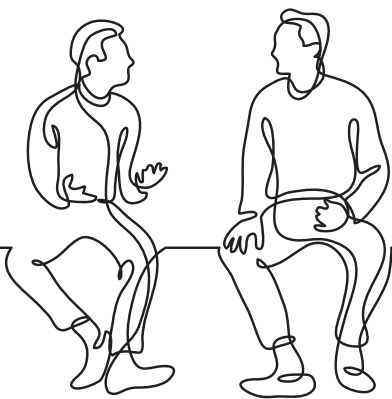


Appendix C: How to ask: Tipsheet



RU OK?
at school

www.ruok.org.au/education



Ask R U OK?

or something like this:

"How you travelling?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"How long has that
been the case?"

"I'm ready to listen
if you want to talk."

Yes, I'm fine.

But your gut says they're not:

"It's just that you don't seem
like your usual self lately."

"I'm always here if
you want to chat."

"Is there someone else
you'd rather talk to?"

Listen; don't judge

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing the school counsellor?"

Make time to check in:

"Let's chat again next week."