

HELP-SEEKING SCENARIOS

Your pencil broke when you were drawing.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

You have a cold, your nose keeps running and you don't have a tissue.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

You see a friend take a pen out of another classmate's pencil case.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

A friend sends you a message on Instagram that shows another classmate in the toilet.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

When you lined up at recess, the person behind you kept pushing you.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

The Maths problem is really hard and you missed the explanations when you were away sick.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

You discover that your 16-year-old babysitter used your phone to send photos to her boyfriend.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

There are two types of cereal for breakfast. You can't choose which one to have.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

Two good friends keep fighting and making up and you find it annoying.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

The person sitting in the desk behind you keeps tapping your chair with his foot. It is bothering you.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

You are walking your little brother home from school when he starts having an asthma attack.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

One of your classmates is always asking for some of your lunch and he always says he forgets to bring his. But you think maybe his family are having money problems. You tried to ask him about this but he just denies it.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

You are at a friend's house and they show you how to go onto a site you think is just for adults. Your friend has posted some photos. The next day you receive an email inviting you to join this site.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

You get separated from your family at the New Year's Eve fireworks festival in the city.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

You were playing with your sister's iPod and dropped it and the screen broke.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

Your friend finds that her new phone has been stolen from her schoolbag between arriving at school and recess break.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

One of your classmates has started really showing off about hanging out with older kids from high school. These kids are always at the skate park until dark. Your friend is a good skater, but you think he might be under a bad influence from them because they smoke and sometimes you see them drinking too.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

Your friend has started going to the sick bay a lot with headaches. She told you in secret that she is feeling very upset because her parents are fighting and she thinks they are going to split up. This has been stopping her from sleeping properly at night. She asked you to promise not to tell anyone.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure

A classmate teased you once about the food in your lunchbox.

- Handle on your own
- Handle with help from a friend
- Get help from an adult
- Not sure