

**Choose People Who Can Help?**  
**6<sup>th</sup> Grade Advisement Activity**  
**Estimated time: 20-30 Minutes**

**Georgia's Teachers-As-Advisors Framework**

**Goal: 6-3.3** Recognize and accept that growth and adaptation to change is an essential part of life.

**Competencies:** Identify situations (e.g., problems at school or home) in which one might need assistance from human, or other, resources.

**Objectives:** Students will become aware of those people in their school and others that can help/assist them when issues or problems arise.

**Materials: NOTE: The advisor will need to know the names of people in your school building that students will have access to for additional support and help when an issue arises. You may want to add others to the handout.**

**Activity:**

1. *Say:* Through history, people have relied on each other for help and support. In some ways we have always been dependent on others. Not so long ago, people lived with their families all through their lives. Many times grandparents, aunts and uncles would all live in the same house or at least the same neighborhood. In today's society people live farther from their families and have less help and support from them. *Ask:* How many of you have family members that live in another state. *Wait for a show of hands.* Today we must find support and help not only from our families, but also from our friends, teachers, churches, community and neighbors.
2. *Divide the students into groups of two.* Tell them to share a situation where a person helped them at home or at school and what type of help they received. Also they should share a time when they helped someone else and what they did to help. Ask for volunteers to share their examples with the group.
3. *Distribute the handout: WHO CAN HELP ME WHEN I NEED HELP? Say:* On your handout write the name of people you would choose to ask for help and think about how and why you chose these people. If you do not know their name, perhaps I can help you! *When students have had time to complete the sheet, Ask:* Would any of you like to share your list and explain how and why you might choose these people? *Wait for volunteers. Ask:* What are reasons a young person might NOT ask for help? *List reasons on the board or flip chart. Possible answers maybe:*
  - adults can't be trusted
  - adults do not really care, but rather will view them in a negative way.
  - they do not deserve to get help and to feel happier.
  - too embarrassing to talk about certain issues.
  - would rather give help than receive it
  - should be strong enough to deal with their problems on their own.
  - situation is hopeless – so why bother reaching out for help.

Possible answers taken from <http://www.teenhealthfx.com/answers/Emotional/38893.html>

4. *Dismiss- Say:* Remember the adults at school are here to help you. Please consider contacting one of them when you have a problem or you need help. Have a great day! See you next time we meet or perhaps before we meet---I AM ALWAYS AVAILABLE. *NOTE: Advisors can set some rules about how to contact them and when they are available (don't be too strict with your availability they will shy away from you rather than see you as a person they can depend on to help them) ---set some "gentle rules".*

## WHO CAN HELP ME WHEN I NEED HELP?

**FAMILY**

My mother \_\_\_\_\_  
My father \_\_\_\_\_  
My brother \_\_\_\_\_  
My sister \_\_\_\_\_  
My grandparent \_\_\_\_\_  
My aunt \_\_\_\_\_  
My uncle \_\_\_\_\_  
Others \_\_\_\_\_

**FRIENDS**

My friends:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SCHOOL**

My counselor \_\_\_\_\_  
My teacher \_\_\_\_\_  
My principal \_\_\_\_\_  
My assistant principal \_\_\_\_\_  
My coach \_\_\_\_\_  
My advisor \_\_\_\_\_  
Others in the school \_\_\_\_\_

**COMMUNITY**

Clergy \_\_\_\_\_  
Neighbor \_\_\_\_\_  
A family friend \_\_\_\_\_  
A club leader \_\_\_\_\_  
A community coach \_\_\_\_\_