



## **Chapter 11: How to Reach Out For Help – Facilitator Guide**

**Room Set-Up:** A circle, semi-circle, or U-shape would be ideal for discussions and sharing.

**Number of Participants:** Up to 20.

**Approximate Time:** 35-45 minutes

### **Materials**

- Flip chart or white board; markers; Embracing Life Youth Voice Toolkit Chapter 11

### **Learning Objectives**

- Learn different strategies for asking for help
  - Identify who or where you can turn to for help
- 

### **Check-In Questions and Discussion**

- How are you arriving today?
- Rose/Thorn/Bud Exercise
  - Rose: One good thing going on in your life right now
  - Thorn: One thing you'd like to work on or improve
  - Bud: One thing you are looking forward to
- Have you ever struggled with asking for help? If so, why was it so difficult?

### **Toolkit Chapter Review and Story (pp. 41-43)**

#### **Questions and Discussion (Popcorn Style) – Keep track of responses on flip chart/white board**

- What helpful resources are available to you in your community?
- Where else can you turn for help?
- Do the strategies listed in Chapter 11 give you more confidence to ask for help? Why or why not?

#### **Toolkit Worksheet Activity (Work in small groups or individually – facilitator's discretion)**

### **Checkout Questions**

- How are you leaving today?
- Rose/Thorn/Bud Exercise
  - Rose: What are your favourite takeaways from this chapter?
  - Thorn: Was there anything you didn't like about this chapter?
  - Bud: How will you use what you learned in this chapter to improve your life or the lives of others?