

# Map of help

## Objective:

To identify helpful resources in formal and informal student networks, and to strengthen awareness and help-seeking behaviour in problem situations.

## Materials:



Flip-chart paper



Marker pens



## Method:

- Ask your students to write their name in the centre of a sheet of paper.
- Encourage your students to think about all the different people, groups, services or organisations they could go to or contact when in a difficult situation.
- Ask them to draw lines from their name. At the end of each line, get them to write down the name of the person, group or service they can ask for help and support.
- As a result a map of help is created by each student, which looks like a spider's web.
- Next, ask the students to form pairs and discuss their maps.
- At the end ask the pairs to present their maps, drawing on flip-chart paper one common map of help for the whole class, adding all new ideas and helpful resources.
- Place the map of help in a visible spot in the classroom and refer to it in difficult situations.

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Organisations that  
can help  
[www.bullyingfree.nz/  
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