Help young people understand the importance of noticing changes, no matter how small, in what their friends are saying, doing or what’s going on in their life.

Instructions
1. Provide students with copies of the ‘Spot the Difference’ activity sheet.
2. Encourage them to spot the six differences between the two images.
3. Ask the students what differences they found between the two images.
4. Explain to students that this exercise demonstrates how we can notice changes in our friends, family and loved ones.
5. Ask students what changes would concern them if they spotted them in a friend, family member or loved one.
6. Ask students what they would do if they noticed these changes and were worried about someone.
7. Explain to students that it’s important we talk to our friends if we’re worried about them. As friends we need to emphasise that help is available if they need it – they could talk to a parent, teacher or school counsellor or they could connect with a service like Kids Helpline or ReachOut.Com

More info for students
Learn more about the signs and how to ask R U OK? at ruok.org.au
Can you spot the changes?

Find and circle the 6 differences between these two illustrations.

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