

What to do

Purpose

Making the students aware of the options for action if they do not thrive and what can be done at different levels - individually, in class, at school and in society - to ensure that no one feels that they do not thrive socially at school.

Content (45 min.)

- Presentation on the importance of getting help when you are unhappy (approx. 15 min.)
 - It is legitimate to ask for and to offer help.
 - What can you do as a classmate?
 - Where can you find help?
- Corner exercise (approx. 30 min.)

Practical

The lesson is introduced using the PowerPoint presentation. Remember to write down the help options available at the school.

After the presentation, the students themselves are involved in the corner exercise, where they must discuss what can be done at different levels to ensure that no one is socially unhappy in school.

Corner Exercise

The exercise takes 15 minutes and then there is 10 minutes of rounding up. In the teacher's sheet for the corner exercise and in the slideshow you can read about the exercise and how to facilitate it. In short, the students are divided into four corners, and the groups in each corner must, based on a case, come up with suggestions on how to work towards preventing someone from feeling excluded from the community. Each corner operates on different levels; they look at the issue respectively from an individual, a group, a school and a community level.

By looking at the problem from four different levels, it becomes clear to the students that loneliness and social dissatisfaction may be an individual problem, but that the solution lies both with the community and the individual.

Main points in lesson 4

- Problems can grow or be solved - it is important to get help if you feel unwell.
- There are many opportunities to get help – both in and outside school.
- You are not responsible for solving the problems of others, but for reacting if you are worried about others.
- It is okay to talk to a teacher or a counselor if you are worried about a classmate.
- Different actors at different levels can help prevent dissatisfaction from developing.

Preparation

- Write down the school's help options.
- Upload or print the document 'Where to get help?'.- Review the teacher's sheet for the corner exercise.