

Classroom activity

Secondary school is a time of self-discovery, learning and change; navigating this time may be tough for some students. One way we can support students through this time is by helping them to develop their help-seeking skills.

How to hold a NIP it in the bud session

This activity has been designed to be run in the classroom with supervision, it should take approximately 45 minutes. Due to the nature of this activity, we do not recommend this be set as homework or completed in isolation without the support of or follow-up with an educator.

There is potential for students to make disclosures during this activity, so you must know the risk escalation pathway for your school prior to running this activity.

Keep in mind what's going on in your community. If there have been recent events that may impact the mental health and wellbeing of students and how they respond to this kind of activity, it may be best to delay this activity until some more time has passed.

It's a great idea to let parents and carers know you've run this kind of activity and share a NIP it in the bud for families factsheet so they can continue the conversation at home.

This activity may bring up some thoughts and emotions for students, so it's important we equip their families with the tools and resources to support them.

Thank you for promoting help-seeking with your students and school community.



headspace has developed an activity for you to run in your classroom to teach students the NIP it in the bud! Framework.

As we are talking about mental health and wellbeing, it's important to run this session mindfully, please read all instructions below prior to running the session.

1 Introduce the framework

What does *NIP it in the bud* stand for? N for Notice, I for Inquire, P for Provide.

Refer to our educator factsheets or watch the video on our website – you could even show this to your class as an introduction.

2 Set up activity

There are three sections, one for each step of the framework with one or two questions each.

The developmental age and stage of your class may dictate how you choose to run this activity. For example, some classes may need more prompting and guidance for each question.

This activity can be done individually or in small groups

- If discussing in groups be mindful of how people may share and contribute
- Set boundaries, encourage people to use general examples and avoid talking about specific individuals and situations.

Remind students that when supporting their friends through tough times, it can be difficult. It's important that they remember to take care of themselves, too.

If this activity brings any challenging feelings, there is support available.

3 After the activity

All activity sheets must be sighted by a teacher or member of staff and reviewed on the same day. This is so if any students have indicated a potential risk or specific issue, it can be addressed in a timely manner.

NIP it in the bud

**Got stuff going on?
Or maybe you've noticed a
friend or classmate might
have some stuff going on?
Sometimes we all need a
bit of help when it comes
to our mental health.**

This activity will take you through the three stages of headspace's NIP it in the bud! Framework.

Answer each question and next time you notice something's not quite right – have a NIP it in the bud chat!

Notice

Changes in mood and behaviour that may indicate someone is having a tough time.



- 1 Name three things you might notice:



Inquire

Sensitively and competently about what your friend or classmate is currently feeling or experiencing.

2 What are some questions you could ask?

3 Where would be a good place to have this chat?



Provide

Support or referrals for further support.

4 As a friend what kind of support could you provide? Try to remember that you're their friend and not their counsellor. Be realistic about what you can and can't do.

5 It's important to know when your friend needs more support from an adult or professional support, when should you reach out?

6 Where could you go to get some extra support if needed? If your friend is at risk of harming themselves or somebody else, you need to seek help straight away, even if they ask you not to.