

support each other at school

Giving support to others can be extremely rewarding, not only because you help someone, but also because one day, when you need support, that person might be there for you! At school supporting each other is vital due to the fact that you spend so much time with other students and go through so many experiences with them.

Providing support can be challenging, but it is extremely worthwhile. Exactly how you provide support can be complex because sometimes it is difficult to know when someone needs support or what to do. Consider some of the ideas below as ways to be supportive:

- Just being there, hanging around and spending time with someone
- Listening to someone
- Letting someone know that you care
- Linking a person with other supports, such as teachers or other professionals
- Being positive
- Complementing other people

➤ **What other strategies have you previously used or could you use to be supportive?**

➤ **How do you know when someone needs support?**

There are other ways to support someone including **ENCOURAGING** another person. At times we all doubt ourselves, but when we feel that someone else believes in us, it is easier to believe in ourselves. Encouraging a friend or another person to do well, that they will be OK, or to get support they need, is a valuable and helpful quality.

TALKING ABOUT WORRIES can also be a great help to someone. If you have a worry, it is probably a good idea to share it. There is a saying, "a problem shared is a problem halved". This works in both directions – when you listen to other people's worries and re-assure them, you may have someone there to listen to you when you need to talk about your own worries.

One important aspect of talking about worries, is that you don't leave your worries going for too long, without seeking some sort of help. The longer you keep a worry inside, the more dangerous it becomes. Often people think that they can work things out for themselves, or that worries will just go away. This can be true sometimes, but often you should talk about your worries sooner, rather than later. Worries can actually be sneaky and even though they may start small, if you are not careful, they become big problems or get you down more than they should.

Asking for help sounds easy, but in reality, this can be extremely hard. Asking for help can be especially hard if you have to speak to your parents, teachers or a counsellor. Keep in mind that these adults may have had a similar experience or may have helped someone else in a similar situation to you. Most people get far too worried about asking for help, because in reality, once you do ask, most people more than willing to help out. The important thing is to let them know that you need help. If you **ASK FOR HELP WHEN NEEDED**, you can usually save yourself a lot of other problems from occurring.

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Overall, supporting each other involves **WORKING TOGETHER** to improve your own life and the lives of others. When you do work with others, problems are easier to handle and problems do not get as big as they would when you try to do things alone. Of course you do not need to have a problem to work with another person to achieve a goal. Working with other people can be supportive and rewarding.

➔ **When have you appreciated someone else's encouragement or support?**

➔ **Can you think of an example when you have supported someone?**

➔ **What else can you suggest to support yourself or other students at your school?**