



Student Journal



NAME



Learning Resource 1

Criteria for evaluating websites

Name of site:

Website address:

AUTHORITY	Yes / No
Is the author identified? Is the author qualified? How do you know the author is qualified? Is there a sponsor of the site? Is the sponsor reputable? How do you know they are reputable?	
ACCURACY Is the information on the site reliable and error-free? How do you know it is reliable? Is there someone who verifies/checks the information on the site? Is this person qualified to guarantee the accuracy of the information? How do you know this person is qualified?	
OBJECTIVITY Does the site present a range of viewpoints on the topic/issue? Is the site free of advertising for products and services?	
CURRENCY Is the page updated regularly? Is the information on the site current? How do you know the information on the site is current?	
COVERAGE What topics/issues are covered? Does this website offer information that is not found elsewhere? Is this information valuable? Why/ Why not? Does the website include in-depth information? Does this website include links to other reputable sites on the same topic/issue? Do you trust the information on this website? Explain why?	

Creating a peer group





Learning resource 3

Character profile template

Character's name:

Mood



Backstory



Learning resource 4

Deviate scenarios

Issue	Scenario
Anxiety and depression	One member of your group is really stressing out about the upcoming exams. Every day when they wake up to go to school, they think of the exams and start to feel sick.
	One member of your group has started skipping a lot of school and seems pretty down. They tell you they don't see the point of going on anymore.
	A member of your group thinks they might be pregnant and is stressing out over their parents finding out.
Mental health	One member of your group has a parent with a mental illness. From time to time, when their parent is unwell, your friend has to do everything at home. None of your other friends know about this situation. You only know because your Mum found out through a neighbour.
	One member of your group has started acting strangely. Other kids at school laugh and make fun of them. You find the situation a bit scary because you don't think the person is doing this on purpose.
	One member of your group has told you that they self-harm. They tell you that they don't deserve anything good to happen in their life.
	One member of your group keeps telling you that they are fat and ugly. You've noticed that they have lost a lot of weight and they have stopped eating lunch at school.
Drug use	One member of your group has started smoking marijuana before school everyday, they say it is the only way they can cope with the boredom of school. You are getting worried about them because their behaviour is changing and they don't want to hang out and do the things they use to do.
	One member of your group has started taking painkillers and other medicines at school. They have even started asking other people for pills in the playground.
	A member of your group has started to go to dance parties and has been experimenting with ecstasy.
Family relationships	One member of your group, since their Dad left home, seems to be smoking, drinking and watching TV all the time. They never want to hang out with you and your friends anymore and they refuse to talk about their parents splitting up.
	You notice bruising on the face and arms of one of the members of your group. Your friend often comes to school with bruises and usually makes excuses like they have fallen off their bike or collided with someone when they were playing soccer. You think there might be more to their injuries.
	A member of your group has just lost their mother after a long battle with cancer. They return to school after some time off and they act like nothing has happened.
Relationships	A member of your group has just found out that their girlfriend has been dating someone else at the same time.
	A member of your group has told you that their partner becomes violent whenever he gets drunk. They want to break-up but they are scared that it will make their partner angry.
	A member of your group is being bullied over the internet. You know the things being said are not true but it is really upsetting your friend.
Sexuality	A member of your group tells you that they told their parents that they were gay and their Dad has kicked them out of home. They don't have anywhere to go and have asked to stay at your house for a while.
	A member of your group has told you that they think they are gay. They don't know what to do or who to turn to.



Learning resource 5

Deviate strategies template

Scenario and character involved

How might this situation affect the character's health and wellbeing?

What factors may be influencing the character's behaviours and decisions in this situation?

How might your character's current mood affect the way they deal with this situation?

How might your character's home and school life affect the way they deal with this situation?

How might this situation affect the character's relationships with other members of the "peer group"?

What can the character do to deal with the situation?

What strategies could you use to support your friend in this situation?

Where could your friend go for help and support?



Useful websites and helplines

Websites

www.reachout.com.au
www.inspire.org.au
www.beyondblue.org.au
www.responseability.org
www.curriculumsupport.education.nsw.gov.au
www.actnow.com.au
www.bullyingnoway.com.au
<http://cms.curriculum.edu.au/mindmatters/index.htm>
www.redi.gov.au
<http://cms.curriculum.edu.au/mindmatters/staff/index.htm>
www.headspace.org.au

Website for young people going through tough times
Website of the Inspire Foundation
Support and information about depression
Mental health information for educators
Website of the Curriculum K-12 Directorate
Website to support social participation for young people
Information and activities to address bullying in schools
Website for school mental health promotion
Resilience Education and Drug Information for schools
Web-based resources to support staff health and wellbeing
National Youth Mental Health Foundation

Help Lines

Kids Help Line (ages 5 – 18 years)	1800 55 1800
Lifeline – support for people in crisis	13 11 14
Just Ask – Information for rural areas	1300 131 114
Mensline Australia	1300 78 99 78
SANE Australia Helpline	1800 187 263