



PERSONAL WELLNESS 6-8

SEEKING SUPPORT IN MY COMMUNITY

OBJECTIVES

- Develop strategies and skills so students know where to turn to for help
- Develop verbal communication skills
- Develop skills in making phone calls
- Develop skills and self-awareness to identify personal needs or needs of others
- Develop skills in evaluating resources and identifying useful information

211 Introduction

GRADE 6 LESSON PLAN

211 is the front door to help for all non-emergency support. It is an anonymous, free, and confidential service that anyone can call to get information for a personal need.

211 Community Navigators are trained on how to offer youth support. They will listen and talk to you to learn about your need, and then they will give you information on a resource, program or service that can help you.

Lesson Discussion Questions:

- What types of reasons can you call 211 for?
- What may prevent a person from calling 211?
- What strategy can you use to ask for help?

Lesson Activities:

- Short video on 211 and how it can help.
- Teacher role-plays a 211 Community Navigator and takes a 211 call from students.
- Each student thinks about their own personal need and prepares a question for 211.
- Teacher uses a student’s question to call 211 with the class listening to the call. (A student may take the lead.)
- Students use their questions and do mock calls together. Debrief the experience.



TELEPHONE (FREE)
2-1-1



TOLL-FREE LINE
1-855-258-4126



EMAIL
211nb@findhelp.ca



WEBSITE
nb.211.ca

