



# 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
- Develop written communication skills



**TELEPHONE (FREE)**

**2-1-1**



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**EMAIL**

**211nb@findhelp.ca**



**WEBSITE**

**nb.211.ca**

### 211 Introduction

#### GRADE 8 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 do you know about 211?
- How can you access 211?
- Who can use 211?
- How can 211 help support youth and families?
- What has been your experience using 211?
- How can you best prepare yourself to make a 211 call?

#### Lesson Activities:

- 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.
- Each student practices a 211 call with a peer or adult they know.
- Teacher uses a student's question to call 211 with the class listening to the call. (A student may take the lead.)
- Debrief the experience.
- Students search a self-identified need in the website portal and prepare a report on 2 resources explaining what they learnt and how the resource can help.

