

ASKING FOR HELP: JAKE'S STORY



WISE was back to talk about asking for help!

We remembered that the last time WISE was here we talked about friendships and how to be a good friend during a conflict. Today we talked about how important it is to ask a trusted adult for help when situations are unsafe or uncomfortable.

We started by reflecting on the last time we asked an adult for help. We might have asked for help with our homework or reaching the top shelf. We asked ourselves how we knew we needed help and how we chose that adult. Then, we shared the qualities we look for in the adults we ask for help. Next, we read a story about Jake. Jake was having a hard time coping with some really big and overwhelming feelings. Once Jake asked an adult for help, he was able to identify safe and healthy coping strategies that worked for him. We thought about who we could ask for help if we were in a similar situation, what we could do if we're ever feeling mixed up or confused, and how to help a friend identify a trusted adult. Ask to see my "Jake's Story" worksheet!

You can help WISE reinforce these important messages!

Looking for more ways to support young people in your life? Check out WISE's Prevention booklet located on our website.

- Brainstorm with your child a list of adults who they could ask for help if they were ever feeling uncomfortable or unsafe. It can be helpful to identify adults who they can talk to at school and outside of school.
- Help your child recognize the physical sensations that accompany their emotions. This makes it easier to identify needs and access the coping strategies that work best for us. You can also model this process with your own feelings.
- Have ongoing conversations with your child about their friendships. Ask open questions that seek to understand their experiences with friends. When it comes to talking about conflict, it can be helpful to listen, validate their feelings, and brainstorm potential solutions together.
- Remind your child that friendships are meant to be fun, supportive, and happy - with only a few bumps in the road along the way!