

# R U OK? Day

(11<sup>th</sup> September 2025)

Term 3, Week 8

## What is R U OK day?

R U OK? is a harm prevention charity that encourages people to stay connected and have conversations that can help others through life's ups and downs.

Got a feeling that someone you know or care about it isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not OK, you can follow the conversation steps to show them they're supported and help them find strategies to better manage the load. If they are OK, that person will know you're someone who cares enough to ask.

While children can't be expected to fix someone's problems, they can be encouraged to listen to what their friend is saying, show they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend. It is also important to have this conversation with your children as well.



1. Ask



2. Listen



3. Encourage action



4. Check in



From Divi the School Counsellor...  
#alwaysconnected

### Conversation tips



Be prepared for the conversation

**R U OK?**

I'm **here** to **hear**



Ensure you have enough time



Find a private, quiet place to chat



Remove distractions



Share what you've noticed in a non-judgemental way



Be present and actively listen



Embrace any silences



Let them know you want to support them



Talk through ideas of what they could do to manage the situation



Check in regularly so they know you care

Learn more at [ruok.org.au](http://ruok.org.au)

Before you can look out for others, you need to look out for yourself. And that's OK. If you're not in the right headspace or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them.

To help you decide whether you're ready to start a meaningful conversation, ask yourself:

### AM I READY?

- Am I in a good headspace?
- Am I willing to genuinely listen?
- Can I give as much time as needed?

### AM I PREPARED?

- Do I understand that if I ask how someone's going, the answer could be: "No, I'm not"?
- Do I understand that I can't 'fix' someone's problems?
- Do I accept that they might not be ready to talk? Or they might not want to talk to me?

### PICKED MY MOMENT?

- Have I chosen somewhere relatively private and comfy?
- Have I figured out a time that will be good for them to chat?
- Have I made sure I have enough time to chat properly?