

YOU DON'T NEED TO BE ON THE SAME SIDE TO ASK "ARE YOU OK?"

Your toolkit to participate in the R U OK? awareness round



R U OK?TM
A conversation could change a life.

It can be common in sport to dismiss our emotional wellbeing when there is so much focus on physical performance and winning.

What we do know is that mental illness can affect the way we perform or how we think about our performance.

That's why AFL Canberra and R U OK? have created an awareness round to help us look out for one another and create an environment that encourages meaningful conversations both on and off the footy field.

This toolkit will help you to inspire players, coaches, staff and supporters to connect and have regular, meaningful conversations.

You'll find some great ideas on how to get involved in the R U OK? awareness round and to help us create a more connected world.

So, how many people in your club will you inspire?



R U OK?™ Awareness Round 04 & 05 August, 2018



Event ideas

The aim of organising the R U OK? awareness round is to build up a sense of camaraderie and rapport between the people involved, so that they get to know one another a bit better. Some of the best conversations are the ones which take place between people who trust and know one another.

Here are some ideas to get you started but feel free to add your own twist!

- Organise a special edition jumper, or get players to wear yellow socks
- Encourage supporters to wear something yellow or orange
- Put R U OK? posters and signage up around the ground
- Organise for the ground announcer to make some announcements about R U OK? and what can be done to support someone who's struggling
- Organise some giveaways (such as wrist bands or conversation cards)
- Serve tea and coffee in R U OK? disposable coffee cups
- Get roving "R U OK? Reporters" to interview people to create mini videos. Questions could include: What's the best conversation you ever had? Who's the person you know you can turn to in a tough situation? What are the ingredients for a caring and supportive conversation? What place do you like to head to for a chat with a mate?
- You can purchase R U OK? merchandise at <https://store.ruok.org.au/>
- Any funds raised on the day, such as a raffle or gold coin donation, can be used to reimburse any costs associated with running the event
- Share your photos with hello@ruok.org.au



Promoting your event.

Create your own unique club poster.

Simply email up to four good quality photos, plus your club's logo to hello@ruok.org.au and the R U OK? team will send you back your posters to print - it's that easy.



Show your support on and off the footy field

No matter what club we play or cheer for, asking "are you okay?" is something we can all do.

Proud initiative of



R U OK? Awareness Round
04 and 05 August, 2018
Find out more at ruok.org.au/events



We make time to ask
R U OK?

PRE-EVENT EMAIL

Subject line: Be part of a movement changing our world

Copy: Dear <First name>

On <insert date>, <insert Club's name> will be taking part in the inaugural AFL Canberra R U OK? Awareness Round.

It's all about inspiring that simple but important question "are you ok?"

Conversations that are geared towards helping people feel supported and connected do make a difference. When team mates, family, friends and supporters show tolerance and understanding, it can make it easier for people to speak up, access help if needed, and access it early.

Join us for our R U OK? event!

Where:

Date:

Time:

We hope to see you there!

Best wishes,

<insert name>

R U OK? is a cause that every Australian can get behind.

When explaining and promoting the purpose and the importance of asking "are you ok?", we'd suggest the following key messages:



Club level

- We can all make a difference to anyone who's struggling by having regular, meaningful conversations about life up's and down's.
- Look out for each other by encouraging the importance of regular, meaningful conversations.
- Be part of a national movement dedicated to helping create sports clubs and communities where players, supporters, coaches and staff feel connected

Player level

- If your gut says something's up with someone you know, take the time to ask them how they're going.
- You don't have to be an expert to ask someone "Are you okay?"
- Once you ask them "Are you ok?", listen with an open mind, encourage action and make sure you check in with them again soon.
- You don't have to fix their problem or give them answers, you just need to help them feel supported and show you really care.

Coach / Team Manager level

- We all have a responsibility to help our team feel safe and supported.
- We want to give you the confidence to encourage your team to turn to each other and talk about life's ups and downs, and this may include giving them the confidence to talk to you.
- Your club, and all the many players, supporters, friends and families can meaningfully ask R U OK? to strengthen connections.

How to ask R U OK?

1. Ask R U OK?



Start a conversation using these 4 steps

4. Check in



2. Listen without judgement



3. Encourage action



Starting a conversation



1. Ask R U OK?

- Be relaxed
- Help them open up by asking questions like "How you going?" or "What's been happening?" or "I've noticed that you're not quite yourself lately. How are you travelling?"
- Mention specific things that have made you concerned for them, like "I've noticed that you seem really tired recently" or "You seem less chatty than usual. How are you going?"



2. Listen without judgement

- Take what they say seriously
- Don't interrupt or rush the conversation
- If they need time to think, try and sit patiently with the silence
- Encourage them to explain
- If they get angry or upset, stay calm and don't take it personally
- Let them know you're asking because you're concerned



3. Encourage action

- Ask them: "Where do you think we can go from here?"
- Ask: "What would be a good first step we can take?"
- Ask: "What do you need from me? How can I help?"
- Good options for action might include talking to family, a trusted friend, their doctor or Employee Assistance Provider (EAP)



4. Check in

- Remember to check in and see how the person is doing in a few days time
- Ask if they've found a better way to manage the situation
- If they haven't done anything, don't judge them because they might just need someone to listen to them for the moment
- You could ask, "Do you think it would be useful if we looked into finding some professional or other support?"
- Understand that sometimes it can take a long time for someone to be ready to see a professional
- Try and remain optimistic about the benefits of getting help and try not to judge them





For more information and tips
ruok.org.au