

Ask
RUOK?[®]
ANY DAY

Uni Sports
Student Leaders Workshop

Acknowledgement of Country



**A conversation
could change
a life.**

RUOK?[®]

A conversation could change a life.

What are we covering today?

- How R U OK? began and who we are
- Research insights
- Asking R U OK?
- How to have an R U OK? conversation
- How can you implement and encourage an “R U OK? Culture” in your Uni or Sports community?

Content warning

This presentation may contain references to content that may be distressing for some audiences.

Introductions

Who's in the room?



RUOK?[®]
A conversation could change a life.

*In the time it takes to have a cuppa,
you could start a conversation that
could change a life.'*

Gavin Larkin, R U OK? Founder



R U OK?[®]
A conversation could change a life.



<https://www.ruok.org.au/our-story>

RUOK?[®]
A conversation could change a life.

A year-round conversation movement



Recent examples



Conversation Convoys



Locals Know Best Workshops



Multicultural launches



New education resources



Ambassador sharing voices



Holiday season

**R U OK?
talks to the
help-giver**





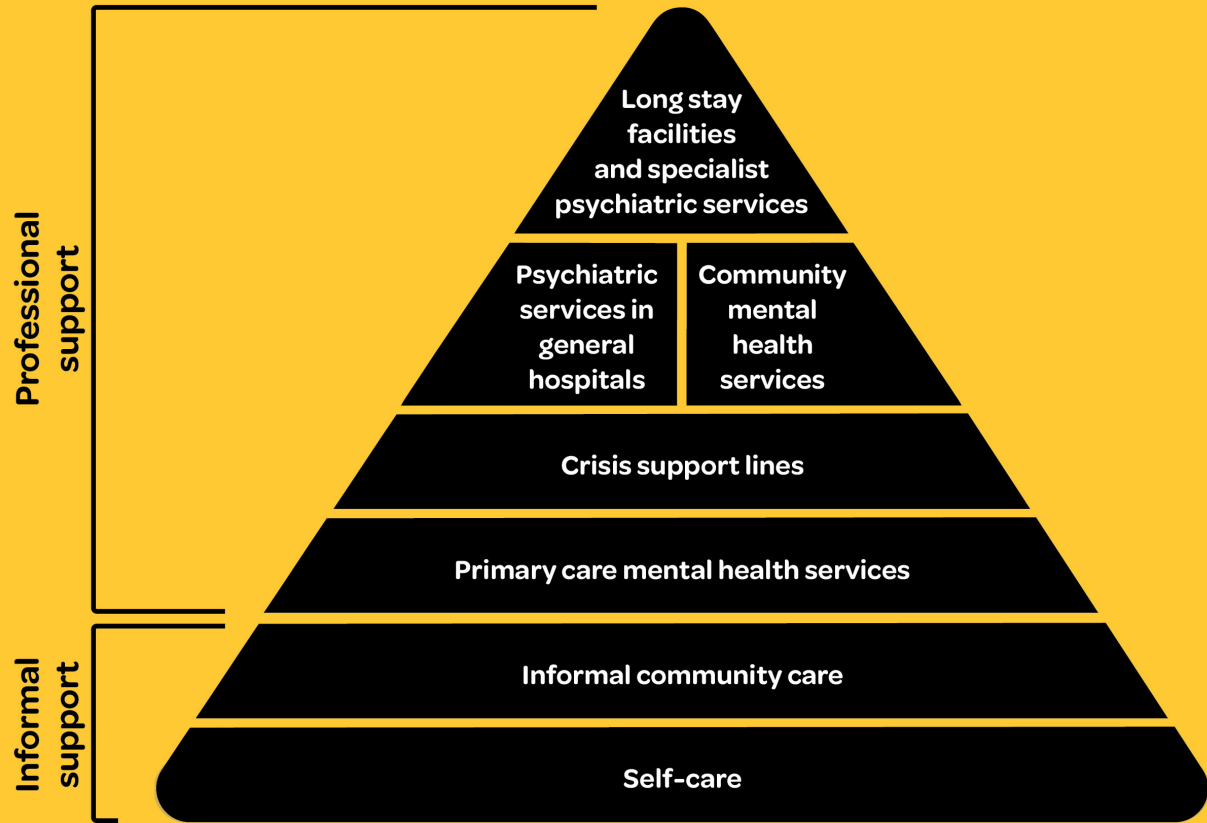
<https://www.ruok.org.au/what-were-about>

RUOK?[®]
A conversation could change a life.

Where we fit



headtohealth.gov.au



Source: The Optimal Mix of Services, WHO Pyramid

**Research
insights**

RUOK?[®]
A conversation could change a life.

Mental health in Australia



2 in 5

say they know someone in their personal life or networks, who has died by or attempted suicide in the past 12 months.



1 in 5

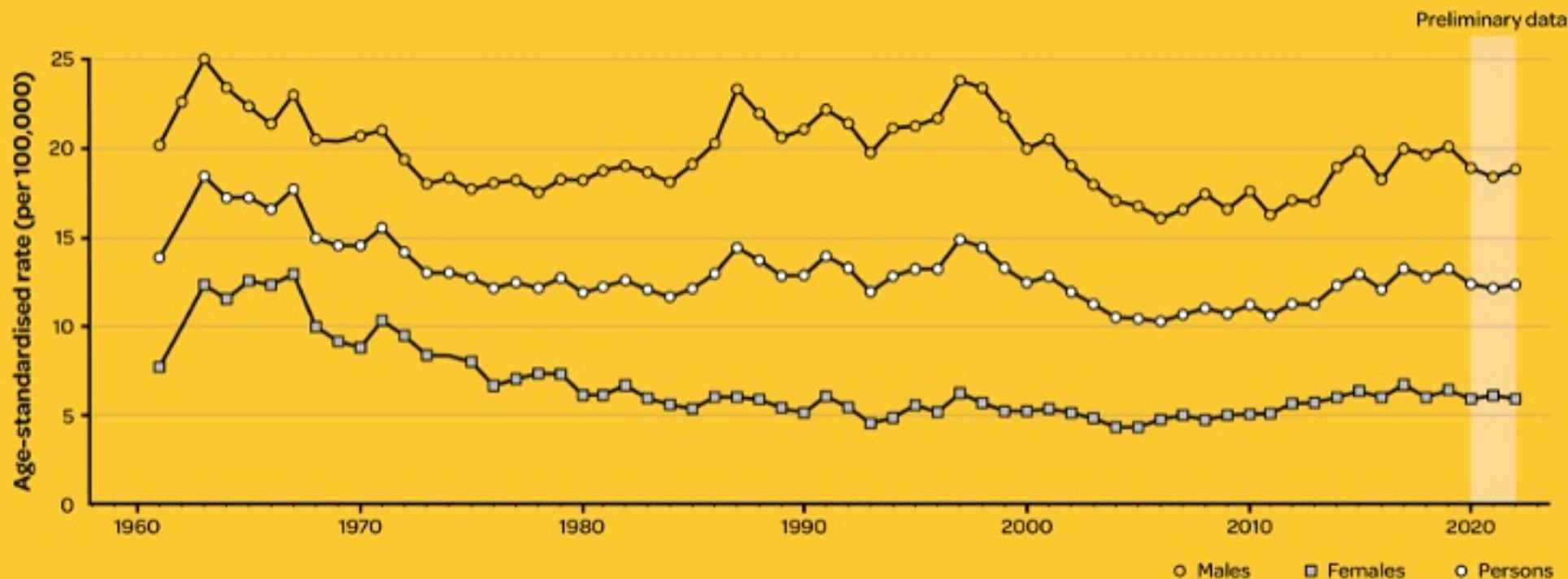
report having experienced suicidal behaviour in the past 12 months.



3 in 4

say they have experienced elevated distress beyond normal levels due to social and economic circumstances compared to this time last year.

Suicide rates over time



Source: Deaths By Suicide Over Time, Australian Institute of Health and Welfare, 2022.

RUOK?[®]
A conversation could change a life.

59%

of Australians
experience at least one
personal stressor in the
course of a year.



Source: Australian Bureau of Statistics (ABS), 2020-2022

59%

of Australians
experience at least one
personal stressor in the
course of a year.



17%

experience high
or very high levels of
psychological distress.

Source: Australian Bureau of Statistics (ABS), 2020-2022

Main barriers to asking R U OK?



Don't want to invade their privacy



Don't want to embarrass them



Don't want to say the wrong thing



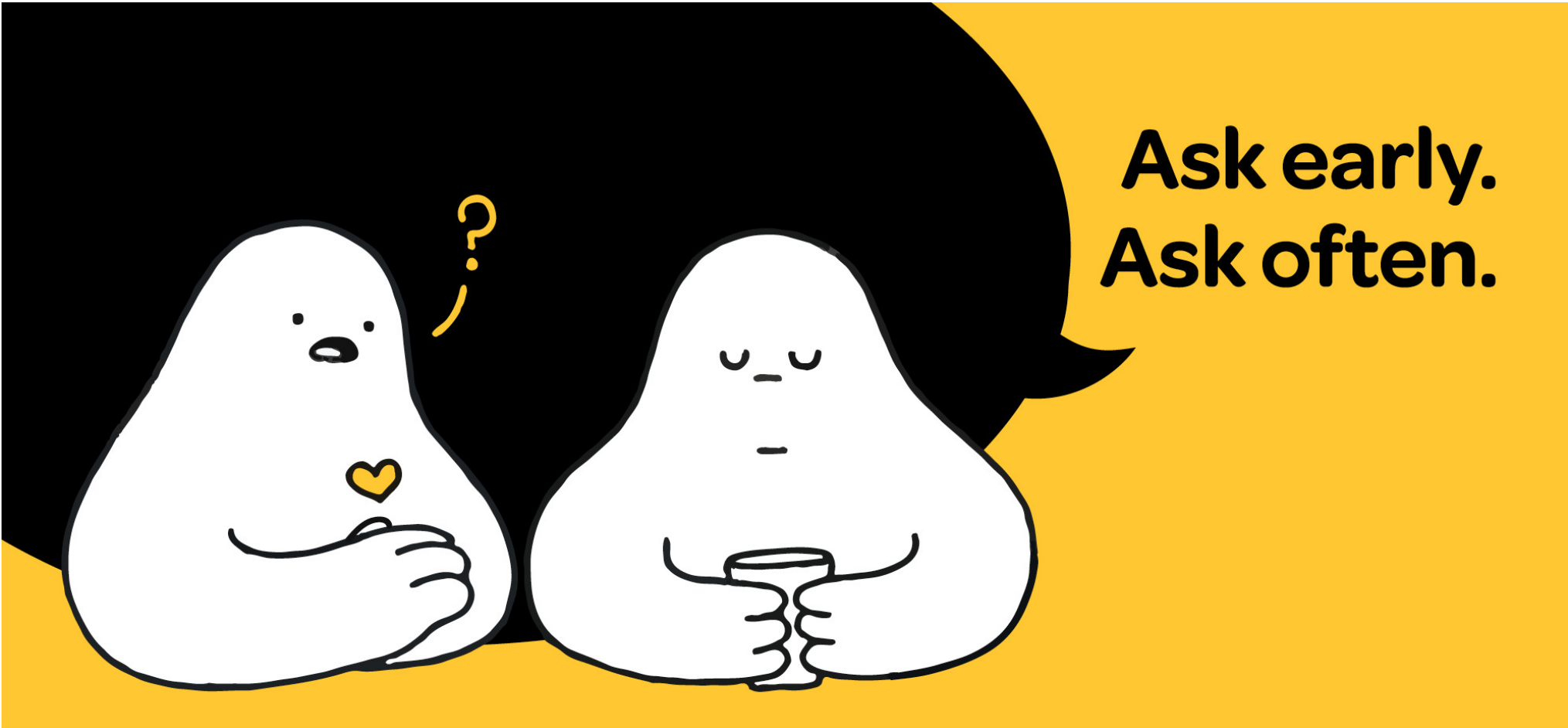
Don't know how to solve the problem

Source: R U OK? Quarterly Tracker (Verian, June 2024)

RUOK?[®]
A conversation could change a life.

Life happens every day





**Ask early.
Ask often.**

RUOK?[®]
A conversation could change a life.

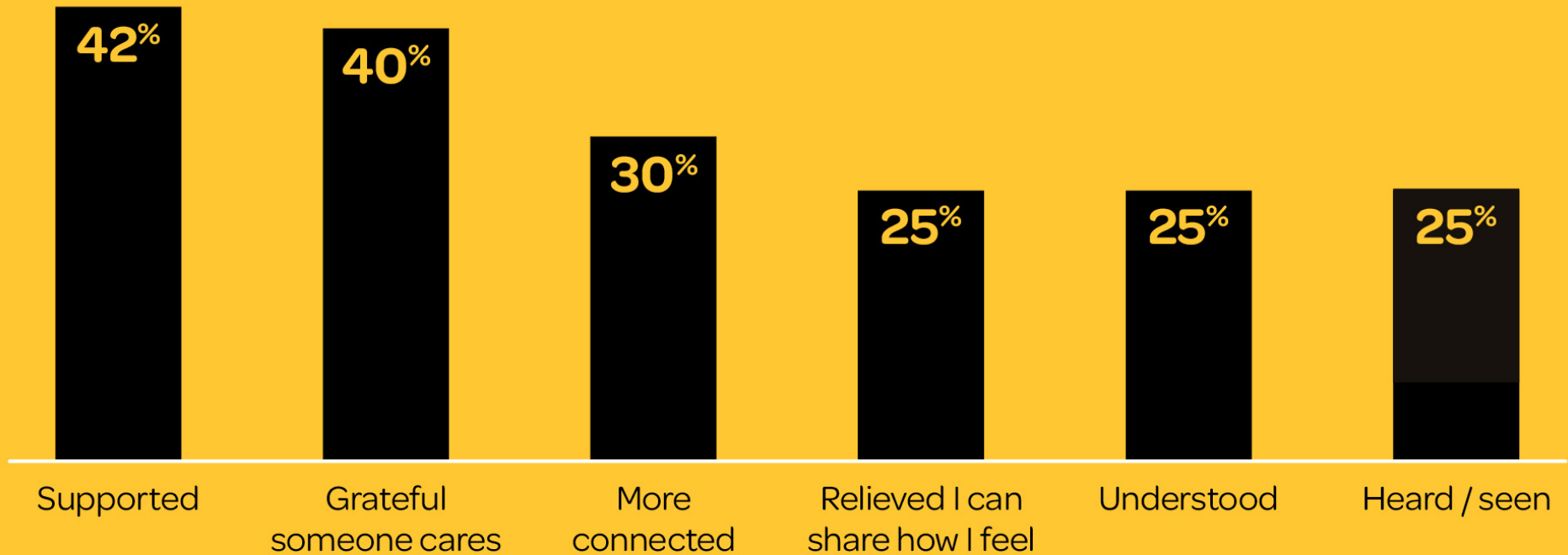
**When people are regularly asked,
'are you OK?', they're more likely to feel...**



Source: R U OK? Quarterly Tracker, Verian (June 2024)

R U OK?[®]
A conversation could change a life.

When someone is asked often, they feel...



Source: R U OK? Quarterly Tracker (Verian, June 2024)

R U OK?[®]
A conversation could change a life.

Bingo!

RUOK?[®]
A conversation could change a life.

How to have an R U OK? Conversation



RUOK?[®]
A conversation could change a life.

What are
they
SAYING?

What are
they
DOING?

What's going
on in their
LIFE?

RUOK?[®]

A conversation could change a life.

Am I ready?



Am I prepared?



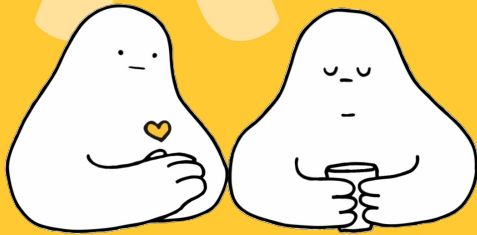
**Is this the
right time
and place?**



RUOK?
A conversation could change a life.

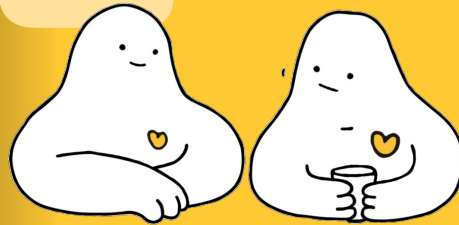
4 steps of an R U OK? Conversation

A



Ask R U OK?

L



Listen

E



**Encourage
action**

C



Check in

RUOK?[®]

A conversation could change a life.

Poll



**Which of these steps
do you feel least
confident about?**

Breakout discussion:

Ask

- What do you need to think about before you ask someone R U OK?
- When is a good time to ask R U OK?

1



Ask R U OK?

How are you doing?

Is there something on your mind?

You don't seem yourself lately - want to talk about it?

I know things have been hard lately. How are you feeling?

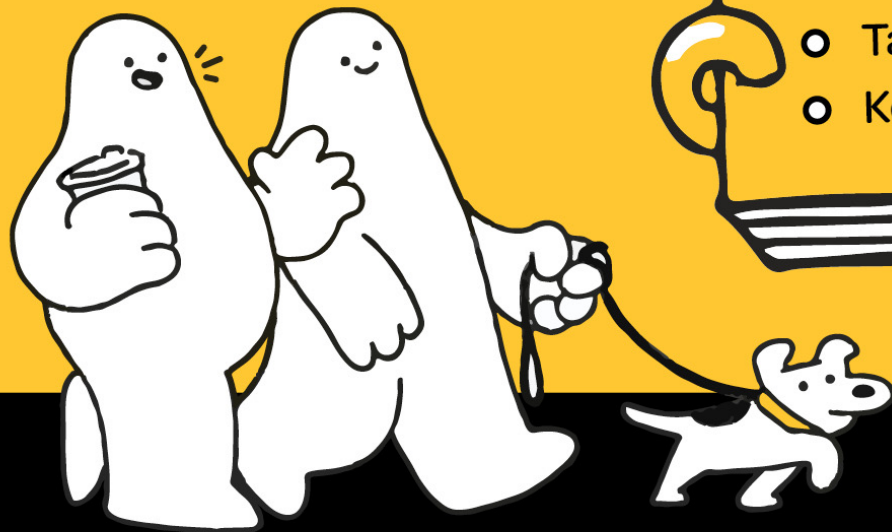
R U OK?[®]

A conversation could change a life.

**What if they say,
“No I’m not OK?”**

RUOK?[®]
A conversation could change a life.

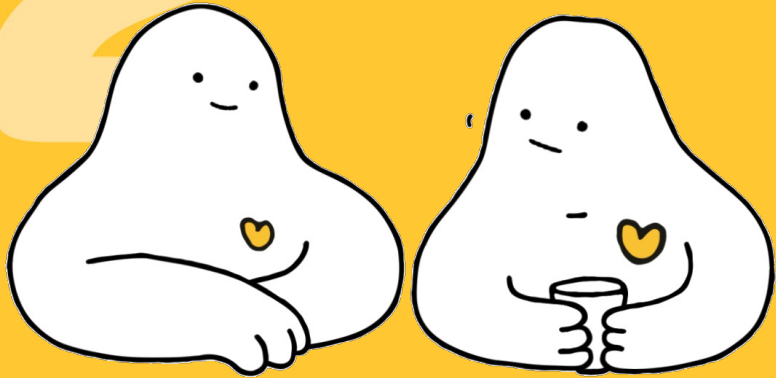
What can **YOU** do?



- Acknowledge and accept.
- Learn more about what they're going through.
- Remind yourself you don't need to have all the answers.
- Find out what support options are available.
- Talk to a support service for guidance.
- Keep checking in.

Breakout discussion: Listen

- What can you do and say to show to someone you are listening?



Listen

I'm here to listen

Take your time

Tell me
more about...

How does that
make you feel?

RUOK?[®]

A conversation could change a life.

Breakout discussion: Encourage Action

- What are some helpful things you could say when encouraging someone to take action?
- Any support services you would recommend?



Encourage action

What do you think
is a first step that
might help you?

What has helped
you with this in
the past?

Have you spoken
to your doctor
about this?

How can I
support you?

RUOK?[®]

A conversation could change a life.

Useful contacts

If you are concerned for your safety or the safety of others, seek immediate assistance by calling **Triple Zero (000)**.

Lifeline (24/7)

13 11 14

lifeline.org.au

Mensline

1300 78 99 78

mensline.org.au

QLife

1800 184 527

qlife.org.au

National Debt Helpline

1800 007 007

ndh.org.au

13 YARN (24/7)

13 92 76

13yarn.org.au

headspace

1800 650 890

headspace.org.au

Beyond Blue (24/7)

1300 224 636

beyondblue.org.au

1800RESPECT (24/7)

1800 737 732

1800respect.org.au

Kids Helpline (24/7)

1800 55 1800

kidshelpline.com.au

Medicare Mental Health

1800 595 212

medicarementalhealth.gov.au

Open Arms (24/7)

1800 011 046









openarms.gov.au

Suicide Call Back Service (24/7)

1300 659 467

suicidecallbackservice.org.au

Useful contacts for someone who's not OK

24/7 SERVICES	PHONE	WEBCCHAT	TEXT
			
			
			
			

**Find more services
and support at
ruok.org.au/findhelp**

Breakout discussion: Check in

- What are some practical ways you can check in with someone you have had a conversation with?

4



Check in

Just wanted to check in and see how you're doing?

Have things improved for you since our last chat?

Is there anything you wanted to chat further about?

Have you taken those first steps?

RUOK?[®]

A conversation could change a life.

Concerned for their immediate safety?

1. Ask them if they're thinking about suicide
2. Keep them safe – do not leave them alone
3. Find them immediate professional help.

If their life is in danger, call 000.

Managing emotional reactions during an R U OK? conversation



How do I deal
with anger?



How do I deal
with sadness?



How do I deal
with anxiety?

R U OK?[®]
A conversation could change a life.



<https://www.ruok.org.au/friendbetter>

RUOK?[®]
A conversation could change a life.



Hey Sport,
R U OK?[™]

**A conversation
could change a life.
Ask R U OK?**

ruok.org.au/sport

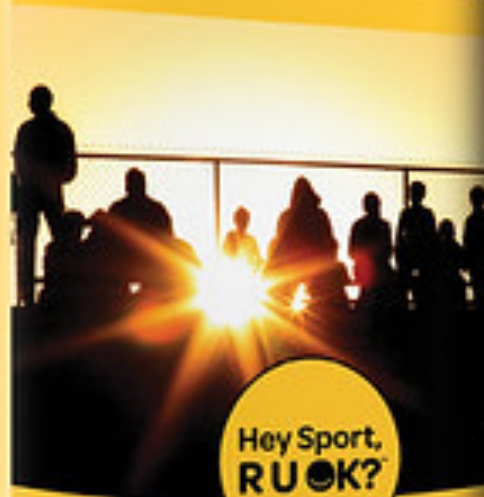
Hey Sport, this is your R U OK? culture

An R U OK? culture is one built on mutual respect, trust, authenticity and a willingness to support those in your world who might be struggling.

Building that culture isn't down to one person, it's a team effort. The ten principles listed here are your guide to the values and behaviours that create an R U OK? culture in your sport.

- 1 Coaches, officials and athletes demonstrate improvements in life skills and self-esteem
- 2 Athletes like and feel supported by their coach and peers
- 3 Coaches, officials and athletes exhibit kindness towards others
- 4 Sport is a positive and enjoyable experience for all involved
- 5 Coaches, officials and athletes promote a team environment based on mutual respect and positive relationships
- 6 Coaches, officials and administrators create a physically and emotionally safe environment
- 7 Coaches encourage athletes to work with and support members of their sporting community
- 8 Coaches, officials and athletes are confident they can spot the signs someone in their sporting community might be struggling with life
- 9 Coaches, officials and athletes feel confident and willing to have a meaningful R U OK? conversation
- 10 Coaches, officials and athletes feel a sense of connection and belonging within their sport community

**Building an
RUOK? Culture**



Hey Sport,
RUOK?

A practical guide for your sporting community
ruok.org.au/sport

**Practical tools
for coaches**



Hey Sport,
RUOK?

Be the coach that changes lives. Ask
ruok.org.au/sport

**FREE
practical
guides**

Hey Sport,
RUOK?

**A conversation
could change a life.
Ask RUOK?**

**#heysportRUOK?
ruok.org.au/sport**

Practical activities

Hey Sport, RUOK? SURVEY **ACTIVITY SHEET**

To help us build an RUOK? Culture please complete the short survey below.

To what extent do you agree or disagree with the following: (Please circle)

I can recognise the signs someone might be struggling with life

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

I am confident I know how to have a conversation with someone who might be struggling

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

I know how to help a teammate if they tell me they are struggling with life

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

When I am playing/competing, training or participating in other activities related to my sport, I have a sense of connection and feel I belong

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

My coach genuinely cares about my wellbeing

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

My sporting team/community promotes a positive environment

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

The people in my team/sporting community encourage and support each other

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

Hey Sport, RUOK? Our values **ACTIVITY SHEET**

-
-
-
-
-
-
-
-
-
-



Hey Sport, RUOK? CONVERSATION BINGO

Tick off your completed conversation starters on your Conversation Bingo. Write down the name of who you asked.

Tell us when you've filled in 4 boxes across or down by saying, "Conversation Bingo."

RUOK?
A conversation could change a life.

What other sports are you involved with? Name:	Where is your favourite place in the world? Name:	If you could have any superpower what would it be? Name:	What makes you laugh out loud? Name:
How are you going today? Name:	How do you stay connected to others? Name:	What was the last movie or show you watched? Name:	What was your favourite thing to do when you were a child? Name:
What do you do to look after your mental health? Name:	What makes a good teammate? Name:	If you could be the best at any sport, what would it be? Name:	What's your favourite thing to eat? Name:
What's the most interesting thing you've read lately? Name:	Who's your sporting hero? Name:	What made you smile today? Name:	Who is someone you can talk to about anything? Name:

ACTIVITY SHEET

An easy and fun activity to bring your team together and learn more about each other. Anyone can get involved - participants, officials, coaches and volunteers! A great activity for the start of a season, as part of a training session or to promote team bonding and engagement.

HOW TO PLAY

You can play this game with up to 30 people. If your group is larger, consider dividing participants into smaller teams of equal size.

- Give each participant a 'Conversation Bingo' card and pen
- Allocate 30 mins for the participants to mingle, introduce themselves, and use the conversation starters on the card to have conversations with others
- Write the name of who they asked in the corresponding conversation starter box
- The first person to fill in four boxes across or down yells "Conversation Bingo!" and the game is over

You may also like to ask participants to share how they feel after getting to know one another better. You can emphasise that when we get to know each other we build trust and have meaningful conversations that help others open up about life's ups and downs, big and small. Remind everyone that it's important they keep the conversation going and make asking "are you OK?" a part of their everyday.



"It's awesome to see the shift from mental health being something we don't talk about, to something normalised."

Group discussion:

- What is one thing you can do to make Uni or Sports a safe space to have an R U OK? conversation?
- What is one thing you can do to help make R U OK? everyday?

For more conversation tips, head to
ruok.org.au/friendbetter



#FriendBetter
with **RUOK?**TM

RUOK?TM
A conversation could change a life.



<https://www.ruok.org.au/chit-chat-alice-springs-footy>

RUOK?[®]
A conversation could change a life.

Personal reflection

- Who will you reach out to after this session?
- What is a self care action you can take over the next few days?



Who will you

Ask?

RUOK?[®]

A conversation could change a life.