

This Thursday the 13<sup>th</sup> of September is **R U OK? DAY**. It is dedicated to reminding people to ask the question, "R U OK?", in a meaningful way, because connecting regularly and purposefully is one thing everyone can do to make a difference to anyone who might be struggling.

## FIGURING OUT WHAT'S UP WITH YOUR TEENAGER



### ASK THEM TO ANSWER THIS QUESTION

'How are you on a scale of 1 to 10?'  
(1 = pretty awful and 10 = smiles all round.)



### IF THEY ANSWERED 7 OR ABOVE

Awesome! Ask them what's going well in their world, and remind them of these things the next time their score is low.



### IF THEY ANSWERED 4 OR LOWER

Ask them what might need to happen to bring them up to a 7. Check out [ReachOut.com](https://reachout.com.au) together for some advice.



### ASK REGULARLY

It'll help you to spot trends and act quickly.

Supporting parents to help their teenagers deal with whatever life throws at them. [ReachOut.click/Communication](https://reachout.com.au)

### Tips for creating a safe and trusting conversation:



#### LET THEM SPEAK

Give them time and space to talk, and avoid interrupting them.



#### REMOVE DISTRACTIONS

Put away your phone and give them your full attention.



#### ACKNOWLEDGE THEIR FEELINGS

Respond with comments like 'That must have been hard' or 'Sounds like it was exciting'.



#### GIVE PHYSICAL CUES

Nodding, making eye contact and facing the person you're talking with show that you're really listening.



#### PLAN FOR LATER

Ask them if they'd like to chat about the issue again, and lock it in.

**REACH  
OUT.COM**

😊 You've got what it takes 😊

**Ask  
R U OK?**

**or something like this:**

"How you travelling?"

**No, I'm not OK.**

Dig a bit deeper:

"What's been happening?"

"How long has that  
been the case?"

"I'm ready to listen  
if you want to talk."

**Yes, I'm fine.**

But your gut says  
they're not:

"It's just that you don't seem  
your old self lately."

"I'm always here if  
you want to chat."

"Is there someone else  
you'd rather talk to?"

**Listen; don't judge**

**Encourage action and offer support:**

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing a professional?"

**Make time to check in:**

"Let's chat again next week."

Visit [ruok.org.au](https://ruok.org.au) for more tips

**R U OK?**™

**Black Dog's Free Webinar: Navigating your Teen's Mental Health**  
**12 September 2018 6.30pm-7.30pm**



The Black Dog Institute is holding a free webinar for parents either with adolescents experiencing mental health difficulties or just in order to be able to respond to any early warning signs. The webinar is delivered by a trained presenter with lived experience of mental illness.

The webinar will cover:

- what is anxiety, depression and bipolar disorder
- how to spot early warning signs in young people
- when and where to seek help
- how to support a young person you care about

See this [link](#) for further details and to register.