

Kaiyai Girl: Session Plan

Session 6: Who can give a hand?

Session overview: This session will help participants to:

- identify reliable sources of information and advice
- identify people who can help them in difficult situations
- recognise the need for perseverance when asking for help.

Related film sessions

Sessions 2 to 6 of the film can be used in sequence or as decided by the facilitator. The following overview and scenes relate to the activities for session 6, with a particular focus on who can give participants a hand when they may need information, advice and help when they are in a difficult situation.

After Missy, Robbie and their friends meet and decide to have a party they each start to think about the choices they may make later that night at the party.

Missy, Coco and JJ go to visit Aunty who gives them some great advice about respecting themselves and taking care:

- [Scene 3](#) – Aunty's house

Robbie and his musician mates drop by to visit Uncle to check they can have the party at his house. Uncle gives the boys some great advice about respect, having good intentions and taking responsibility:

- [Scene 4](#) – Uncle's house

The last scene linked to this session is set the day after the party when Missy meets with her friends at the beach. Missy confesses she had sex without a condom and is worried. Scene 10 outlines the advice Coco and JJ give to Missy in support of what she needs to do next and the choice she needs to make about whether or not to go to the local health clinic - [Choice 5: Missy's choice to go to the clinic or not]

- [Scene 10](#) – Next day and later that day some advice from friends

Scene 10 also directly relates to *Session 3 - Taking risks*.

More information about the *Kaiyai Girl* film and links to other scenes is available from [The Film](#) pages (this site).

Strategy

To prepare for this session the facilitator should download all related resource sheets (refer to section at bottom of page) and have participants watch any of the related film scenes needed to provide the background story.

1. Divide the whiteboard into two columns using the headings *Who helped in Kaiyai Girl?* and *Who I can ask for help?*. Brainstorm all the people who helped in the film/DVD. Record on whiteboard under the appropriate column.
2. Ask for suggestions of people and places that the participants know they can go to for help. Record on whiteboard. Point out that everyone will have different people that they trust and know will help them. Not everyone may have an aunty or an uncle or a brother, etc. that they feel they can trust to help them.
3. Emphasise that it is important to persevere and persist until they find someone who will help them. They need to keep asking trusted people until they get the help that is required. This is an important skill in developing protective behaviours.
4. Give each participant a copy of the **Resource Sheet 6.1: Who can give a hand?**
5. Participants to add a name of each person or place that helped the characters in *Kaiyai Girl* against each of the fingers on the hand.
6. Now choose the people and places **they** would/can go to for help, advice, information and assistance either from the whiteboard or others they know.

Depending on your location, examples of people and places for assistance may include the clinic, GP, community nurse, school nurse, AIEO, Aboriginal Liaison Officer, police, teachers, etc.

Discussion questions

- Why is it important to get help from a trusted person or place?
- What makes a person trustworthy?
- Why do you trust some people more than others?

Take home messages

- I know people who can give me a hand and help me with any problems.
- I will keep asking until I get some help.

Links to background information

For more information about go the [Useful Links](#) section (this site). This page contains a list of organisations and resources that you may find useful to complement the information contained in the Kaiyai Girl sessions.

Related Resources (download)

[Resource Sheet 6.1 - Who can give me a hand](#)