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Staying Connected After School



Who is DDWA ?

We help people who were born with a disability and need help to understand things.



ADVOCACY

We help you to stand up for yourself or your family.



KNOWLEDGE

We help you to learn new things to make your life better.



COMMUNITY

We help make the community a better place for people with disability to live.

DDWA- Supporting people with developmental disabilities and their families since 1985

What will we learn?



How to keep friends from school.



How to make new friends after school.



What we can do with our friends.

What does connected mean?



Being connected is when we have a relationship with someone or a group of people.



Feeling close to other people.



Feeling like we belong.

- Allow students some time to brainstorm some ideas about what a connection means to them.

Discussion question:

- “Who do you feel connected to in your day-to-day life?”

Possible answer: A connection is formed when we spend time with our friends or new people that we meet.

Getting to know everyone



What is something you enjoy doing?

How can we all work well together?



Butcher's paper, group discussion (roughly 5 minutes on this activity) –
OPTIONAL

Discussion question:

- “Come up with a list of ideas about how we can all work well together.”

Some tips!



Take turns speaking.



Listen to others.



Feel comfortable and safe.



What is shared today, stays in the session!

What is Friendship?



Idea: Use a whiteboard to write down the students' ideas.

Ask students to brainstorm ideas about friendship and what it means to them. Some prompting questions that you can use include

- What does friendship look like to you?
- Where are some places that you can make new friends?
- How do you make new friends?

Allow the students to either write or draw ideas in their workbook.

Some example answers are:

- A strong bond between two or more people
- Spending time with people
- Having similar interests
- Caring for someone
- Having someone to talk to about difficult things

The next slide runs through some ideas.

What is a friendship?



A relationship between two or more people.



When you like to do the same thing.



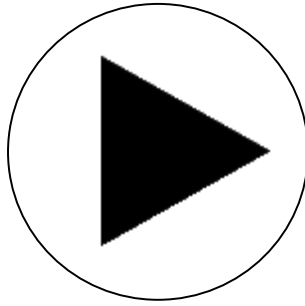
When you can trust someone.

Discussion question:

- Think of one friend and explain why they are a good friend to you.

We are now going to watch a video that is called ‘Making and Keeping Friends can be Hard’. After we have finished watching the video I am going to ask you some questions about some things that make it hard to make friends and ways that you can keep a friendship.

Making and Keeping Friends can be Hard Video



Making and Keeping Friends can be Hard Video

Key messages in this video:

- Friendships are hard
- Sometimes keeping friends is hard as it can be hard to plan and make time to catch up
- If you live far away from your friends it can be harder to meet up
- There are other ways you can still grow your friendship (such as talking on the phone)
- It is ok if you and your friend do not agree on things.
- It is important to listen to how your friends is feeling.

Link to access the video

<https://ddwa.org.au/online-learning-directory/the-friendship-project/>

Making and keeping friends can be hard



What are some things that make it hard to make friends?

Suggestion: Use a whiteboard to create a brainstorm of all the students' ideas.

Answers can include:

- Leaving school
- Not seeing the person regularly anymore
- Being anxious/scared to speak to new people
- Not being exposed to opportunities to meet new people
- Living far away from each other
- Not having access to a mobile phone/social media to stay in contact.

Next slides contain answers to help prompt students if needed.

What are some things that make it hard to make friends?



Leaving school and not seeing your friends everyday.

What are some things that make it hard to make friends?



Feeling nervous.

Discussion question:

- “Who feels nervous sometimes?”

What are some things that make it hard to make friends?



Not knowing about places where you can meet new people.

Discussion question:

- “What are some places that you might go with a friend?”

What are some things that make it hard to make friends?



Living far away from each other.

Discussion question:

- “Who has moved house before?”

What are some things that make it hard to make friends?



Not having a way to stay in contact, like a phone or social media.

Making and keeping friends can be hard



What are ways that you can keep a friendship?

Answers can include:

- Meeting up regularly
- Keep in contact over the phone
- Send regular messages to check in and see how they are going.

Next slides contain answers to help prompt students if needed.

What are ways that you can keep a friendship?



Spending time with each other.

What are ways that you can keep a friendship?



Staying in contact over the phone or in person.

What are ways that you can keep a friendship?



Checking in with your friends to see how they are going.

Staying connected with friends from school



When you leave school you will not see your friends all the time like you do now.



If you can't get to see them, there are ways you can still connect.



- Chat on the phone
- Message each other
- Facetime
- Social media

Discussion question:

- “Are there any other ways that you can connect with your friends?”

Some answers can include:

- Seeing each other in person
- Have regular planned meet-ups
 - Such as weekend catch-ups
 - Shared hobbies
 - Sporting groups
 - Community volunteering

Activity 1



You arrange to catch up with one of your friends at Dome café.



You get to Dome a few minutes early and find a table for you and your friend.



20 minutes go by and your friend has not come.

What do you do?

This will work best if you start it off with a think-pair-share before going into a group discussion.

Some answers include:

- Text or call them to see where they are.
- Text or call a member of their family, to see if they know if they are on their way.
- Wait a bit longer before leaving.

Some other answers that have been brought up in the school setting include:

- Check snap maps.
- Look for them on 'Find My iPhone'.

There are answers on the next slide to go through with the class.

Activity 1



Wait a bit longer.



Call them to check if they are still on their way.

Contact their parents or carer if you have their phone number.



Ask someone that you trust what you should do.

Discussion questions:

- What would you say to your friend if this kept on happening?
- How many times would you allow this to happen?

Option – take a break after this slide.

What makes a good friend?



What makes someone a good friend?

Some answers include:

- Listen to you
- Understand you
- Care for you
- Knows your interests
- Asks about things that are happening in your life
- Wants to meet up regularly
- Tells you things about themselves and their life

Next slides contain answers to help prompt students if needed.

What makes a good friend?



Good friends laugh together.



Good friends help each other.



Good friends support you when things are good or bad.

What makes a good friend?



A good friend cares about you.



A good friend wants to keep in contact with you.



A good friend treats you with respect.

What makes a good friend?



A good friend listens to you.



A good friend tries to understand you.



Good friends trust each other.

Discussion question:

- “How can you stay good friends if something goes wrong between you?”

Some answers include:

- Give each other time and space to cool off
- Take deep breaths to calm down (box breathing)
- Try to see the argument from the other person's side
- Remember the positives about your friendship
- Plan your apology
- Make up within a few days of the argument
- Wait until you are ready before you apologise
- Plan out time to talk to your friend

What might a bad friendship look like?



Someone who makes fun of you.



Someone who makes plans and then cancels all the time and breaks your trust.



Someone who never wants to do what you want.

Note: Elaborate on the cancelling plans – this is if it is intentional and happens again and again and is a deliberate action.

An example for the last point is if your friend likes swimming and when you catch up you always go swimming, and you never get to choose what activity you want to do.

What are some things a bad friend might do?



Say mean things about you behind your back.



Not listen to you.



Make you pay for them.

Discussion question:

- Has anyone ever had any of these things happen to them?
- What did you do?
- If you haven't, what would you do if this happened to you?

What is trust?



Allow the students some time to brainstorm ideas.

Discussion questions:

- Who can we trust?
- Who do you trust?

Some answers can include:

- Trust is when you believe that someone or something will do what they say they are going to do and are honest with you.
- It means you feel safe with them and can count on them to help or be there for you.
- A trustworthy person will do the right thing by you.
- Trust is built over time; we often trust people that we know very well.
- For example, you trust a friend when you know they will keep a secret or support you when needed.

Next slides contain answers to help prompt students if needed.

Trust



Trust is having someone who you know will be there for you.



Trust is having someone who believes in you.



Trust means that you do what you say you are going to do.

What makes somebody trustworthy?



Tells the truth



Does not gossip about you



Is respectful of their friends and people around them



Takes responsibility for their mistakes

Discussion question:

- How do you know that you can trust a friend over an Uber driver?

Answers:

- You can trust a friend over an Uber driver because of the relationship and history that you have with the person.
 - With a friend or family member you have experiences together and you know that they will keep their promises which helps to build trust.
 - You have an emotional connection with people that you know, they care about you which makes your connection with them stronger.
 - Someone that you know well will want the best for you. They will look out for you and help you if you need it.
 - With an Uber driver you only will interact with on a once off occasion and it is very brief. You don't know much about them.
 - You build trust over time with your friends and family but with an Uber driver you interaction is short and once off.

Activity 2



Everyone will be given a blank piece of paper.

Start drawing a picture for 1 minute.



Once the minute is up, swap your drawing with the person sitting next to you.



The other person will have 1 minute to finish off the drawing.

Instructions:

1. Hand out a blank piece of paper and coloured markers to each student.
 2. Explain to the students that they will have one minute to start drawing a picture of anything that they would like. You can give them some time to brainstorm some ideas first.
 3. Begin the minute of drawing. Once the first minute is up get the students to swap their drawings with another student in class.
 4. Tell the students that they have another minute to finish/add to the new drawing in front of them.
- You can tell the students that they can be as creative as they would like with this activity.

For example, one student could begin drawing a picture of a person, the second student might get the picture and continue to add details to the person, or they might decide to turn it into something completely different - like an alien.

Activity 2



How did it feel to give your drawing to somebody else?

Did you feel like you had to trust the other person?

Discuss the feelings that the students had when they had to hand their drawing over to another student.

- Some students have previously reported feeling scared, worried, unsure etc
- Connect this to the idea of trust, which can be challenging when we meet someone new and have to decide whether to trust them.
- Sometimes, taking a risk—much like we did with the drawing—can lead to something amazing or cool.
- Even if it doesn't work out, it's still a valuable experience we can learn from for the future.

Meeting new people when we leave school



Meeting new people can be scary.



You might feel nervous.



However, meeting new people is the first step to making new friends.

Discussion question:

- Why might you be nervous to meet new people?

Some answers can include:

- You feel nervous/anxious
- You are not sure what to talk about
- You are worried about saying the wrong thing
- You feel self-conscious
- You are worried that they might judge you
- You feel pressure to make a good first impression
- You have felt awkward and uncomfortable during past experiences when you have met new people

Discussion question:

- What are some ways that you can calm your nerves when meeting new people?

Some answers can include:

- Listening to music
- Meditation, breathing exercises

- Yoga
- Practicing conversation starters
- Beforehand, you can come up with a blurb about yourself to let other people know who you are and what you like

Getting to know new people



When you meet someone new, you need a way to greet them.



How do you say hi?



Do you wave? Do you smile? Do you use your device?

Discussion question:

- What is a good question to ask someone when you are meeting them for the first time?

Some answers can include:

- What is your name?
- What do you enjoy doing in your free time?
- Have you watched any good movies or tv shows lately?
- If you could travel anywhere in the world, where would you go?
- What's a fun fact about yourself?
- What kind of music do you enjoy?

Getting to know new people



After you have met them, you need to find out if you have something in common with them.



Having something in common or shared interests is a good start for a friendship.



For example, having a similar sense of humour.

Discussion question:

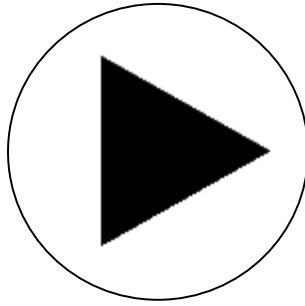
- Where are some places that we can meet new people?

Some answers can include:

- Community events – you can find out about these on your local council's website under 'events calendar'
- Clubs – etc sporting, arts, cooking, fitness, gaming
- Volunteering
- Meet-up groups that you can find online or on Facebook
- Libraries
- Coffee shops or at a café if you are a regular visitor

We are now going to watch a video that is called 'Getting to Know New People'.

Getting to Know New People Video



Getting to know New People Video

Key messages in this video:

- Meeting new people is the first step to making new friends.
- Take turns to ask questions and take time to listen.
- Find mutual hobbies or things that you have in common.
- Keep in contact and meet up to maintain the friendship
- Making friends takes time

Link to access the video

<https://ddwa.org.au/online-learning-directory/the-friendship-project/>

Getting to know new people



In the next few slides, we are going to look at some ideas for conversation starters.

Of course you can think of your own too!

Conversation starters



What is your favourite movie or tv show?



What kind of food do you like?



What do you like to do on the weekend?



What would be your dream pet?

Idea:

- Get the students to role play using the conversation starters.

Conversation starters



Do you like to stay up late?



Do you like to get up early?



If you could have one superpower, what would it be?



What things don't you like to do?

Friendship



It takes a long time to make a friendship.



After a while you might want to exchange contact details.



Or you might just want to meet up at the same place again.

Nobody is perfect!



When making friends we don't have to be perfect.



We might make a mistake, feel awkward or embarrassed and that is ok.



Sometimes it might be difficult to say what we want to.



Tell yourself that you're doing a good job and that you're learning something new.

- It's important to remind students that they're doing a great job, especially when it comes to making new friends.
- Building friendships can be challenging, and it's perfectly normal to feel nervous or unsure at times.
- The key is to keep putting yourself out there, being kind, and staying open to new connections.
- Everyone finds it a little difficult at first, but with patience and practice, those efforts can lead to meaningful friendships. It's okay if it takes time—what matters is that they're trying, and that's something to be proud of!

What have we learnt today?



It is important to meet up with your friends. You can stay connected with phone calls and texts.



Friendship and trust take time to grow. – make clearer above.



Meeting new people is the first step to making new friends.



Do not be scared to say hi and get to know someone new.

Thank you!



Staying Connected After School Session 2



What are we talking about today?



How we can fill our days after we leave school with hobbies, work, or more learning.



How we can plan and use public transport to meet up with our friends.



What activities and groups are available in our communities.

There are lots of things you can do after you leave school



Look for a job.



Do volunteer work.



Join a club.

Suggestion: Expand on ‘join a club’ - this could be a sporting club, art club, dungeons and dragons, gym, volunteering

There are lots of things you can do after you leave school



See your friends.



Relax.



Learn more by going to Tafe or doing other courses.



What do you want to do when you finish school?

- Ask the students to share ideas about what they would like to do post-school.
- You can encourage students to talk about hobbies that they enjoy doing and may want to continue after they finish school.

Transport



How will you get around to try out all these new things?



What are different forms of transport that you can use to get to new places?

- Get students to brainstorm different ways to get around.

There are examples on the next few slides.

Public transport



There are many different types of public transport.

- Buses
- Trains
- Trams
- Ferries
- Rideshare services like Uber



Using public transport can help you to do more things.

Discussion question:

- “Who has used public transport before?”

Activity (optional)

- Get students to search how they could get home from school using Transperth Journey Planner.

<https://www.transperth.wa.gov.au/Journey-Planner>

Public transport



Meeting up with our friends is important after we leave school.



Catching public transport is a good way to meet up with friends.



For some people using a train or a bus can be tricky.

Discussion question:

- Does anyone want to share a story about an experience that they have had on public transport before?

Public transport



Your support worker or a trusted adult could help you learn how to use public transport.



Some people have a support worker, parent or carer to take them places.

Discussion question:

- Does anyone have a support worker who takes them places?

Using public transport



Who has used public transport before to get to a new place?

Transperth Special Assistance Line



There are workers to help at train stations. They can help you take the right train and get off at the right place.



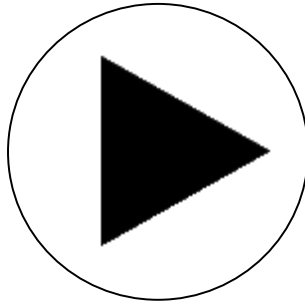
This is called the Transperth Special Assistance Line.



There are apps to help you plan a journey and use public transport.

After this slide: We are now going to watch a video that is called “Catching public transport to meet a friend.”

Catching public transport to meet a friend video



Video: Catching public transport to meet a friend

Key messages in this video:

- Spending time together is important to grow a friendship
- Catching public transport is a good way to meet up with friends.
- There are workers to assist at train stations. They can help you take the right train and get off at the right place.
- There are apps to help you plan a journey and use transport.

Link to access the video:

<https://ddwa.org.au/online-learning-directory/the-friendship-project/>

Transperth Special Assistance Line



Phone number is 1800 800 022.



There are staff members who can help you at all stations.



Call one hour ahead of your journey.



The Transperth staff will help you with getting on and off the train.

Discussion question:

- Has anyone ever heard or used the Transperth Special Assistance Line before?
- Does anyone want to try it after watching that video?

You can find more information about the Transperth Special Assistance line here
<https://getonboard.transperth.wa.gov.au/Parents/Special-Assistance>

Communication card



You can use communication cards to tell Transperth staff how to help you.



Show your communication card to the bus driver as you get on the bus.



You can get communication cards by calling 13 62 13 or from any Transperth InfoCentre.

- Mainly used on the bus but also could be used on the train if you need to communicate that you need help with something.

Planning to meet up with a friend



We have looked at how we can use public transport to get to places.



Now let’s look at how we can plan what we are going to do with our friends.

Planning to meet up with a friend



Make it a day and time when you can both do it.



Think about how you will get there.



Think about what it will cost and who might need to go with you.

- You might like to use a friendship planner - displayed on the next slide.

My Friendship Planner

Activity 	Cost 	Where 	Transport 	Contact your friend 	Date/time 
Bowling	\$20 for two games. \$15 for a snack (\$35 total)	Zone Bowling in Morley	Support worker to drive me and pick up my friend	Send a message with the details to see if they were interested	Friday 7pm to 9:30pm
Board games at my house	\$20 for some snacks	My house	Friends need to get an Uber, use public transport or organise a lift	Set up a group chat with the friends that I have invited	Saturday 6pm to 9:30pm

- Go through the Friendship Planner with the students to break down the activity and what needs to be considered when organising a catch up.

There is a blank Friendship Planner on the next slide, it is also displayed in the students' booklets on page 53.

My Friendship Planner

Activity	Cost	Where	Transport	Contact your friend	Date/time
					

- You can use this blank planner to think of some activities that you might like to do with your friends.
- You could ask your family or a support worker to help make it happen😊

- Students can use this the next time that they are arranging a catch up with a friend – you could get the students to fill it out during class time.

Planning to meet with a friend



Someone in your family can help you think about when you could see your friend.



It doesn't have to be every week but maybe once a month.

My Friendship Planner - Activity



What is something you would like to do?
Think about

- A place to meet.



- A way to get there.



- How do you invite others?

- Whole group activity
- Use a whiteboard to write down students' ideas
- Get them to think about what they need to bring, for example, if they are catching public transport, they need to bring their smart rider

Example

- A place to meet – Hillary's Boat Harbour
- A way to get there – Organise a life with my support worker, ask if my friend would like us to pick them up on the way
- How do you invite others? – Over the phone, message into the group chat to see who is free and arrange a time to meet up
- Will there be food there? – Yes, there are lots of food options at Hillary's Marina, such as restaurants and take-away food vendors.

You could also divide the students up into groups and get them to complete it independently before sharing their ideas with the whole group.

More questions on the next slide.

My Friendship Planner - Activity



- Do you need any money for the activity?



- Who can help you make it happen?

- Do you need any money for the activity? – Yes, we will need to bring money to be able to buy some food.
- Who can help make it happen? – Your parent/career or support worker can help make it happen. They can help you to organise the outing and make sure that you have all the details sorted out.

Planning to meet up with a friend



It is not always easy to find time to meet your friends.

THUR	FRIDAY	SATUR	SUNDAY
10:00-11:00 Gym	10:00-11:00 Gym	10:00-11:00 Gym	10:00-11:00 Gym
11:00-12:00 Gym	11:00-12:00 Gym	11:00-12:00 Gym	11:00-12:00 Gym
12:00-13:00 Gym	12:00-13:00 Gym	12:00-13:00 Gym	12:00-13:00 Gym
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21:00-22:00 Gym	21:00-22:00 Gym	21:00-22:00 Gym	21:00-22:00 Gym
22:00-23:00 Gym	22:00-23:00 Gym	22:00-23:00 Gym	22:00-23:00 Gym
23:00-24:00 Gym	23:00-24:00 Gym	23:00-24:00 Gym	23:00-24:00 Gym

Have a look at your schedule and see if you can make a plan!



Why not put a meet up with a friend in your weekly plan, even if it is once a month.

There is an example of a weekly plan on the next slide.

My Weekly Planner

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
10am to 12pm	Shopping 	Work 		Transport Training 	Work 	Volunteering 	
1pm to 4pm	Washing 		Work 				Family Lunch 
5pm-8pm	Netball Training 	7:30pm Dungeons and Dragons at Maylands Public Library		Cook Dinner 		Bowling Club 5:30pm 	

This is what your weekly timetable might look like.

Think about some of the spaces in your week where you could maybe see a friend?

- Read through the example weekly plan, get the students to start thinking about how they can adapt it to fit in with their schedule.
- Ask the students “Where is there a gap in this weekly plan to meet up with a friend?”

Discussion Question:

- Where are some places that we can find out what activities are being offered in our community?

Some answers can include:

- Local council website – search for their ‘event planner’ (we will talk more about local councils later)
- Facebook/social media
- Word of mouth (through friends and family)
- Google search e.g. if you are interested in joining a yoga class you could search ‘free yoga in Perth’.

WEEKLY PLANNER

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
10am to 12pm							
1pm to 4pm							
5pm-8pm							

Discussion question:

- Where are some places that we can find out what activities that are being offered in our community?
- Students can fill this out in their own time, or you could ask them to complete it in class.

My Weekly Planner



You can also use the calendar on your phone.

There are free apps that you can download and use.

An example is Google Calendar!

Discussion question:

- Who uses a calendar? This can either be an electronic calendar or a physical one.
- If you don't use a calendar, what are other ways that stay organised or remember what you have on?
 - Some people ask the person that they are meeting up with to text them beforehand
 - Some people stick reminders up on their fridge
 - Some people set reminders on their phones

My local council



Who is your local council?

- Find out who the local council is for the location of the school e.g. The City of Joondalup.
- You can add a picture of the logo if you would like.

Local council



What do they do?

The next slide runs through some of the responsibilities of the local council.

Local council



Local councils look after our roads, footpaths and rubbish.



Parks, sporting fields, stadiums and swimming pools.



Libraries, art galleries and museums.



Accessible buildings.

- The roles and responsibilities of local government differs from state to state but generally include some of the following....

My local council



Why does it matter to me?

Discussion question:

- Why do you think it is important to know about your local council?

Answers on the next slide

My local council



They often put on activities that you can join in.



Some of these activities are free.



You might have to pay for some activities – this is why it is important to plan ahead of time.



At events in our community, we can meet new people and meeting new people is the first step in making new friends.

Activities in my local council



You can find out more by going to the local council's website.



You could ask a trusted adult or friend to help you if you need!

- Suggestion: search for the local council website on the smart board and show students where you can find upcoming events.
 - You can explore the website with the students and point out any useful links/resources.
- This is where you can organise a representative from your local council to talk about what they have to offer. See template email. When we delivered the project in schools the council representative would come and talk about what activities and groups are on offer for the students to join now or when they leave school.

What have we learnt today?



Different things that you can do after you finish school.



Using public transport can help us to meet up with our friends.



Planning can help us make time to see our friends.



About our local council and what that they have to offer us.

**Thank you for being part of Staying
Connected After School Project!**

