

Help Seeking Investigation

Name: _____

Date: _____

Inquiry Question: How can help seeking and assertive choices improve safety, independence and respect when travelling?

Instructions: Read the prompts, choose **ONE** scenario or tool under each Station, and answer the **Decision–Impact–Action** questions.

Keep your ideas short and clear.

Station A – Real World Role Scenarios

Choose **ONE** scenario to analyse:

1. Moving to the front of the bus, waiting until it stops, and asking a bus driver for help when someone won't stop bothering you.
2. Telling a peer you're not comfortable with taking a certain route home.
3. Asking a Protective Services Officer (PSO) at a train station if you can wait with them until your ride arrives.
4. Saying "No thanks" to a neighbour offering a lift when you don't feel safe.

Focus: ✓ Assertive body language ✓ Clear voice ✓ Safe exit strategies ✓ Identifying trusted adults

Decision–Impact–Action Questions:

Decision: Which help-seeking or assertive choice did you select? Number: _____

Impact: How would this choice improve safety, independence or respect?

Action: What exact words would you say in this situation?

Help Seeking Investigation

Name: _____

Date: _____

Inquiry Question: How can help seeking and assertive choices improve safety, independence and respect when travelling?

Instructions: Read the prompts, choose **ONE** scenario or tool under each Station, and answer the **Decision–Impact–Action** questions.

Keep your ideas short and clear.

Station B – Digital Support Tools

Choose **ONE** tool or idea to explore:

1. Public Transport apps - [Transport Victoria - Mobile apps for public transport](#)
2. Live location sharing.
3. Identifying safe places (shops, libraries, stations).
4. Using voice to text to call for help hands free.

Decision–Impact–Action Questions:

Decision: Which digital tool did you choose? Number: _____

Impact: How does this tool help you stay safe or get help quickly?

Action: Describe a real travel situation where you would use this tool?

Help Seeking Investigation

Name: _____

Date: _____

Inquiry Question: How can help seeking and assertive choices improve safety, independence and respect when travelling?

Instructions: Read the prompts, choose **ONE** scenario or tool under each Station, and answer the **Decision–Impact–Action** questions.

Keep your ideas short and clear.

Station C – Assertive Communication Practice

Choose **ONE** assertive script to practise or adapt:

1. "I don't feel safe — I'm going to call someone."
2. "Please give me some space."
3. "I'm not comfortable going that way. I'll meet you there."
4. "Stop. That's not okay."

Focus: ✓ Assertive body language ✓ Clear voice ✓ Safe exit strategies ✓ Identifying trusted adults

Decision–Impact–Action Questions:

Decision: Which assertive message did you choose? Number: _____

Impact: How could this assertive choice protect your safety or boundaries?

Action: Describe the tone, posture or body language you would use when saying this.
