

# How to ask your friend if they are okay

## What?

Sometimes you might see a friend who seems sad or angry. Or maybe you know something bad happened, like someone said something mean, or things didn't turn out like they were hoping. You can ask your friend if they are okay.

## When to do it:

It is best to ask them when it's quiet, and there aren't lots of other students listening.

## How to do it:

Here are some scripts you could use to ask them if they are okay.

"I noticed you seem *<sad/angry/other emotion>*. Are you okay?"

OR

"I noticed things didn't go so great today. Are you okay?"

If they say they are not okay, or that they are feeling upset, you can ask "Would you like to talk about it?".

If they do talk about how they're feeling, you can listen carefully, and acknowledge how they feel. So, if they say "I'm really upset because another student said something mean", you can say "that would be upsetting. I can understand why you feel upset."

