

BE THE HERO OF YOUR OWN STORY!

ISSUE #1

FIND YOUR
FRIENDS TO UNLOCK
SPECIAL ABILITIES!



ESCAPE

FROM THE DESERT



...I WONDER
WHY THEY'VE GONE
MISSING?

LET'S GET STARTED...




...WHERE AM I?

...WHERE ARE JACK, YURI AND OLIVIA?!

I NEED TO FIND MY FRIENDS!!



HI! I'M **B-OK**
AND I'M HERE
TO HELP YOU... 


YOU MUST FIND AND
HELP YOUR FRIENDS TO **ESCAPE**.

THERE WILL BE MANY CHALLENGES
ALONG THE WAY, BUT ALSO SOME REWARDS,
SO KEEP YOUR WITS ABOUT YOU!

IF YOU NEED HELP, LOOK FOR
ME AND I'LL GUIDE YOU.

OH...AND THINGS
AREN'T ALWAYS AS
THEY APPEAR.

HINTS ALONG THE
WAY WILL HELP
YOU DISCOVER WHERE
WE **REALLY** ARE!


PARENTS
JOIN FORCES WITH
B-OK AND HELP YOUR
CHILD BECOME
THE HERO OF THEIR
OWN STORY!

ACTIVITY

LET'S GO!!



First, we need to find Jack. Follow the lines on the map to find him.



WHICH PATH WAS JACK ON?



Answer: 3



HERO'S CHALLENGE

JACK'S ANGRY!

IMAGINE YOU'RE JACK.
WHAT WOULD YOU DO TO FEEL BETTER?

CIRCLE YOUR
ANSWERS BELOW



TALKING CAN HELP.

*If you're feeling angry or upset,
let someone know.*



TALK TO A
SAFE PERSON

GET ANGRY
AT EVERYONE

SHARE MY FEELINGS

TELL FRIENDS
TO GO AWAY

ASK SOMEONE
TO HELP ME



PARENTS - DID YOU KNOW?

THERE ARE MANY SIGNS THAT YOUR CHILD
MAY BE EXPERIENCING DIFFICULTIES.
CONTACT YOUR GP OR THE SERVICES LISTED
ON THE BACK OF THIS BOOKLET
FOR MORE INFORMATION.



Answers: Talk to a safe person; Share my feelings; Ask someone to help me.



WELL DONE!
YOU'VE HELPED JACK
AND UNLOCKED THE
TALKING
ACHIEVEMENT!

THANKS FOR
HELPING ME FEEL
BETTER!



I THINK I'VE
SEEN YURI DOWN
THIS WAY...

FOLLOW ME!

HINT

WHERE COULD YOU BE?
WHEN YOU'RE IN THE PITS, TEACHERS AND OTHER STAFF
AT YOUR SCHOOL CAN HELP YOU FIND YOUR FEET!

HINT

ACTIVITY

GREAT JOB!!



Next we need to find Yuri. Avoid the dangerous desert animals to find him!



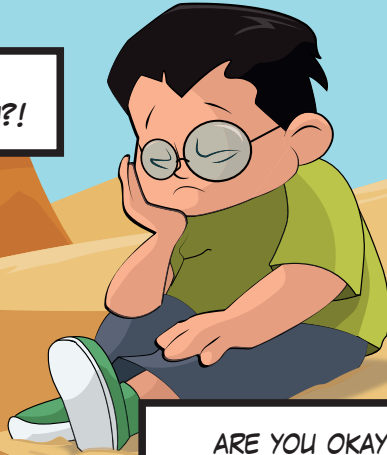
WHERE WAS YURI?

(IF YOU'RE NOT SURE, CHECK OUT THE MAP ON PAGE 5!)



EXCELLENT! YOU FOUND HIM!

YURI!
WHERE HAVE YOU BEEN?!



ARE YOU OKAY?

NO, I'M NOT!
I'M REALLY SAD...



...AND YOU
JOINED IN WITH
THE OTHER KIDS
EVEN WHEN YOU
KNEW THAT!

I HATE SCHOOL!
THE OTHER KIDS PICK
ON ME.

I WISH I COULD
JUST FIT IN.
I'M NO GOOD.



HERO'S CHALLENGE

YURI'S SAD!

IMAGINE YOU'RE YURI.
WHAT WOULD YOU DO TO FEEL BETTER?

CIRCLE YOUR
ANSWERS BELOW

WE ALL NEED TO LOOK OUT FOR EACH OTHER.

*If someone is being mean or upsetting you,
talk to someone you trust.*



TALK TO A TEACHER
ABOUT IT

MAKE FUN
OF OTHERS

CALL OTHERS NAMES

GET HELP FROM
AN ADULT

KEEP MY FEELINGS
INSIDE



PARENTS - DID YOU KNOW?

BULLYING IS A BIG PROBLEM FOR KIDS
OF ALL AGES. DON'T WAIT FOR YOUR
CHILD TO COME TO YOU - START A
CONVERSATION WITH THEM ABOUT WHAT'S
GOING ON IN THEIR LIVES.



Answers: Talk to a teacher about it; Get help from an adult.

WELL DONE!
YOU'VE HELPED YURI
AND UNLOCKED THE
PROBLEM SOLVING
ACHIEVEMENT!



THANK YOU.
I FEEL SO MUCH
BETTER NOW!



I JUST SAW
OLIVIA OVER THERE.
FOLLOW ME!

HINT

WHERE COULD YOU BE?
SOMETIMES PROBLEMS AREN'T
AS BIG AS THEY SEEM...

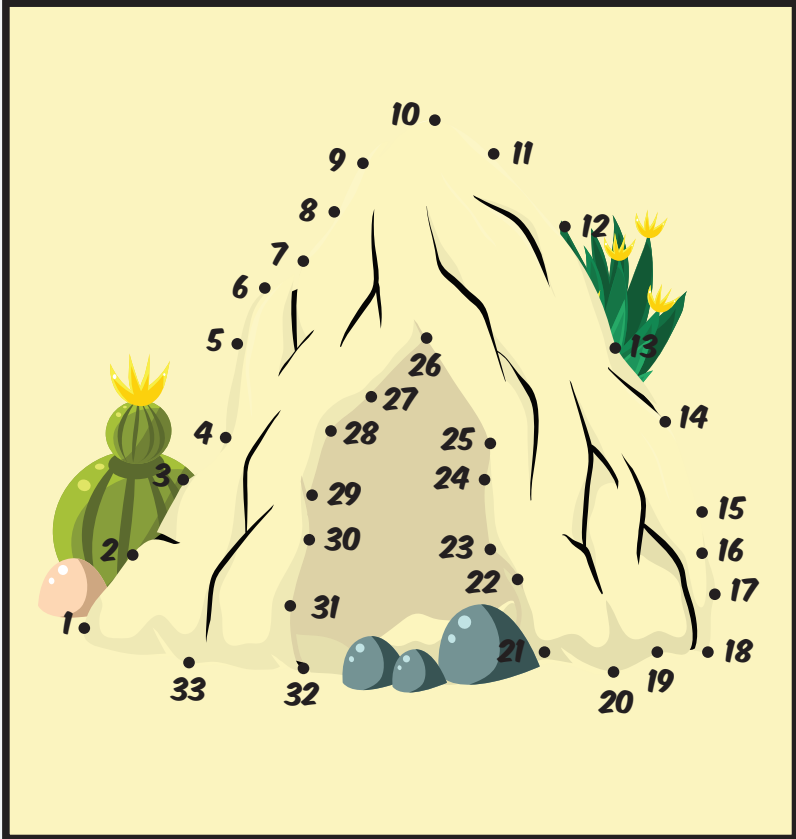
HINT

ACTIVITY

AWESOME WORK!!



*It's been tough but you're nearly there!
Olivia is nearby. Join the dots to find her!*



WHERE DID YOU FIND OLIVIA?

(IF YOU'RE NOT SURE, CHECK OUT THE MAP ON PAGE 5!)



FANTASTIC! YOU FOUND HER!

OLIVIA! SORRY IT TOOK ME
SO LONG TO FIND YOU...



OH NO... WHY ARE YOU UPSET?

I'M WORRIED...
I THOUGHT I'D DONE
SOMETHING WRONG
WHEN YOU DIDN'T PLAY
WITH ME.



GRANDMA'S BEEN
SICK AND DIED ON
THE WEEKEND.

I DON'T KNOW
WHAT I'LL DO
WITHOUT HER.



HERO'S CHALLENGE

OLIVIA'S WORRIED!

IMAGINE YOU'RE OLIVIA.
WHAT WOULD YOU DO TO FEEL BETTER?

CIRCLE YOUR
ANSWERS BELOW



SOMETIMES BAD THINGS HAPPEN.
*It's important to know that things
will get better and you're not alone!*



DO NOT SHARE
MY WORRIES

TELL AN ADULT
HOW I FEEL

ASK FOR HELP

IGNORE MY
WORRIES

SHARE MY
WORRIES



PARENTS - DID YOU KNOW?
HAVING ONE SUPPORTIVE ADULT OR
OLDER FRIEND OUTSIDE THE HOME CAN HELP
KIDS' WELLBEING. EXPLORE WITH YOUR CHILD
WHO IN THEIR EXTENDED FAMILY, SCHOOL
OR COMMUNITY THEY CAN
POSITIVELY CONNECT WITH.




Answers: Tell an adult how I feel; Ask for help; Share my worries.

WELL DONE!

YOU'VE HELPED OLIVIA
AND UNLOCKED THE

**SUPPORTING
ACHIEVEMENT!**



I FEEL SO MUCH
BETTER, THANKS!

HINT

WHERE COULD YOU BE?

WHEN YOU DIG DEEPER, YOU'LL FIND THINGS
YOU DIDN'T KNOW WERE THERE.

HINT



CONGRATULATIONS!

YOU'VE FOUND ALL OF YOUR FRIENDS!
They were in the school sandpit the whole time!
What's this they have for you?



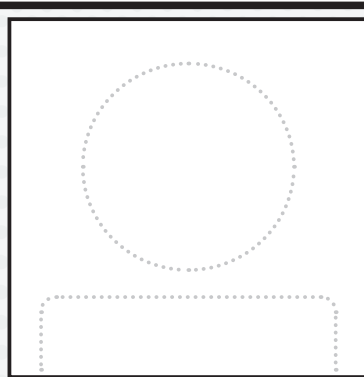
YOU'RE A HERO!!

DRAW YOURSELF AS THE HERO OF YOUR OWN STORY. CUT OUT THIS CARD AND CARRY IT WITH YOU TO REMIND YOU OF YOUR SPECIAL ABILITIES!



YOU'VE FOUND
YOUR FRIENDS AND
UNLOCKED THE **TALKING,**
PROBLEM SOLVING
AND **SUPPORTING**
ACHIEVEMENTS!

USE THESE
ACHIEVEMENTS
EVERY DAY AND BE
THE HERO
IN YOUR LIFE!



MY SPECIAL ABILITIES:

TALKING

PROBLEM SOLVING

SUPPORTING



REMEMBER!

If you feel lost and alone, ask for help and you'll get through it. Look out for yourself and your friends and ask your family, friends, doctor, school and community for support.

BE THE HERO OF YOUR OWN STORY!

STRANDED ALONE IN A DESERT WILDERNESS,
YOU MUST FIND YOUR FRIENDS TO ESCAPE.
FOLLOW THE CLUES AND SOLVE THE PUZZLES TO HELP
YOUR FRIENDS AND BECOME THE HERO OF YOUR OWN STORY!



PARENTS

BEING A PARENT CAN BE TOUGH. THERE ARE LOTS OF WAYS TO SUPPORT YOUR KIDS. FOR MORE INFORMATION CONTACT:

MINDS ALIVE

WWW.UCCOMMUNITY.ORG.AU/MINDS-ALIVE
(07) 5452 9797

RICHMOND FELLOWSHIP QUEENSLAND

WWW.RFQ.COM.AU

PARENTLINE

WWW.PARENTLINE.ORG.AU
1300 30 1300

LIFELINE (24 HOURS)

WWW.LIFELINE.ORG.AU
13 11 14

YOUR CHILDREN CAN ALSO CONTACT:

KIDS HELPLINE

WWW.KIDSHELPLINE.COM.AU
1800 55 1800

AN INITIATIVE OF UNITINGCARE COMMUNITY MINDS ALIVE AND
RICHMOND FELLOWSHIP QUEENSLAND.



Funded by the Australian Government Department of
Social Services. Visit www.dss.gov.au for more information.

