Module 1

Unit 1

SUPPORT SERVICE STATIONS

STUDENT NOTES SHEET

Move from station to station. At each one, read the service card carefully and record the key information below.

Station / Service Name	Who It Helps	What It Offers	How to Contact	When to Use It
1.				
2.				
3.				
4.				
5.				

QUICK REFLECTION

- Which service would be easiest for a young person to use? _____
- Which service is best for urgent emotional support? _____
- Which service gives trustworthy information? _____

Teacher note: Print one copy per student or one per pair.

SUPPORT SERVICE STATIONS

STATION 1 — JIGSAW

JIGSAW

Young people's health in mind

1. WHAT IS JIGSAW?

Jigsaw is a free mental health service for young people.

2. WHO IT HELPS

Young people aged 12–25 who live, learn, or work in areas where Jigsaw operates.

3. WHAT IT OFFERS

Mental health support, one-to-one help, local services, and online options.

4. HOW TO CONTACT

- **Website:** jigsaw.ie
- **Start here:** jigsaw.ie/go
- **Local service:** jigsaw.ie/find-a-jigsaw
- **General enquiries:** 01 472 7010

5. WHEN TO USE IT

Use Jigsaw when a young person wants support with stress, worry, feeling low, or ongoing mental health difficulties.

IMPORTANT

Jigsaw is **not** an emergency service. If someone is in immediate danger, call 112/999 or tell a trusted adult straight away.

Teacher note: Details checked August 2026 — recheck before future use.

SUPPORT SERVICE STATIONS

STATION 2 — CHILDLINE

Childline

1800 66 66 66

1. WHAT IS CHILDLINE?

Childline is a free, confidential support service for children and young people.

2. WHO IT HELPS

Children and young people up to age 18.

3. WHAT IT OFFERS

A listening ear, support by phone, and online chat any time of day or night.

4. HOW TO CONTACT

- **Website:** childline.ie
- **Phone:** 1800 66 66 66
- **Live chat:** childline.ie
- **Open:** 24 hours a day, every day

5. WHEN TO USE IT

Use Childline when a young person wants to talk privately about any issue, big or small, and needs someone to listen and support them.

IMPORTANT

If someone is in immediate danger, call 112/999 or tell a trusted adult straight away.

Teacher note: Details checked August 2026 — recheck before future use.

SUPPORT SERVICE STATIONS

STATION 3 — SPUNOUT

spunout

1. WHAT IS SPUNOUT?

spunout is Ireland's youth information and support platform.

2. WHO IT HELPS

Young people in Ireland, especially teenagers and young adults looking for trustworthy information or support.

3. WHAT IT OFFERS

Evidence-based information, support articles, a services directory, and Youth Information Chat.

4. HOW TO CONTACT

- **Website:** spunout.ie
- **Support finder:** spunout.ie/navigator
- **Youth Information Chat:** weekday evenings
- **Chat service info:** spunout.ie/services/youth-information-chat

5. WHEN TO USE IT

Use spunout when a young person wants reliable information, advice, or guidance about mental health, relationships, school, life, or wellbeing.

IMPORTANT

If someone is in immediate danger, call 112/999 or tell a trusted adult straight away.

Teacher note: Details checked August 2026 — recheck before future use.

SUPPORT SERVICE STATIONS

STATION 4 — TEXT ABOUT IT (50808)

Text About It by spunout

1. WHAT IS TEXT ABOUT IT?

Text About It is a free, anonymous, 24/7 messaging support service by spunout.

2. WHO IT HELPS

Anyone in Ireland who wants to text about how they are feeling and get support in a private way.

3. WHAT IT OFFERS

A safe text-based conversation with a trained volunteer, from a calming chat to immediate emotional support.

4. HOW TO CONTACT

- **Website:** textaboutit.ie
- **Text or WhatsApp:** HELLO to 50808
- **Some networks:** HELLO to 086 1800 280
- **Open:** 24/7

5. WHEN TO USE IT

Use Text About It when a young person wants support right now and would find texting easier than talking out loud.

IMPORTANT

If someone is in immediate danger, call 112/999 or tell a trusted adult straight away.

Teacher note: Details checked August 2026 — recheck before future use.

SUPPORT SERVICE STATIONS

STATION 5 — PIETA

pieta

1. WHAT IS PIETA?

Pieta provides free support to people in crisis, people who self-harm, and people bereaved by suicide.

2. WHO IT HELPS

People in Ireland who are experiencing suicidal distress, self-harm, or bereavement after suicide.

3. WHAT IT OFFERS

A 24-hour crisis helpline, text support, therapy services, and bereavement support.

4. HOW TO CONTACT

- **Website:** pieta.ie
- **Crisis helpline:** 1800 247 247
- **Text support:** HELP to 51444
- **Therapy services:** 0818 111 126

5. WHEN TO USE IT

Use Pieta when someone is in crisis, needs immediate emotional support, or needs help with suicidal thoughts or self-harm.

IMPORTANT

If there is immediate danger, call 112/999 or go to the nearest emergency department.

Teacher note: Details checked August 2026 — recheck before future use.

SUPPORT SERVICE STATIONS

STATION 6 — SAMARITANS

[SAMARITANS]



1. WHAT IS SAMARITANS?

Samaritans offers free, confidential emotional support to anyone who is struggling to cope or needs to talk.



2. WHO IT HELPS

Anyone in distress, feeling overwhelmed, lonely, or suicidal.



3. WHAT IT OFFERS

A listening service by phone, email, and local branches, open day and night.



4. HOW TO CONTACT

- **Website:** samaritans.ie
- **Call free:** 116 123
- **Email:** jo@samaritans.ie
- **Open:** 24 hours a day, 365 days a year



5. WHEN TO USE IT

Use Samaritans when someone needs a safe, non-judgemental person to talk to at any time of day or night.



IMPORTANT

If someone is in immediate danger, call 112/999 or go to the nearest emergency department.



Teacher note: Details checked August 2026 — recheck before future use.

SUPPORT SERVICE STATIONS

STATION 7 — BELONG TO

Belong To
LGBTQ+ Youth Ireland

1. WHAT IS BELONG TO?

Belong To is the national organisation supporting LGBTQ+ young people in Ireland.

2. WHO IT HELPS

LGBTQ+ young people in Ireland, and the families, schools, and communities supporting them.

3. WHAT IT OFFERS

Youth work support, information, referrals, and links to groups and resources for LGBTQ+ young people.

4. HOW TO CONTACT

- **Website:** belongto.org
- **Email:** info@belongto.org
- **Phone:** 01 670 6223
- **Support info:** belongto.org/we-are-here-for-you

5. WHEN TO USE IT

Use Belong To when an LGBTQ+ young person wants support, information, or a more inclusive and understanding space.

IMPORTANT

If someone is in immediate danger, call 112/999 or tell a trusted adult straight away.

Teacher note: Details checked August 2026 — recheck before future use.

SUPPORT SPEED MATCH

Teacher Guide & Answer Key

1 How to Play

1 Listen
Listen carefully to each scenario read out by the teacher.



2 Race to Match
Hold up the card of the support option you think is the best match.



3 Explain
Be ready to explain clearly why your match is the safest choice!



2 Answer Key

- **A** → **Anonymous Out-of-Hours Support**
- **B** → **Youth-Focused Online Info**
- **C** → **Free Listening Service for Under 18**
- **D** → **School-Based Support**
- **E** → **Immediate Danger – Get Urgent Help**

3 Important Reminder for Scenario E



Immediate danger is an emergency.

Go to Emergency Services (112/999) or tell a trusted adult right away.



Discuss: Why must we go to Emergency Services or a trusted adult in immediate danger, not just a website or chat service?

Teacher tip: *Encourage students to explain why a choice is safe, not just why it seems correct.*

SUPPORT SPEED MATCH

Scenario Cards

A

Scenario A:

A student wants to talk to someone anonymously, outside of school hours.



B

Scenario B:

A student is looking for youth-focused mental health articles and info online.



C

Scenario C:

A student under 18 needs a free, confidential listening service.



D

Scenario D:

A student wants to speak to someone they can access directly within the school.



E

Scenario E:

A student may be in immediate danger.



Cut out the cards and use them for the Support Speed Match activity.

SUPPORT SPEED MATCH

Support Option Cards

1

Anonymous Out-of-Hours Support

Confidential chat or text services available 24/7.



2

Youth-Focused Online Info

Trusted websites with articles, advice and practical tools.



3

Free Listening Service for Under 18

Confidential listening and support for young people.



4

School-Based Support

Talk to a teacher, guidance counsellor, SNA, or wellbeing officer in school.



5

Immediate Danger – Get Urgent Help

Contact Emergency Services (112/999) or a trusted adult straight away.



Cut out the cards and match them to the scenarios.

Module 1

Unit 2

Support Service Speed Match

Situation Cards

1

Situation 1:

"I am worried about my alcohol use and need confidential guidance."



2

Situation 2:

"I want to talk to someone anonymously without giving my name."



3

Situation 3:

"I am worried about gambling online."



4

Situation 4:

"My friend is completely unresponsive and I'm scared."



5

Situation 5:

"I want to know how to help a friend who is struggling."



Cut out the cards and use them for the Support Service Speed Match activity.

Support Service Speed Match

Support Option Cards

A

HSE Helpline / Freephone

1800 459 459 – confidential support for alcohol or drug concerns.

B

Emergency 999 / 112

For immediate danger or life-threatening situations. Act fast to save a life.

999
112

C

HSE Helpline / GP or School Counsellor

Professional health or counselling support for personal worries and wellbeing.

D

SpunOut.ie / School Counsellor

Anonymous chats and trusted advice on mental health, wellbeing and life issues.

E

Problem Gambling Services

Specialist support and advice for anyone worried about gambling.

777

Cut out the cards and match them to the situations.

Module 1

Unit 4

Consent Line Activity

Cut-Out Position Cards

DEFINITELY NOT CONSENT

NOT SURE

DEFINITELY CONSENT

Module 2

Unit 1

EVIDENCE



OPINION



NOT ENOUGH INFORMATION



Module 2

Unit 2

ZONE 1



Home Area

(My neighbourhood, estate, or road)

ZONE 2



School Area

(Where I study, meet classmates, or hang out)

ZONE 3



Sports or Activity Place

(My club, gym, pitch, or youth space)

ZONE 4



Family or Friend Area

(Where my relatives or close mates live)

ZONE 5



Nearby Town or Outside Area

(A nearby town, village, or somewhere outside the county)

Module 2

Unit 4

1 KEEP IT!



2 KEEP & ADAPT!



3 CHANGE IT!



4 NOT SURE!



Module 3

Unit 3

Connection Card Sort

ISSUE

RISING ENERGY COSTS

CONNECTION

Pressure on household budgets

CONNECTION

Hard choices about spending

CONNECTION

Services become more stretched

CONNECTION

Travel habits start to change

CONNECTION

Running costs rise for many groups

CONNECTION

Calls for new solutions

Connection Card Sort

ISSUE

YOUTH MENTAL HEALTH

CONNECTION

Everyday stress builds up

CONNECTION

Support becomes harder to access

CONNECTION

Relationships can be affected

CONNECTION

School engagement may change

CONNECTION

More people seek help

CONNECTION

Confidence can drop

Connection Card Sort

ISSUE

CLIMATE CHANGE

CONNECTION

Weather patterns become less predictable

CONNECTION

Local places can be affected

CONNECTION

Costs may rise over time

CONNECTION

Nature faces more pressure

CONNECTION

Food systems feel the impact

CONNECTION

Big decisions are needed

Connection Card Sort

ISSUE

HOUSING SHORTAGE

CONNECTION

More pressure on rents

CONNECTION

People wait longer for housing

CONNECTION

Living arrangements become crowded

CONNECTION

Young adults delay moving out

CONNECTION

Local services feel the strain

CONNECTION

Building costs matter more

Connection Card Sort

ISSUE

TRANSPORT DELAYS

CONNECTION

Journeys take longer

CONNECTION

Daily routines are disrupted

CONNECTION

Some areas feel less connected

CONNECTION

More people rely on other options

CONNECTION

Time and money pressures increase

CONNECTION

Access to opportunities can narrow

Connection Card Sort

ISSUE

INFLATION RISING

CONNECTION

Essentials cost more

CONNECTION

Savings stretch less far

CONNECTION

Wages feel under pressure

CONNECTION

Businesses review prices

CONNECTION

People cut back on extras

CONNECTION

Public debate grows

Connection Card Sort

ISSUE

DIGITAL ADDICTION

CONNECTION

Screen time replaces other activities

CONNECTION

Sleep patterns may suffer

CONNECTION

Focus can become harder

CONNECTION

Face-to-face time may drop

CONNECTION

Mood and stress can shift

CONNECTION

Boundaries become important

Connection Card Sort

ISSUE

FOOD WASTE

CONNECTION

Money is lost unnecessarily

CONNECTION

Bins fill more quickly

CONNECTION

Useful resources are wasted

CONNECTION

Planning becomes more important

CONNECTION

Environmental pressure increases

CONNECTION

Uneven access stands out

Connection Card Sort

ISSUE

ONLINE CYBERBULLYING

CONNECTION

Confidence can be damaged

CONNECTION

Stress and worry can grow

CONNECTION

School life may be affected

CONNECTION

Support may be needed

CONNECTION

Online spaces feel less safe

CONNECTION

Bystanders have choices too

Module 3

Unit 4

1 Station 1: School

A student with dyslexia is given the same written test as everyone else but is not given the support or extra time they usually receive.

1. **What is happening?**
   Describe the situation.
2. **Who is affected?**
   Think about the people involved.
3. **What right is involved?**
   Name one or more rights at stake.
4. **Protected or denied?**
   Is the right being respected or threatened?
5. **What could help?**
   Suggest one practical action or support.
6. **Who has responsibility?**
   Name who should act (school, employer, council, government).

2 Station 2: Work

A 17-year-old worker is regularly asked to stay late without proper breaks and feels afraid to complain in case they lose the job.

1. **What is happening?**
   Describe the situation.
2. **Who is affected?**
   Think about the people involved.
3. **What right is involved?**
   Name one or more rights at stake.
4. **Protected or denied?**
   Is the right being respected or threatened?
5. **What could help?**
   Suggest one practical action or support.
6. **Who has responsibility?**
   Name who should act (school, employer, council, government).

3 Station 3: Housing

A family is living in temporary accommodation and the young person has no quiet space to sleep or study.

1. **What is happening?**
   Describe the situation.
2. **Who is affected?**
   Think about the people involved.
3. **What right is involved?**
   Name one or more rights at stake.
4. **Protected or denied?**
   Is the right being respected or threatened?
5. **What could help?**
   Suggest one practical action or support.
6. **Who has responsibility?**
   Name who should act
   (school, employer, council, government).

4 Station 4: Online

A student is being targeted in a group chat with cruel messages and embarrassing images being shared without permission.

1. **What is happening?**
   Describe the situation.
2. **Who is affected?**
   Think about the people involved.
3. **What right is involved?**
   Name one or more rights at stake.
4. **Protected or denied?**
   Is the right being respected or threatened?
5. **What could help?**
   Suggest one practical action or support.
6. **Who has responsibility?**
   Name who should act
   (school, employer, council, government).

Module 3

Unit 6



LEFT SIDE

Put the priority on

Freedom / Privacy / Housing



THE MIDDLE

You are undecided or believe a direct compromise is needed.



RIGHT SIDE

Put the priority on

Safety / Protection / Environment

Module 4

Unit 1

GREEN	ORANGE	RED
GREEN	ORANGE	RED
GREEN	ORANGE	RED
GREEN	ORANGE	RED
GREEN	ORANGE	RED

Module 4

Unit 2

GREEN	ORANGE	RED
GREEN	ORANGE	RED
GREEN	ORANGE	RED
GREEN	ORANGE	RED
GREEN	ORANGE	RED

Module 4

Unit 3

Trusted Support QR Cards

Teacher-verified links - print, cut out and use on a classroom notice-board.

Jigsaw

Youth mental health support and information for young people aged 12-25.

Official website:

jigsaw.ie

Always verify the destination before displaying or sharing.

HSE - Mental Health Supports for Young People

Official HSE information on mental health organisations, services and supports for children and young people.

Official website:

www2.hse.ie/mental-health/services-support/children-young-people

Always verify the destination before displaying or sharing.

Webwise

Ireland's internet safety awareness centre for young people, families and schools.

Official website:

www.webwise.ie

Always verify the destination before displaying or sharing.

spunout

Youth information, advice and support on mental health, wellbeing and everyday life.

Official website:

spunout.ie

Always verify the destination before displaying or sharing.

Module 4

Unit 4

0

NO PRESSURE AT ALL



10

HUGE, INTENSE PRESSURE



FACT

I think this statement IS true.





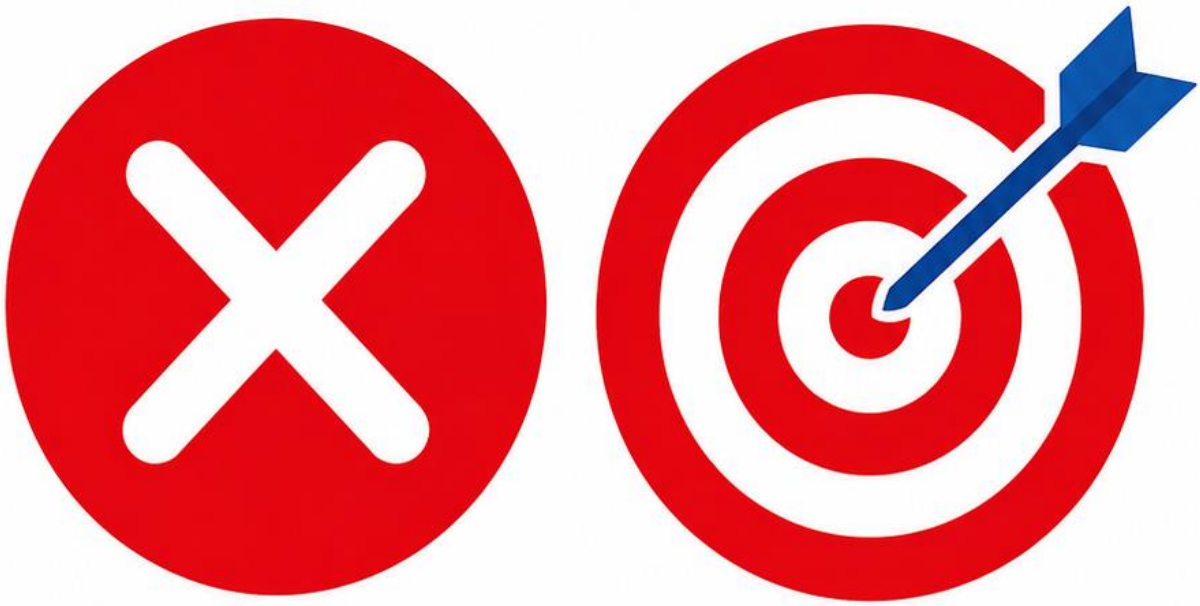
NOT SURE

I’m not sure about this statement.



MYTH

I think this statement is NOT true.



Module 5

Unit 1

Station 1

1



Television or Radio

Station 2

2



Social Media

Station 3

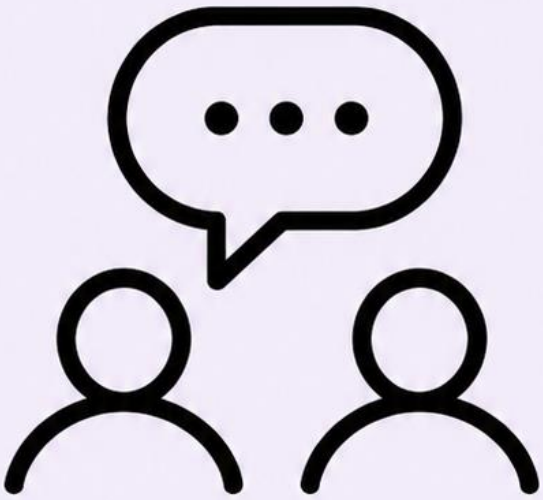
3



Websites

Station 4

4



Word of Mouth

Module 5

Unit 3

DEMOCRATIC



NON-DEMOCRATIC



NOT SURE



Module 5

Unit 4

ACTIVE





PASSIVE



UNSURE



Module 5

Unit 5

LEFT WALL

Completely Free

(People should do whatever they want)



MIDDLE

Balanced

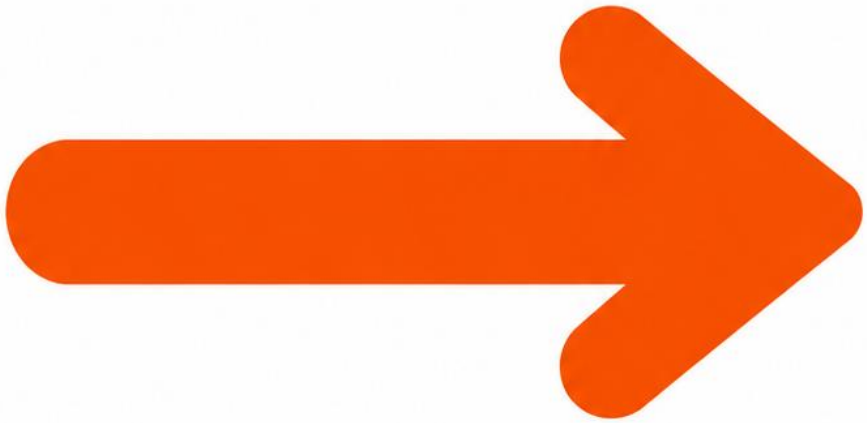
(It depends on the situation)



RIGHT WALL

Strong Limits

(Rules should strictly control this)



Everyday Scenario Cards

Cut out and use for group discussion.

Scenario 1



A student wants to share a screenshot of a friend's private message in a group chat because they think it is funny.

Scenario 2



Someone in an estate plays very loud music late at night and says they can do what they want in their own house.

Scenario 3



A customer is refused service because of their background, even though they have done nothing wrong.

Scenario 4



A classmate posts a harsh comment under someone's photo online and says it was only a joke.

Scenario 5



A part-time worker skips an important safety step because they are in a rush to finish the job.

Scenario 6



A student films another young person in public and uploads the video without asking for permission.

Scenario 7



A driver parks in a disabled parking space for a few minutes because the other spaces are full.

Scenario 8



A young person is told they cannot join an activity because of a disability or additional need.

Scenario 9



A group plans a protest in a public place, but some people worry it will block access and create danger.

Scenario 10

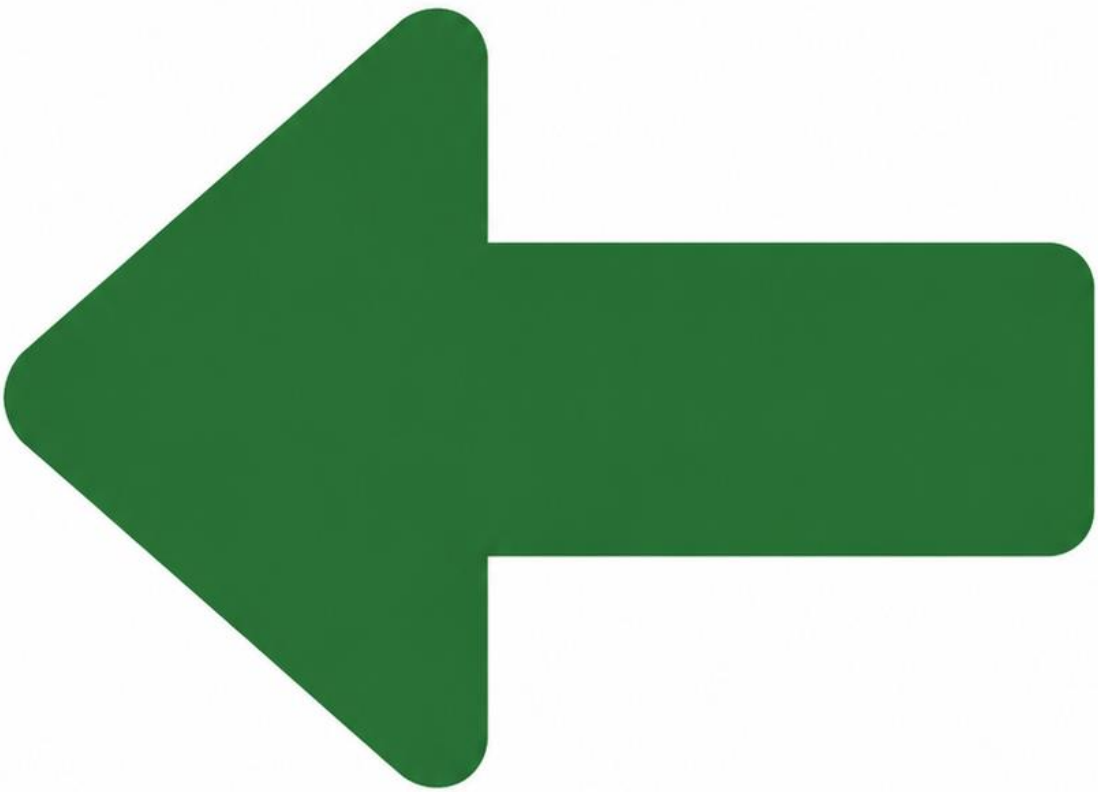


A student wants complete freedom online, but their school says harmful posts and bullying cannot be allowed.

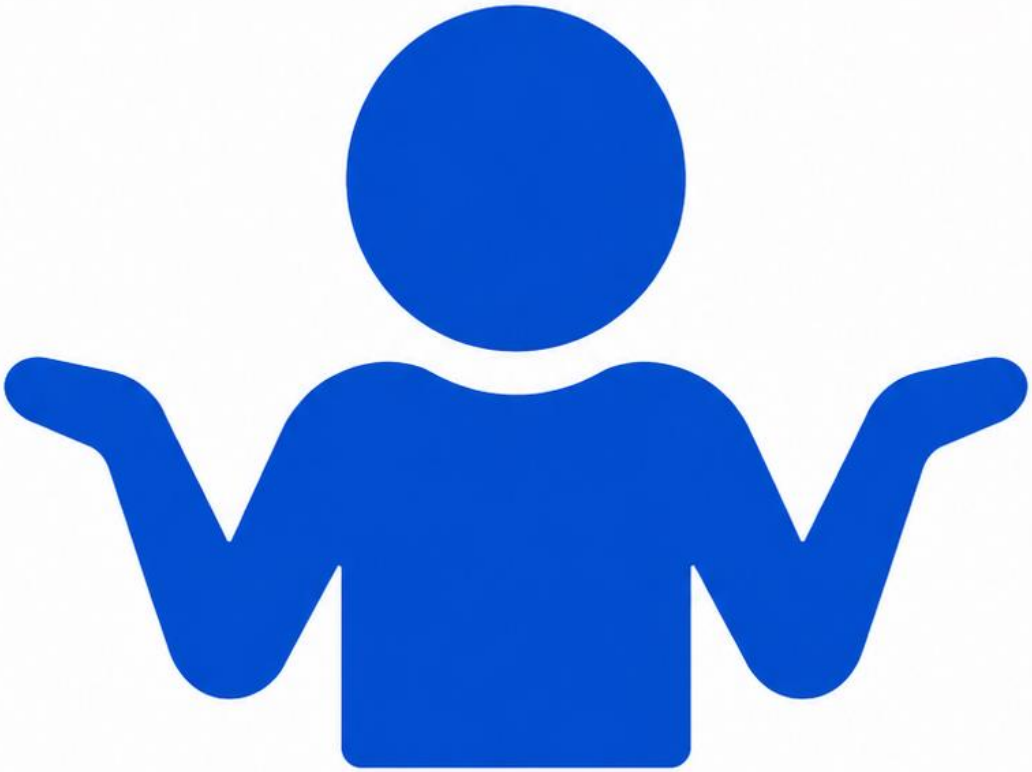
Module 5

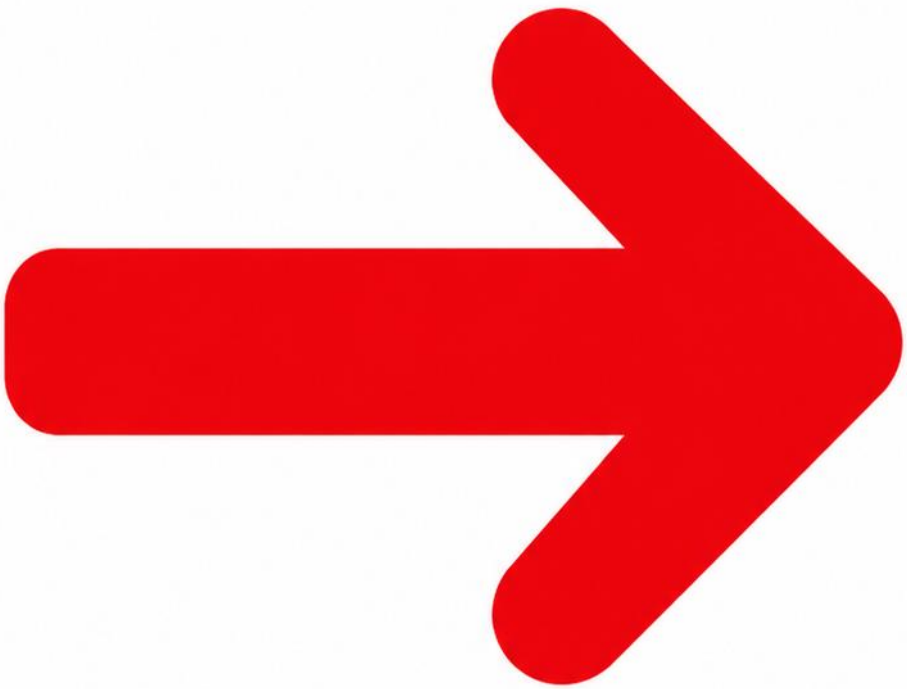
Unit 6

AGREE



UNSURE





DISAGREE

Module 6

Unit 1

STATION 1

Renting a single room in a shared house



Discuss with your group:

01 Who might this option suit best?

02 One key advantage.

03 One major challenge.

STATION 2

Student accommodation on or near campus



Discuss with your group:

01 Who might this option suit best?

02 One key advantage.

03 One major challenge.

STATION 3

Renting a small, self-contained flat or bedsit



Discuss with your group:

01 Who might this option suit best?

02 One key advantage.

03 One major challenge.

STATION 4

Living with relatives while working or studying



Discuss with your group:

01 Who might this option suit best?

02 One key advantage.

03 One major challenge.

STATION 5

Supported accommodation or local housing support



Discuss with your group:

01 Who might this option suit best?

02 One key advantage.

03 One major challenge.

Module 6

Unit 2

YOUR SURPRISE CARDS

A €150



You need a €150 train ticket for a family wedding in **15 weeks.**

B €80



You need €80 for an annual phone insurance fee due in **10 weeks.**

C €130



You need €130 for a warm winter coat and boots in **26 weeks.** (6 months)

D €65



You need €65 for a routine medical/dental prescription in **13 weeks.**

E €200



You need €200 for a new bicycle for school/college in **20 weeks.**

F €75



You need €75 for a pair of sports shoes in **12 weeks.**

G €180



You need €180 for a car service and MOT in **24 weeks.** (6 months)

H €90



You need €90 for a gym membership and equipment in **18 weeks.**

I €110



You need €110 for school books and supplies in **22 weeks.**

J €160



You need €160 for a holiday trip in **30 weeks.** (7 months)

Calculate the exact **Weekly Sinking Fund Amount** needed for your card.

Identify one **optional item** in a typical budget that could be skipped to free up this weekly saving.

2 MINUTES to calculate and discuss your budget swap.

TABLES SHARE answers aloud!

Module 6

Unit 3

Activity: Match the Scenario

Scenario Cards



The Student Saver



The Weekly Apprentice



The Community Borrower



The Rent Payer



The Bill Organiser



The Careful Spender



The First-Time Worker



The Online Shopper



The Emergency Saver



The College Starter

Activity: Match the Scenario

Provider Cards



Banks



Credit Unions



Post Office Financial Services



Online-Only Banks



Savings Providers



Building Societies



Budgeting Apps



Prepaid Card Accounts



Community Advice Services



Student Banking Accounts

Module 6

Unit 4

Savings and Credit Challenge

Scenario Cards

A



A laptop is needed for a college course starting next week.

B



You want a new TV because your friends have a better one.

C



Your bike needs an urgent repair so you can get to work.

D



Brand-name runners are on sale this weekend only.

E



Your car insurance bill arrives and you were not expecting it.

F



You want to upgrade your phone even though your current phone still works.

G



You need €120 for school books and supplies next month.

H



Your washing machine breaks and needs to be replaced soon.

I



You have been invited on a school trip in 8 weeks and need to pay the deposit.

J



You need money for an emergency dental appointment this week.