

FOR TEACHERS

Summary

Walk My Life is a learning simulation developed by the Auckland City Mission Te Tāpui Atawhai that seeks to help learners aged 14-17 understand some of the challenges faced by people experiencing homelessness.

After walking through this simulation several times, we would expect learners to be able to:

- Challenge some of the stereotypes about people experiencing homelessness.
- Discuss some of the causes of homelessness.
- Be able to identify some of the myths around homelessness.
- Brainstorm some ways to support the Auckland City Mission Te Tāpui Atawhai.

Teaching

BEFORE

Age Rating: 14 years and above

This simulation contains some material that parents may find unsuitable for children under 14 years of age. It contains themes that students may find distressing and we recommend that teachers complete this simulation in a classroom setting and ensure that students know who to contact if they need further support after the lesson.

Before students start working through these scenarios, we suggest teachers:

- Gain students prior knowledge of homelessness (survey/brainstorm).
- Work as a class to explore and then define homelessness. And come up with examples.
- Specifically look at the New Zealand context by looking at statistics of homelessness in New Zealand. Consider looking at a timeline of rates of homelessness in Auckland.
- Look at the Universal Declaration of Human Rights and discuss shelter as a human right.

DURING

We suggest using this simulation in a class situation. It does require internet access and is best done in groups of 3-4 where students can make decisions together by discussing their choices.

It is also effective when a teacher makes the simulation available on a large screen. Students can participate as a class, “voting” on the choices and discussing the outcomes.

Play through the scenario at least three times to experience the different outcomes. You may assign a group to play only the Youth Scenario and then compare their experience with other groups playing one of the other two. Or, have a group answer questions about a scenario and then move to the next one.

Another option is to divide class into 3 groups, and in teams, go through one scenario several times.

Answer questions together about that scenario. Then move to the next one. After final scenario, answer questions together about differences and similarities. What was common to all three, what was specific to each one?

AFTER

Suggested reflection questions – choose any or all for a group or class discussion activity. This can be done as a group or in pairs.

- Tell other players how this experience made you feel.
- How did different experiences in the game affect you?
- Were there some choices or outcomes that affected you more or less?
- Is living on a couch or overcrowded house homelessness? Explore definitions.
- What were the reasons that the people in our simulation turned down paid work or couldn't work? What other reasons might there be that you can think of?
- How did your experience differ or compare to other players?
- What choices did you have to make throughout your experience? How did these affect you?
- Was there anything that surprised you? Discuss why.
- How do you think this online simulation reflects real experiences and life events?
- Has this experience taught you anything new about people experiencing homelessness?
- Why do you think people end up experiencing homelessness?
- Did the simulation challenge your ideas/understanding around the causes of homelessness? Why or why not?

HELPFUL LINKS

- Food Insecurity: Hungry for Change website
<https://donate.aucklandcitymission.org.nz/hungryforchange>
- Research around causes of Homelessness
<https://www.aucklandcitymission.org.nz/what-we-do/research/>
- About Housing First
<https://www.housingfirst.co.nz/>

NEED HELP?

If you need help with food and live in Auckland city you can contact the Auckland City Mission: <https://www.aucklandcitymission.org.nz/get-help/food/>

If you need to talk to someone

Free call or text 1737 any time for support from a trained counsellor.

Some other great places to get support include:

National helplines

- [Depression helpline](#) (24 hours a day, 7 days a week): free phone 0800 111 757 or free text 4202.
- [Suicide Crisis Helpline](#): free phone 0508 828 865 (0508 TAUTOKO).
- [Lifeline](#): free phone 0800 543 354 or free text 4357 (HELP).
- [Samaritans](#) crisis helpline: free phone 0800 726 666 if you are experiencing loneliness, depression, despair, distress or suicidal feelings.

Child and youth helplines

- [Youthline](#): free phone 0800 376 633 or free text 234, email talk@youthline.co.nz or [online chat](#).
- thelowdown.co.nz or email team@thelowdown.co.nz or free text 5626.
- SPARX.org.nz: online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed.

- [Kidsline](#): free phone 0800 543 754. Talk to a trained Kidsline buddy from 4pm-9pm weekdays.
- [What's Up](#) (for 5 to 18-year olds): free phone 0800 942 8787. Phone counselling is available Monday to Friday, 1pm–10pm and weekends, 3pm–10pm. Online chat is available 7pm–10pm daily.

Specialist helplines

- [OUTLine NZ](#): 0800 688 5463 (OUTLINE) provides confidential telephone support for sexual and gender identity.
- [Seniorline](#): free phone 0800 725 463 information service for older people.
- [Anxiety NZ](#) phone line: free phone 0800 269 4389 (0800 ANXIETY).
- [Drug and Alcohol helpline](#): free phone 0800 787 797 or [online chat](#).
- [Gambling helpline](#): free phone 0800 654 655.
- [Shine](#): free phone 0508 744 633 confidential domestic abuse helpline.
- [Are You OK](#): free phone 0800 456 450 family violence helpline.
- [Women's Refuge](#) Crisis Line: free phone 0800 733 843 (0800 REFUGE) for women living with violence, or in fear, in their relationship or family.
- [Shakti](#) Crisis Line: free phone 0800 742 584 for refugee or migrant or women living with family violence.
- [Vagus Line](#): free phone 0800 567 6666 (Mon, Wed, Fri 12 noon – 2pm) for the Chinese community.
- [Victim Support](#): free phone 0800 842 846.
- [Rape Crisis](#): free phone 0800 883 300 for support after rape or sexual assault.
- [Ka Piki Te Ora](#) Māori suicide prevention services are located in nine regions: South Auckland, Northland (Whangarei and Kaitaia), Rotorua, Napier, Opotoki, Whanganui, Christchurch, and Invercargill.
- [Personal Advocacy and Safeguarding Adults Trust](#): free phone 0800 728 7878 for adults with care and support needs.

For more information about where to get support, visit **Te Whatu Ora's** website: <https://www.tewhatauora.govt.nz/about-us/> and the **Mental Health Foundation's** website: <https://mentalhealth.org.nz/>

