

**Topic: Asking for Help**

**Let's get started...**

Did you ask for help today? Who did you ask? Did they help you?

**Background:**

There are many good reasons to ask for help. If you are lost, you can ask someone for directions. If you cannot lift a heavy object, you can ask someone to help you lift it. If you don't know what time it is, you can ask someone who has a watch on. If you don't know when you should get off the bus, you can ask the bus driver for help. Asking for help is an important part of everyday life!



**In pairs for 5 minutes, ask and answer these questions:**

Who would you ask for help?

- Police officers
- Store employees
- Your family
- The bus driver
- Strangers
- Your friends

**Share your partner's answers with the group.**



**Discussion Questions:**

Who do you ask for help in your native country?

Is it common to ask for help from strangers in your native country?

When do you need to ask for help?

How do you feel when you ask for help in America?

If you need help while you are shopping, what should you say to the store employees?

If you need help while riding the bus, what should you say to the bus driver?

If you need help when you are lost, what should you ask a stranger?

What should you say when you ask for help from a stranger?

How can you stay safe when asking for help?

Can you trust all strangers? Who should you trust?

What are some different ways you can ask for help? (For example, by phone, by e-mail)

What should you do if someone doesn't want to help you?

What information should you NOT tell someone when you are asking for help?

Where can you ask for help in an emergency?

How can you ask for help in an emergency?

How can you practice asking for help?

What should you say after someone helps you?

If you saw someone who needed help, what would you do?

Are you stubborn? Is it difficult for you to ask for help sometimes?

Why do some people not like asking for help?

Which do you prefer: getting help or giving help? Why?

With a partner, practice asking for help:

- You cannot find the drugstore. Ask your partner for directions.
- You do not understand how to get money from the bank. Ask your partner.
- You want to know what time it is. Ask your partner.
- You can't find your cat. Ask your partner for help.
- You bought a new TV and need help carrying it. Ask your partner for help.

**New words and Idioms:**

Assistance, aid, "to give someone a hand," "to help someone out," "it is better to give than to receive"