



ARE YOU OK?

It's a simple question, but it can be a tough one to ask. Use this quiz to find out if you're Rail R U OK? Ready.

The quiz will test your knowledge of the R U OK? 4 Steps. You can learn more about these steps and how to have a meaningful conversation at ruok.org.au/how-to-ask

1 When do you think is the best time to make a moment meaningful and ask someone, "are you OK?"

- a) When they're surrounded by people in a noisy public place
- b) When they're running out the door
- c) When they're in a quiet, comfortable and relatively private place
- d) Never. I'll ignore my gut instinct that something's not right

2 What's important to remember when listening to someone talk about how they're feeling?

- a) Tell them about your problems and 'that time' when you felt the same
- b) Let them talk without interruption, ask open questions to help them explain and listen without judgement
- c) Talk over them so they can't get a word in
- d) Make eye contact but don't really listen to what they're saying

3 What is a good next step you could encourage them to take to manage their situation?

- a) Suggest they talk to someone who can provide further support; like their doctor, EAP or someone else they trust
- b) Tell them it's not that bad and they'll get over it
- c) Suggest they don't talk to anyone else about how they're feeling
- d) Suggest they stop doing their favourite things; like sport, social outings or volunteering

4 What can you do to show you genuinely care?

- a) Forget what they've told you
- b) Laugh it off
- c) Tell them they're weak for talking about their problems
- d) Check in with them again soon to see how they're going

Quiz answers: 1 C 2 B 3 A 4 D

Find more resources at
tracksafeoundation.com.au/event/rail-r-u-ok-day

TrackSAFE
Foundation

R U OK?