R U OK?™

I'm **here** to **hear**

CONVERSATION QUIZ

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