

MENTAL HEALTH AND WELLBEING



"Argh, I arrived at school this morning and realised that I had forgotten an important homework assignment that was due today! It's been finished for days but Dad didn't put it in my bag like he said he would this morning. This is not my fault!"

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



MENTAL HEALTH AND WELLBEING



"Oh no! My teacher is away today and their replacement is one that I have not enjoyed having in the past. I always get in trouble for nothing. I feel really anxious about today!"

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



MENTAL HEALTH AND WELLBEING



"I have no idea what is happening. Lately, I have started to feel big emotional changes every day. One moment I feel really happy, the next moment I am annoyed with everything. Sometimes I feel like crying. What is happening to me?"

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



MENTAL HEALTH AND WELLBEING



"Lately, I feel like my teacher is always picking on me. I am always in trouble for no reason at all. I have always loved my teachers in the past, but this year has been terrible!"

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



MENTAL HEALTH AND WELLBEING



"Lately, a good friend has started saying nasty things to me on social media and via text messages on my phone. I really want to be friends with him, but his messages make me feel so awful. I feel like I can't tell anyone because I do not want to seem uncool."

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



MENTAL HEALTH AND WELLBEING



"At school, I feel like everyone targets me with nasty comments. I am so scared to come to school, but I am afraid to tell my parents or the teacher, because I do not want to be teased. I feel very trapped."

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



SAFETY



"I am walking home alone and I have the feeling a vehicle is following me. I feel like I need help but I don't know anyone on this street. I am starting to feel unsafe and scared. Where can I go for help?"

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



SAFETY



"My friends and I are at the park and my friend's brother, who just got his learner's license, has asked me to come for a ride in his new car. My friend says that his brother is an experienced driver and has driven him plenty of places, so it is fine. I feel unsure."

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



SAFETY



"On the weekend, I was with my best friend at the mall. After leaving a shop, she confessed that she had just stolen something. She appeared very proud of doing so. I am not sure what I should say."

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



SAFETY



"Last night, I was messaging a friend and they have let me know that someone has been texting photos of me to everyone at school. They have edited them with unfriendly comments. I was not aware these photos were even taken. I am so embarrassed!"

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



RELATIONSHIPS AND SEXUALITY



"At lunch, I heard someone tell a boy from my class that jazz dancing is a sport for girls. They also teased him because he likes the colour pink and they started calling him a girl. I felt really sorry for him."

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



RELATIONSHIPS AND SEXUALITY



"In class, for an activity, we were asked to divide into teams of four. I noticed that one person was left out, but she is not very good at projects and I don't want my grade to be affected by including her."

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



RELATIONSHIPS AND SEXUALITY



"At lunchtime, my friends kept insisting that we play a game that I am so tired of playing. They never want to do what I want to do. This is so frustrating!"

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



RELATIONSHIPS AND SEXUALITY



"I was online doing some homework and a pop-up came onto my laptop screen. There were inappropriate images I know I should not be looking at. It was very embarrassing."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



RELATIONSHIPS AND SEXUALITY



"Lately, I have noticed that my friends are changing and becoming more serious. They are acting grown-up and talking about boys they like. I still feel like a kid compared to them, but I don't think I am old enough to talk about that stuff."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



RELATIONSHIPS AND SEXUALITY



"At break time, I noticed that two of my friends were excluding me and running away from me. When I tried talk to them, they just walked away. I don't know what I have done and they are my only friends. I feel so alone and sad."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



FOOD AND NUTRITION

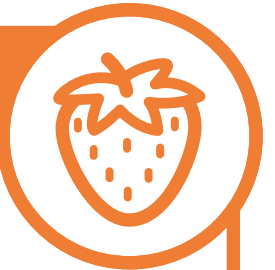


"At lunchtime, I noticed that my friend's lunchbox had a lot of unhealthy food items. I am worried that he is not eating enough of the right foods."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



FOOD AND NUTRITION



"At home, I am finding dinner a real struggle. My parents insist that I eat a lot of vegetables that I just do not like. Because of all the arguments, I am starting to feel anxious before we have dinner."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



FOOD AND NUTRITION



"Today, my friend expressed to me that she is unhappy with how she looks. She wants to look like the celebrities she sees on social media and she is starting to feel guilty about eating. I think she looks fine, but it seems to really upset her. I am not sure what else to say."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



FOOD AND NUTRITION



"My best friend is someone who I love to spend a lot of time with, but I find it very difficult when we eat together. He is very fussy. He doesn't like a lot of the same foods I do and will refuse to try anything new."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



DRUGS AND ALCOHOL



"While hanging out after school, one of my friends showed me a cigarette. She said she got it from her brother. She asked me if I wanted to try it. I didn't know what to say."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



DRUGS AND ALCOHOL



"Today at the swimming carnival, I noticed that my friends were acting a little strange. One of them told me that they had been drinking alcohol and not to tell the teacher. I felt really worried about them."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



DRUGS AND ALCOHOL



"On the weekend, my friends were trying some alcoholic spirits that one of them took from his parents' house. They were pressuring me to try some. I really didn't want to, but they said that if I didn't, I wouldn't be cool enough to hang out with them anymore."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



DRUGS AND ALCOHOL



"My friend has been staying at my house for the weekend. When his mother arrived to pick him up, she was acting unusually loud, swaying slightly and had the smell of alcohol on her breath. She is about to take my friend home. I am worried about him getting into a car with her."

WHAT ARE MY CHOICES/CHALLENGES?
WHAT CAN YOU CONTROL?
WHAT CAN'T YOU CONTROL?



SOCIAL AWARENESS



"In class, we have been doing a speech competition. I did not win and I feel a little jealous of the winner. I tried my best and I feel that my speech was better than the chosen winner. I don't think this is fair."

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



SOCIAL AWARENESS



"I am in a sports team. There is new member of our team who cannot play as well as everyone else. Because of this, no one passes to him. He always fumbles the ball and he cannot run very fast, either. I wish he wasn't on our team."

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



SOCIAL AWARENESS



"My teacher put our class into groups to do a science project. Of course, I am paired with the one person I do not get along with. She is so annoying and I just can't work with her. This is terrible!"

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



SOCIAL AWARENESS



"I have some family issues happening at home. I feel so upset, but I'm sure no one else will understand what is happening. I feel lost and alone. I have no one I can talk to."

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



SOCIAL AWARENESS



"On the weekend, my friend was staying for a sleepover. My big sister made spaghetti bolognese for dinner, but my friend is a vegetarian. It is so annoying and awkward. Why can't he just eat what everyone else eats?"

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



SOCIAL AWARENESS



"There are bean bags in our classroom that I have always wanted to sit on. The only problem is, the same group of kids always sit on them. I want to tell them to share and stop being so selfish! Should I?"

WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?



WHAT ARE MY CHOICES/CHALLENGES?

WHAT CAN YOU CONTROL?

WHAT CAN'T YOU CONTROL?

