

Triggers and Responses

This assessment will help you to consider how you feel about certain experiences that pose a threat to a person's mental wellbeing. Try to answer honestly about how you think you would respond or react in each scenario. You might choose more than one response, which is fine.

1. You realise that a rumour about you has been circulating on social media, which has led to some people sending you hurtful and upsetting messages and comments.

Do you...

- a) Reply angrily to every message you receive?
- b) Take a break from social media and spend time with close friends?
- c) Report the issue to someone at school?
- d) Delete all your social media accounts and get a new phone number?
- e) Stay at home, in your room, hoping it will all blow over?

2. You have just started at a new school and haven't clicked with anyone. Everyone else seems to have friendship groups and you aren't being included in social gatherings.

Do you...

- a) Reach out to a member of staff?
- b) Look to see if there are any school clubs you could join?
- c) Give it time and wait to see if anyone starts talking to you?
- d) Try to start a conversation with people you sit next to in your classes?
- e) Avoid going into school completely?

3. You are finding a particular subject really difficult and receiving low grades on homework and tests.

Do you...

- a) Ask a friend if you can copy their homework?
- b) Give up – you must be rubbish so what's the point?
- c) Ask the teacher if there are any resources, books or websites they can recommend?
- d) Speak to your parents or carers to see what they suggest?
- e) Keep trying but don't tell anyone – maybe things will improve?

4. A lot of your friends vape and are pressuring you into trying it, too, but you don't want to.

Do you...

- a) Confidently tell your friends you're just not keen to try and change the subject?
- b) Try it so they stop pestering you but tell them you don't like it?
- c) Give it a go – if they like doing it, it must be great?
- d) Tell them you don't want to be friends with them anymore and report them to a teacher?
- e) Make up excuses to avoid seeing them after school or outside of school?

5. You have been invited to a party and everyone is talking about what they're going to wear. Your family don't have much money and you don't have any new clothes, or clothes that are the brands all your friends wear.

Do you...

- a) Make an excuse not to go to the party?
- b) Ask some close friends if they have something you could borrow?
- c) Pester your parents or carers to buy you something new to wear?
- d) Just show up in what you usually wear – your friends like you for you, not your clothes?
- e) Have a look at buying something 'pre-loved' – it's cheaper and good for the environment?

6. Your best friend has had to move a long way away. You used to go to school together and see each other at the weekends.

Do you...

- a) Forget about them – out of sight, out of mind?
- b) Keep in touch on the phone and through social media but also spend time with other friends in person?
- c) Message and write to them all the time, and insist on facetime calls every day?
- d) Withdraw from those around you and turn down invitations to do things with others because you're too sad?
- e) Look into arranging a time when you can visit them or they can visit you, and plan something fun to do together?

7. You have just found out that a close family member is seriously ill. They are likely to require a lot of treatment and may have to spend a lot of time in hospital.

Do you...

- a) Go online and read about the illness to learn all about it?
- b) Speak to other family members or close friends about the news and how you're feeling about it?
- c) Try to spend as much time as possible with them, even if it means missing school or not seeing anyone else?
- d) Try not to think about it at all and pretend nothing has happened?
- e) Stay strong and positive for them but write down how you're feeling in a journal?

8. You have dedicated a lot of time and effort to practising for an audition (or try-out for a club, competition or grading). It doesn't go well on the day, and you don't get the part (get in, do well or pass).

Do you...

- a) Let out your emotions (maybe have a cry) then take a break to get back into a good headspace?
- b) Think about those who did well and what you could learn from them to improve your chances next time?
- c) Call it a day and give up with this hobby (interest or sport, etc.)?
- d) Ask the relevant people for feedback on how you could be more successful next time, then put their advice into action?
- e) Get angry with whoever was making the decisions and tell them they have made a mistake in not choosing you (putting you through, passing you, etc.)?

We can't control the things that happen to us, but we can make choices about how we make sense of what has happened and how we respond.

Often, one of the best things we can do is give ourselves time and space to consider what has happened, before we rush into any response or reaction.

Speaking to others and getting support with difficult challenges is also likely to help in most situations.