

### Resource 2 (Activity 2) Difficult Situations

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1. John hates being smaller than the rest of the boys in his year at school. People make jokes about his size. Girls call him cute and pat him on the head! They don't mean to hurt his feelings, but they do. John thinks that if he complains about it, it will only make matters worse because people will say that he can't take a joke.
2. Christine has acne. She tries to cover it up with her hair, but is convinced that she looks so awful that no one wants to be around her or talk to her. She finds it hard to talk to people because she's convinced they are looking at her spots and she goes red with embarrassment. She's left the youth club and spends a lot of time alone in her room.
3. Stephen has to be home before dark every night. That's fine in the summer but means that he can't go out during the winter at all! His mum will allow him out if she knows specifically where he is going but Stephen wants to hang out in the street with his mates.
4. People always want Michael around because he's such a good laugh and entertains everyone. However, Michael just puts it on to be popular and fit in. When he is alone, he feels empty and unhappy. He feels that he doesn't have any real friends. However, he knows that the 'friends' he has wouldn't be there for him if he were any different.
5. Tara is 13 but has fully developed physically. Boys joke about the size of her breasts and girls are jealous of her. She just wishes that she looked the same as everyone else. People don't seem to see her, Tara. She's sick of people making judgements about her and treating her as if she is older too.
6. Lauren convinced her parents to let her go to a house party, on the condition that there was no drink or drugs there, and she would get a lift home with her friend's 17-year-old sister, Susie. However, even though Lauren wasn't taking any drink or drugs, Susie was drinking a lot of vodka. Lauren is worried about getting into the car with Susie driving, but if she rings her parents, they will know that she had lied to them about the party being alcohol-free.

**Resource 3 (Activity 2)**

# Surviving Adolescence Discussion Questions

Use the following questions to consider the difficult situation.

1. What is the actual problem?

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2. What could help the situation?

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3. What is stopping the person from taking steps to help the situation?

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4. What could happen if nothing is done to change the situation?

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5. What action do you recommend?

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### Resource 4 (Activity 2)

# Survival Tactics For Adolescence

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1. Get **ORGANISED** so that you can balance your life between school, friends, family, interests, work etc.
2. **RESPECT** yourself. Make the most of what you have going for you.
3. **RESPECT** other people. Try to see things from their point of view too.
4. Try to be **POSITIVE** and focus on the good side of things.
5. **KNOW YOURSELF** so that others will not easily lead you.  
Be aware of peer pressure.
6. Value your **TRUE FRIENDS**. These are the people who you can trust, are nice to you and want to be with you.
7. **COMMUNICATE** and be honest about how you feel with people.  
They will trust you more and it is a good starting point for negotiation.
8. Learn that sometimes your **PARENTS** have problems too that can affect the way they behave.
9. Work out a **SAFETY** plan with your parents that you can all feel comfortable with.
10. **TRUST YOUR INSTINCTS**. If it doesn't feel right then don't do it.