

Coping with change

Puberty scenarios

I feel so cross today. I just can't communicate in the right way.

What advice would you give to this person?

How could you make them feel better?

Why might they be feeling this way?

Are they on their own in feeling this way?



I just don't feel like I fit in with my friends anymore.

What advice would you give to this person?

How could you make them feel better?

Why might they be feeling this way?

Are they on their own in feeling this way?



Everything my little brother says to me just annoys me. I shouted at him this morning.

What advice would you give to this person?

How could you make them feel better?

Why might they be feeling this way?

Are they on their own in feeling this way?



I don't feel like I have any privacy at home and it's really unfair.

What advice would you give to this person?

How could you make them feel better?

Why might they be feeling this way?

Are they on their own in feeling this way?



I feel so embarrassed when I am with my parents. I love them but I just do not want to be seen with them!

What advice would you give to this person?

How could you make them feel better?

Why might they be feeling this way?

Are they on their own in feeling this way?



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One of my friends has started wearing a bra. I feel so immature!

What advice would you give to this person?
How could you make them feel better?
Why might they be feeling this way?
Are they on their own in feeling this way?



I sometimes feel like crying for no reason at all! Why do I feel like this?

What advice would you give to this person?
How could you make them feel better?
Why might they be feeling this way?
Are they on their own in feeling this way?



I keep thinking about someone I like at school and can't understand why!

What advice would you give to this person?
How could you make them feel better?
Why might they be feeling this way?
Are they on their own in feeling this way?



I feel so tired all the time and I just want to eat loads of food to keep up my energy.

What advice would you give to this person?
How could you make them feel better?
Why might they be feeling this way?
Are they on their own in feeling this way?



Just before my period starts I feel really sad. Is this normal?

What advice would you give to this person?
How could you make them feel better?
Why might they be feeling this way?
Are they on their own in feeling this way?

