Dilemmas in life:-

Read the following dilemmas and give the person advice to help with the situation. Try to give as many solutions as possible.

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| Dilemma 1  I am being bullied and it is ruining my life. What should I do? | Advice  Tell a teacher what is happening and go with that person for support. Tell your parents and ask them to go and tell the head of year. Agree with friends that you will all make it clear to the person doing the bullying that you don’t like what they are doing. Keep a diary of what is happening and what you see so that you can keep the teacher up to date. |
| Dilemma 2  I have been self-harming how can I stop? | Advice |
| Dilemma 3  My parents are getting a divorce and I am struggling to cope with it. | Advice |
| Dilemma 4  I am very stressed about the amount of exams I have to take. How can I stop worrying? | Advice |