

Coping: Solving Problems

Approximate time: 20 minute tutor time session

Materials: Case study handout paper/pen or iPad

Aim/outcome: To explore solving problems and how this can make a person more resilient

Explanation:

For this activity students are going to take on the role of agony Aunts or Uncles.

- Using the four examples provided ask students to:
 - Discuss the problem
 - Look at different paths the person could follow:
- Ask students to consider what would happen to that person:
 - if they told a parent
 - if they went to their teacher
 - if they arranged a fight
 - if they told no one
 - if they carried on with the way that it is
- Ask students to think about who they think is the best person to talk to when they have a problem?
- How could seeking advice and help about a problem help them feel more able to cope and be more resilient?

Expansion activity:

Ask students to write their own agony Aunt/Uncle column. Get them to write the scenario and then write the best answer and advice to their problem

One-to-one:

Choose a scenario to discuss with the student. Get them to think of the best advice they could give that person and say why they are giving that advice.

Students say: Try not to encourage students to look at their own problems. If a student shares a problem with the rest of the class please make sure the student is fully supported. If a student does disclose a serious problem make sure they seek support through School Mentor, Head of Year, or School Counsellor.

Case study handout

Problem One

I feel really let down. My friend and I are from the same primary school and we moved up to secondary school together. We used to be good mates but now somebody else has started hanging around with us. He lives nearer my friend. They went out at the weekend without me and were talking about it at school today. I feel really mad and upset that I wasn't invited. I don't know what this new friend thinks of me. I get the feeling I'm not wanted.

Problem Two

My best friend's boyfriend keeps flirting with me when my best friend is not around. I try to ignore it but my other friends keep noticing. He is now sending me texts saying he wants to meet up and that he fancies me. I ignore the texts but feel really guilty. I know that my best friend will be really upset and confused. She might even be really hurt and jealous. I really don't know what to do. I don't want to ruin my friendship and I'm worried she will think that it is me who is trying to split them up when I am not trying to encourage him.

Problem Three

The other night I accidentally heard my Mum on the phone talking to another man. Their conversation was very intimate and she said she loved him! I feel really confused. Is my Mum seeing another man? What would my Dad say or do if he found out. My Mum has seemed different recently, more happy. My Dad would be really hurt if he found out Mum was having an affair and they might even split up and divorce. I don't know what to do, I keep worrying about it. I worry so much I cannot sleep. I don't know if I can tell anyone because if I do my Dad might find out.

Problem Four

I've got a friend I've known for a long time who keeps being bullied at school. She lives near me and we sometimes walk into school together. She never mentions the bullying, I think she is ashamed. They pick on her because of her family and the way her house looks. I like her but am very scared of the bullies. When they bully her I walk away because I am scared of being bullied too. It is confusing I want to stick up for her but know that I will get bullied too. What do I do? If I tell my tutor he might say that I said something and then they might bully me. I hate seeing her being bullied and having a really hard time. I don't know what to do.