



Tanya lives with foster carers because her mum has mental health issues and can't look after her. Her Mum has been in and out of hospital. Tanya worries about her Mum a lot and isn't sleeping very well.



Ishan is being picked on by some of the other boys in his class because he doesn't enjoy playing outside but prefers to stay in and read at lunchtime.

Tanya

Imagine Tanya is one of your friends. You used to have a lot of fun together and always spent break times together and met up after school. But recently she's been really grumpy and miserable. You have tried to talk to her but she doesn't seem interested and you and the rest of your group are getting fed up with her. She's no fun anymore....

- **What would you do?**
- **Should you give up on Tanya?**
- **What effect might it have on Tanya if you don't bother with her?**
- **How will you feel?**
- **What effect would it have if you are very patient and kind?**
- **How will you feel?**



Ishan

You have noticed Ishan being picked on but he isn't someone you know very well or have really played with much in the past.

- **What would you do if anything?**
- **What impact would your actions have on yourself and on Ishan?**
- **If you decide to do nothing how would that feel for you?**
- **What could you do to help Ishan?**
- **How would it be for you if you were able to help Ishan?**



Daisy is scared to go home. Her Dad has been drinking a lot recently and Daisy is worried that he might shout at her or hurt her or he might hurt her Mum.



Harry is 11. There are lots of arguments at home and he doesn't know who to turn to or talk to. His parents already have a lot to deal with and he doesn't want to add to their worries. He feels overwhelmed and has started hurting himself as a way of dealing with the frustration and pain he feels. But he is frightened and ashamed by what he's doing.

Daisy

You are Daisy's friend. It's Friday lunchtime at school. You notice that she is very quiet and looking sad so you ask her what's wrong.

She says,

"Can you keep a secret?"

You reply,

"Yes of course you are my friend."

She says,

"I don't want to go home. My Dad has been in a really bad mood lately and I get frightened when he's like that in case he hurts me or hurts my Mum. I don't know what to do"

- **What would you say and what would you do?**
- **Is it okay to tell another adult what Daisy has told you?**
- **What if you do tell?**
- **What will Daisy feel like and how will it affect your friendship?**
- **Is there anything you can say to make it better?**
- **What if you don't tell?**
- **What if you haven't told anyone and Daisy is hurt?**
- **How will you feel?**



Harry

You and Harry are friends. You've noticed he's been very sad recently and you've seen some scratches on his arm and think he might have done them to himself.

- **What would you say and what would you do?**
- **If Harry tells you he has hurt himself what would you say or do?**
- **Is it okay to tell another adult about your concerns?**
- **What if you do tell?**
- **What will Harry feel like and how will it affect your friendship?**
- **Is there anything else you can say or do?**
- **What if you don't tell?**



Emma is very shy. She's also heavier than most of the other children in her class and feels self-conscious about the way she looks. She hates PE lessons because she has to change in front of the others. A couple of them have called her 'fat' and recently one girl even took a picture of her on their mobile phone and sent to some of the other people in the class. They thought it was funny.



Omid is 8 and used to love skate boarding at the weekend but now spends all weekend sleeping and not spending time with his friends. He doesn't want to go to school and wants to be alone. Friends are worried about him and when they speak to him he just tells them to go away and leave him alone.

Emma

You don't know Emma very well but you have heard some of the other girls calling her names and you can see she is upset.

- **Would you say anything to Emma?**
- **Would you say anything to the children calling her names ?**
- **What might stop you?**
- **Is there anything else you can say or do?**
- **Is it okay to tell another adult about the situation?**
- **What might happen if you do tell and what if you don't tell?**



Omid

You used to play a lot with Omid but he's no fun now.

- **What would you say to Omid?**
- **Would you ask an adult for help?**
- **Do you think Omid's behaviour is ok?**
- **Why might he want to be left alone?**
- **What could you do to help Omid?**



Reuben enjoys both football and dressing up. His Dad tells him that boys don't wear dresses and that he won't become a famous footballer if he dresses like a girl. Reuben has become withdrawn and says he doesn't want to dress up anymore. This has also had a negative effect on some of his friendships with other children because he's not joining in with them any more.



Laura is finding it very hard to sit still and listen in class and her teacher has seen she is falling behind on her work. She now starts to think she is stupid and that maybe there is something wrong with her. This is all she thinks about and it gives her a headache.

Reuben

Reuben is in your class.

- **What would you do to support him to play with all his friends again ?**
- **What do you think of the statement “dresses like a girl ?”**
- **What do you think Reuben could say to his dad ?**
- **Why is it important to make sure that all children have the opportunity to dress up, play football etc., regardless of whether they’re a boy or a girl?**
- **Does gender matter anyway ?**

✂.....

Laura

You and Laura sit next to each other in class a lot

- **When Laura is constantly moving around next to you, how does that make you feel?**
- **Would you say anything to Laura?**
- **Would you say anything to the teacher?**



Matt is playing a game at school with his friends, when one of his friends cheats and the teacher doesn't notice Matt gets very upset and starts shouting and crying. He doesn't understand why his friend hasn't been told off, as Matt always gets told off if he cheats.



Ollie's parents have been arguing a lot at home. He's been very upset and has been crying quite a lot at school. Some of the children have called him a baby. They said only girls cry.

Matt

You are classmates with Matt but you don't know him very well.

- **How does Matt's shouting and crying make you feel?**
- **You saw the other child cheating, would you say anything?**
- **How would you feel if you didn't say anything?**



Ollie

You feel sorry for Ollie. He seems really upset although you don't really know why. At home your family think it's okay to cry if you are upset whether you're a boy or girl. But you don't want to get involved because the other children might pick on you.

- **Do you think you should speak up and if so what would you say and do?**
- **Why do you think some people think boys and girls should act differently?**
- **Is it worse if older boys cry?**
- **What are the benefits of being able to show your emotions? And the disadvantages of hiding how you feel?**
- **What can we do in school to help boys feel comfortable showing their feelings?**