

**We are going**

**-to talk about teenagers'  
problems**

**You are going**

**-to learn to find reasons of  
problems and solve them**

**How  
can teenagers  
solve their  
problems?**



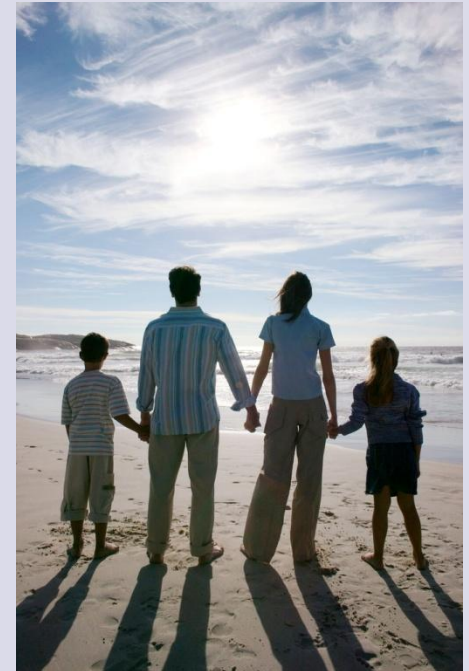
# Ask for help



□ your friends

o

□ your family!



# Great places to find help!



**KIDS HELPLINE**



**ONLINE COUNSELLING**



**MAGAZINES**

- Name the problem**
- Say why it is the most important problem (2-3 reasons)**
- Say who can help you (friends, parents, teachers, etc..)**
- Name the personal characteristic you need to solve the problem**

- talk about...

✓ Now I can - ask for...

- give...

- write...



**Sometimes you have  
problems  
Sometimes you feel sad  
But friends can always help  
you  
And stop you feeling bad.**