

## Family Scenarios

### Scenario A:

My emotions are all over the place at the moment. One moment I feel really happy and over excited and then the next I feel really down. Often, when I'm sad, there isn't really any reason for it. My mum keeps asking me what's wrong, but it's so hard to explain it to her. She thinks there must be a reason why I'm sad and when I say "Nothing" she thinks I'm keeping secrets from her.

### Scenario B:

My parents are so strict. Everyone else is allowed to stay out after school so much later than me, and they all go round to each other's houses and hang out and play video games. My parents have so many rules and say I have to be back straight after school so I can do chores around the house. I still wanted to hang out with my friends, so I came back late a couple of times last week, and now I'm grounded for the rest of the month. I hate being a teenager!

### Scenario C:

I started my period but I'm too embarrassed to tell anyone at home. I have an older sister, but she's 6 years older than me so she is out of the house most of the time with her boyfriend or at work. Some blood leaked on my bedsheets overnight and I didn't know what to say so I told my family I had a nose bleed. I need to buy some sanitary products but I'm not sure what to get.

### Scenario D:

I've just started dating someone at school and I really want to tell my parents all about it. Before, I've always told my parents everything and we have a really close bond as a family. But I'm worried that they will tell me I'm too young and that I should focus on school and getting good grades. I've become really anxious about letting them down recently and they are putting more pressure on me to do well. How will they react if I tell them I've fallen in love?