

# YOUR BRAIN WILL WORK BETTER THE MORE YOU USE IT

Sometimes people say, “you’re too young to have anything to worry about”, but bet you it doesn’t feel like that all the time...problems with parents, broken up with a friend, school seems hard, you think you’re too big or too small, can’t do things that others can or someone you care for has passed away. Everyone at some time has felt sad or unhappy. You are not alone there, it’s all a part of the ‘growing up’ process.

It is really important you know that there are people you can talk to who will be able to help.

**Task:** List five people that you could turn to for help if you were ever sad, unhappy or worried about something. Make sure you write their contact numbers so you are able to seek them out quickly.

Name Contact Number

Name Contact Number

Name Contact Number

Name Contact Number

Name Contact Number

“Whatever you do don’t be embarrassed to ask for help. Asking someone for help when times are tough shows that you are **STRONG** not weak.”

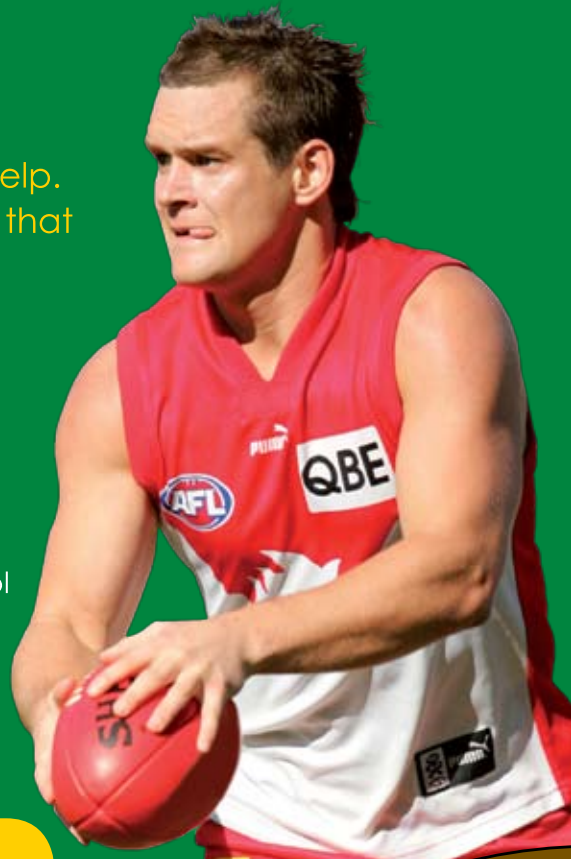
**Amon Buchanan**, Sydney Swans Footballer

**Kids Helpline:** 1800 551 800 or [www.kids.nsw.gov.au](http://www.kids.nsw.gov.au)

[www.ybblue.com.au](http://www.ybblue.com.au) – lots of good info about young people and depression

[www.reachout.com.au](http://www.reachout.com.au) – info and help when times may get tough

How you feel about yourself, your friends, your family, your school and your life will affect your whole life. The hardest times for you to make decisions and make the right ones is beginning now and it is only going to increase as you enter high school and the world of being a teenager. Take care of your mental health because minds matter!



## TAKING THE BULL BY THE HORNS

There are times when you don’t always make the right decisions because you are pressured by peers or you are being bullied into making a different choice from the one that you know and feel is right. People who pressure you like this or bully you are not friends. They usually have low self esteem of their own and controlling someone else makes them feel better. It is really important to tell someone i.e. parent, teacher, friend, if you are being bullied or pressured. Avoiding and ignoring the bully will take away their power, they will get bored when their attempts at bullying you go unnoticed. Nobody deserves to be bullied!

