

The Learning Mentor's Source & Resource Book

Lucky Duck is more than a publishing house and training agency. George Robinson and Barbara Maines founded the company in the 1980s when they worked together as a head and as a psychologist, developing innovative strategies to support challenging students.

They have an international reputation for their work on bullying, self-esteem, emotional literacy and many other subjects of interest to the world of education.

George and Barbara have set up a regular news-spot on the website at <http://www.luckyduck.co.uk/newsAndEvents/viewNewsItems> and information about their training programmes can be found at www.insetdays.com

More details about Lucky Duck can be found at <http://www.luckyduck.co.uk/>

Visit the website for all our latest publications in our specialist topics

- Emotional Literacy
- Bullying
- Circle Time
- Asperger's Syndrome
- Self-esteem
- Positive Behaviour Management
- Anger Management
- Eating Disorders

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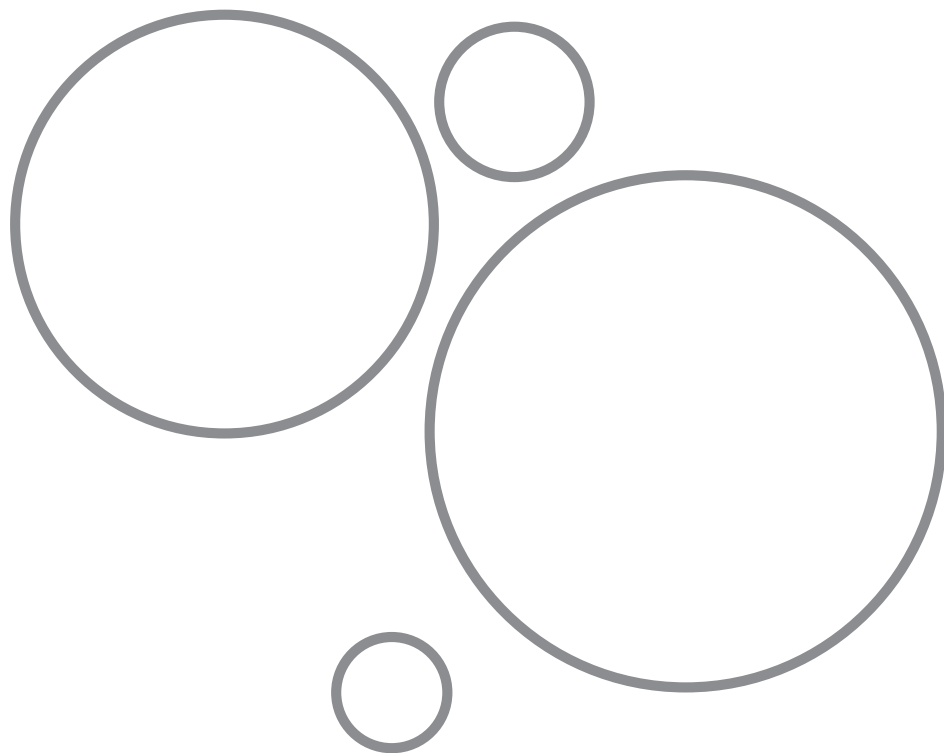
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The Learning Mentor's Source & Resource Book



Kathy Salter & Rhonda Twidle

Confidential

Name _____ Form _____

What are your hobbies and interests?

What is your favourite...

Pop group? _____

Film? _____

Television programme? _____

Food? _____

Animal? _____

Day at school? _____

Lesson? _____

Who is your favourite teacher?

Who is your least favourite teacher?

What do you see yourself doing in ten years' time?

If you could do anything when you leave school, what would it be?

If you could change one thing about school, what would it be?

Thank you!



What Is Your Favourite...

TV programme?

Sweet?













Film?

Animal?

Food?



Emotion Cards

Surprised 	Miserable 	Depressed 
Hurt 	Mischievous 	Peaceful 
Guilty 	Shy 	Relieved 
Sure 	Regretful 	Satisfied 

Emotion Cards

Curious



Apathetic



Helpless



Puzzled



Envious



Anxious



Undecided



Frightened



Cautious



Sorry



Lonely



Paranoid



Emotion Cards

Thoughtful



Disgusted



Confident



Loved



Innocent



Withdrawn



Hopeful



Generous



Brave



Giggly



Grateful



Glad



Emotion Cards

Friendly



Relaxed



Different



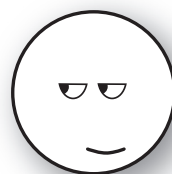
Flippant



Secretive



Sneaky



Grumpy



Gloomy



Yucky



Worried



Lost



Naughty



Emotion Cards

Unsettled



Misunderstood



Mad



Awful



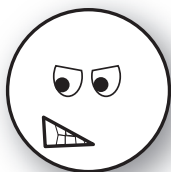
Ashamed



Abandoned



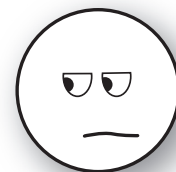
Violent



Pained



Suspicious



Shocked















Enthusiastic



Embarrassed



Emotion Cards

<p>Confused</p> 	<p>Bored</p> 	<p>Angry</p> 
<p>Disappointed</p> 	<p>Interested</p> 	<p>Excited</p> 
<p>Sad</p> 	<p>Aggressive</p> 	<p>Exhausted</p> 
<p>Happy</p> 	<p>Alienated</p> 	<p>Hostile</p> 

Emotion Cards

Annoyed



Scared



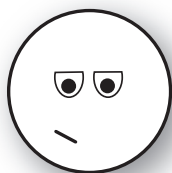
Proud



Negative



Stubborn



Determined



Frustrated



Discouraged



Delighted



Pleased



Amused



Controlled



Pool of Emotions: Action Cards

<p>Make a noise to show this emotion (no words allowed!).</p> <p>If the other players guess it correctly, move forward 3 stones.</p>	<p>Model this emotion in modelling clay.</p> <p>If the other players guess it correctly, move forward 3 stones.</p>	<p>Mime this emotion only using your face.</p> <p>If the other players guess it correctly, move forward 3 stones.</p>
<p>What animal would this emotion be?</p> <p>Move forward 2 stones.</p>	<p>What colour would this emotion be?</p> <p>Move forward 2 stones.</p>	<p>Strike a pose with your whole body to show this emotion. Move forward 2 stones.</p> <p>If the other players guess correctly, move a further 2 stones.</p>
<p>Name the opposite of this emotion.</p> <p>Move forward 2 stones.</p>	<p>Name another emotion that means a similar thing as this emotion.</p> <p>Move forward 1 stone.</p>	<p>Think of a time when you last felt this emotion. What happened?</p> <p>Move forward 4 stones.</p>
<p>Think of a situation that would cause someone to feel like this.</p> <p>Move forward 3 stones.</p>	<p>Draw this emotion (no letters allowed!).</p> <p>If the other players guess it correctly, move forward 3 stones.</p>	<p>When did you last see someone else with this emotion?</p> <p>Move forward 2 stones.</p>



What's In My Head?



Your Thoughts

1. What have you done that makes you most happy?

2. Do you like your name? Would you like to change it? What to?

3. What is the best thing that has ever happened to you?

4. What is the weirdest thing that has ever happened to you?

5. What is the silliest thing you have ever done?

6. What is the funniest thing that has ever happened to you?

7. Who do you admire and why?

8. What qualities do you look for in a friend?

9. What is the most important thing in your life?

10. What is your best quality?

11. What one thing would you change about yourself?

12. What one thing would you change about school?

13. What do you hate doing most in the world?

14. What do you like doing most in the world?



Emotions

When I am late for school I feel

I feel

When I have lots of homework
I feel

when I go to bed

When it is my favourite
lesson I feel

When I talk to people
I feel

I feel

When I'm tired I
feel

At home, when I get
shouted at I feel

when I'm with friends

When someone falls out
with me I feel

When a teacher praises me I feel

When I meet someone for
the first time I feel

When I get into trouble at
school I feel

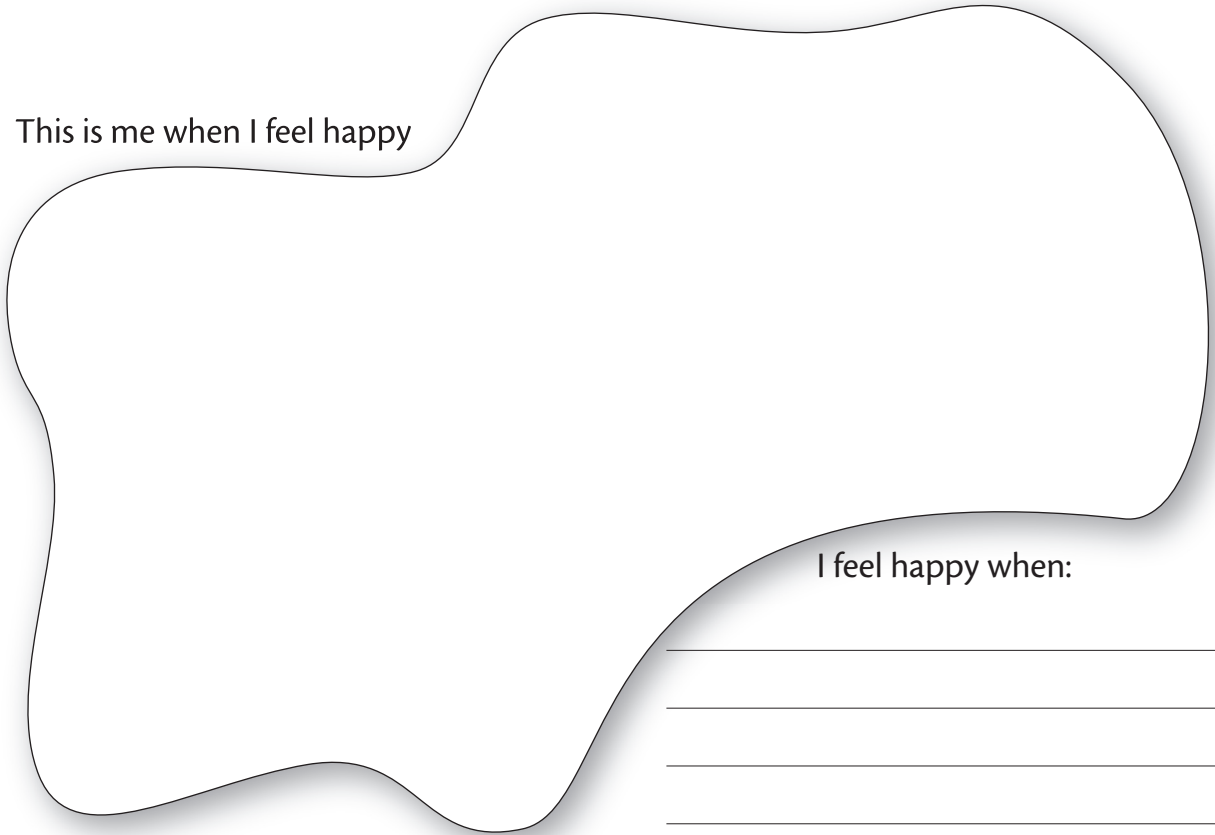
When I have time to myself
I feel

When a friend compliments me
I feel



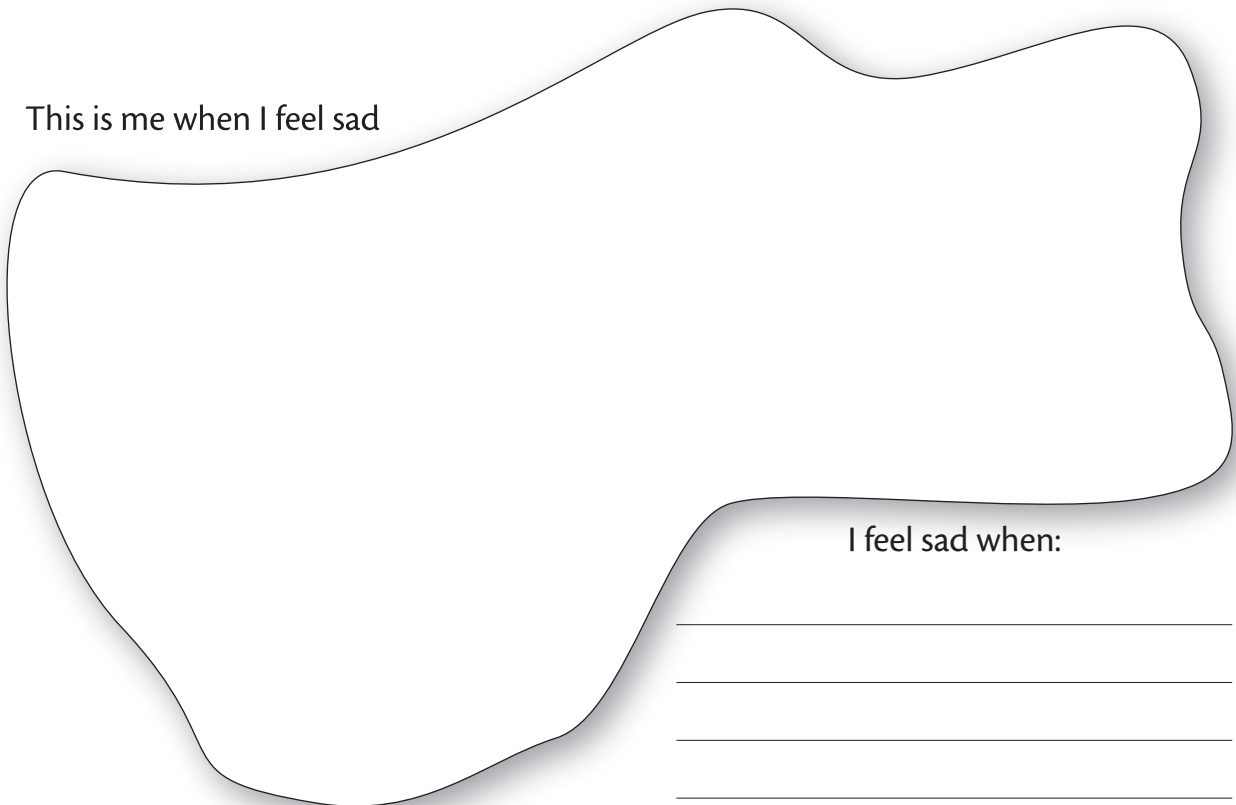
How Do I Feel...

This is me when I feel happy



I feel happy when:

This is me when I feel sad

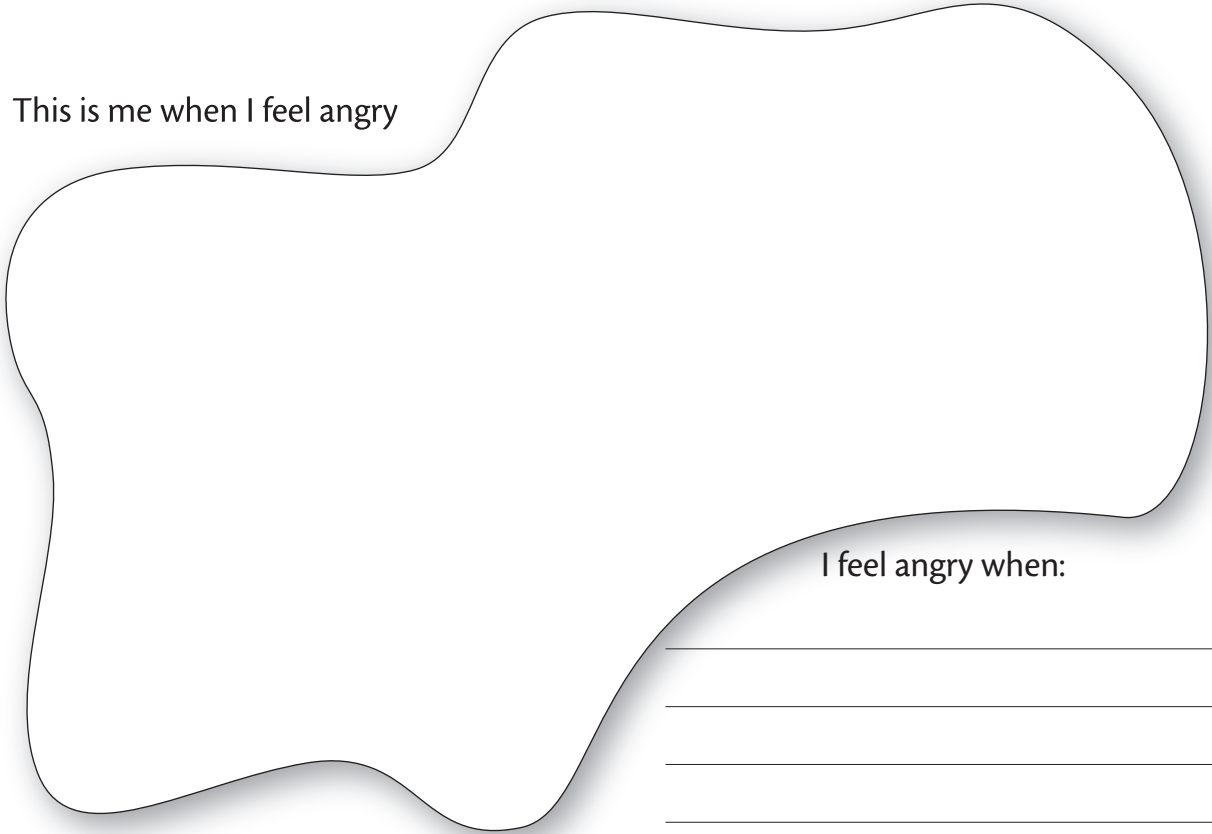


I feel sad when:



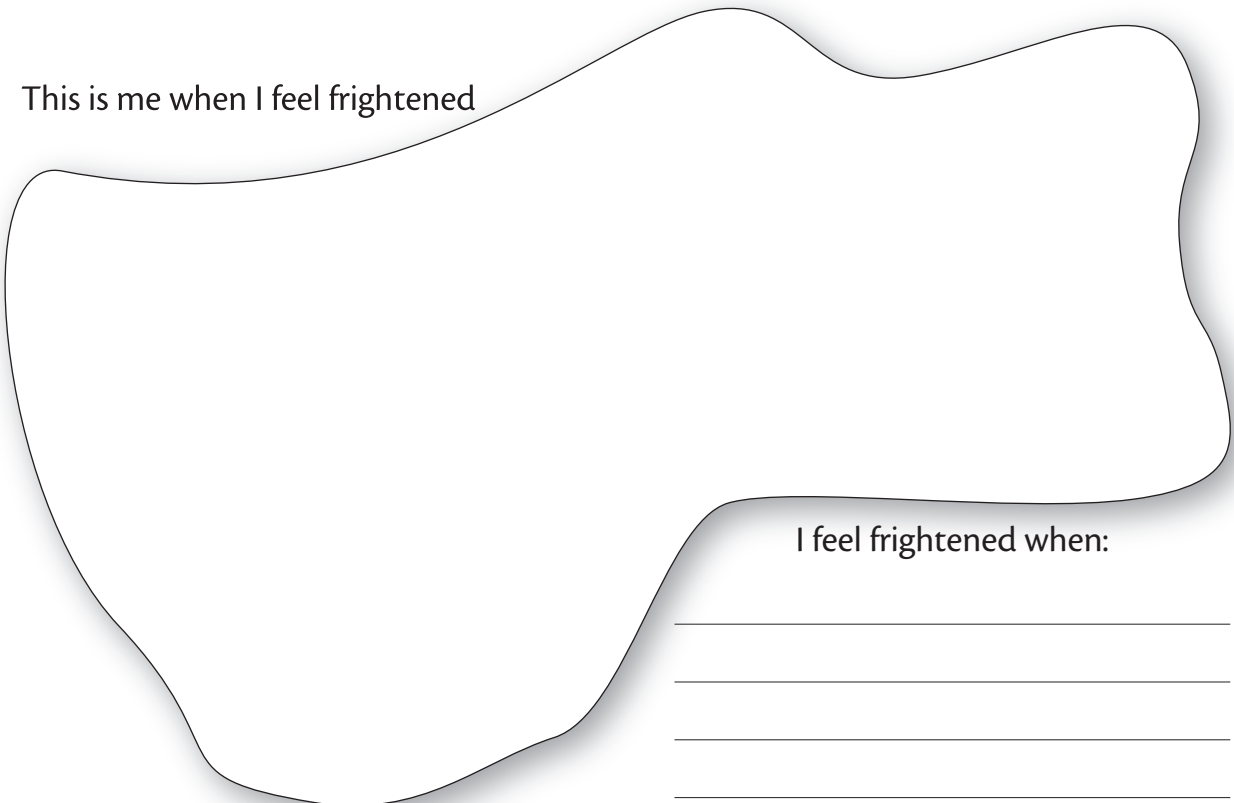
How Do I Feel...

This is me when I feel angry



I feel angry when:

This is me when I feel frightened

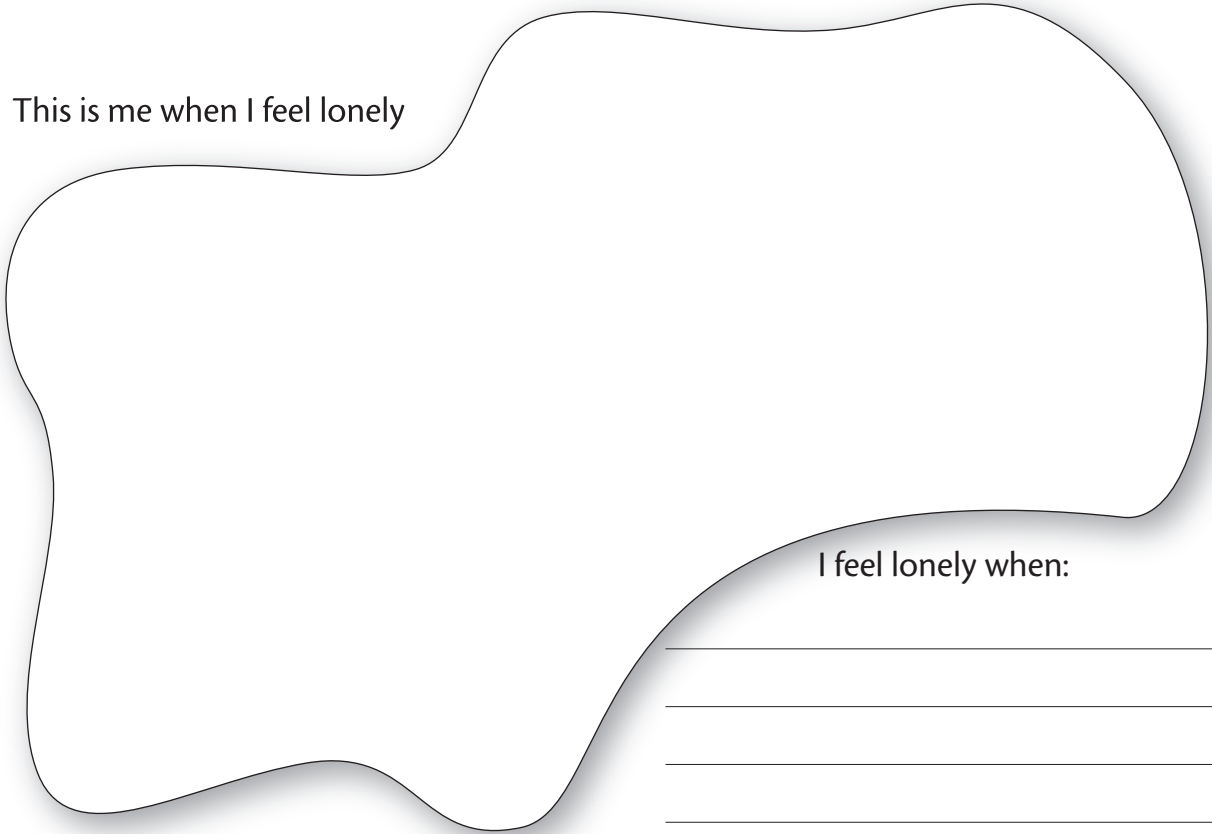


I feel frightened when:



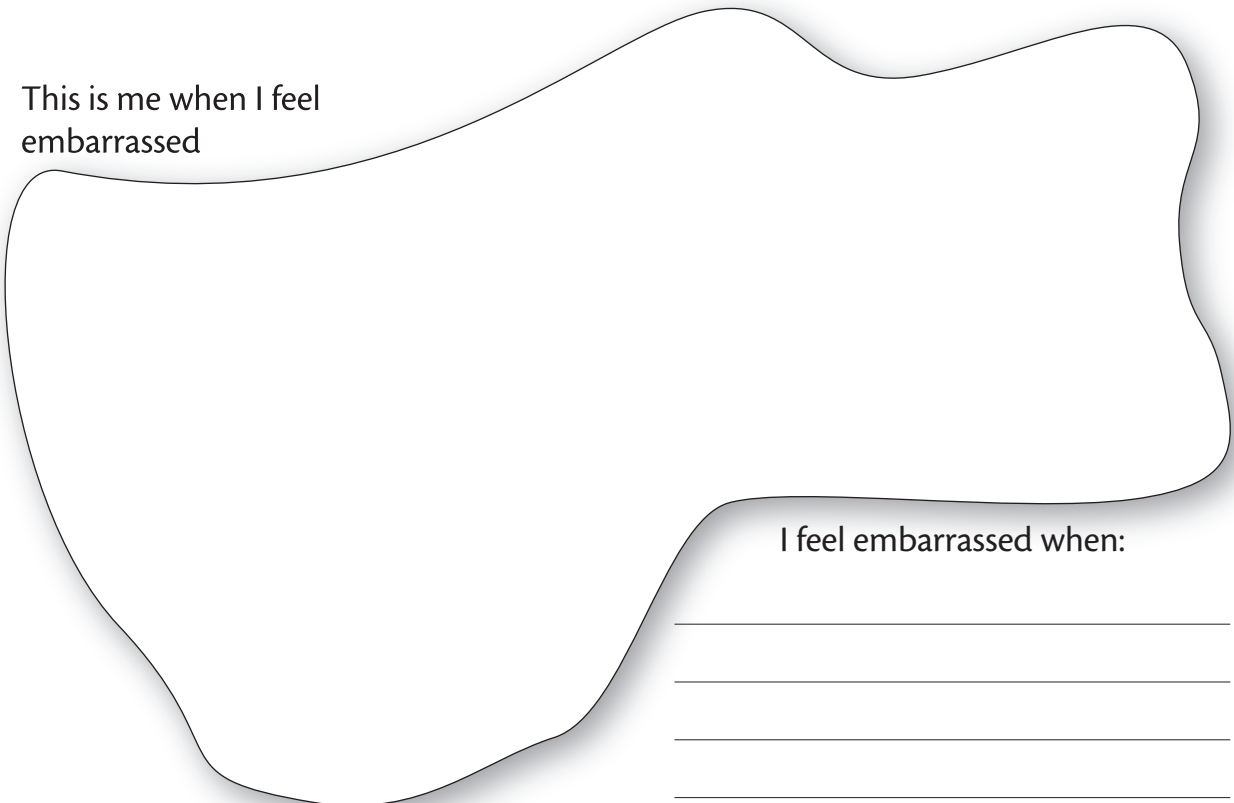
How Do I Feel...

This is me when I feel lonely



I feel lonely when:

This is me when I feel embarrassed

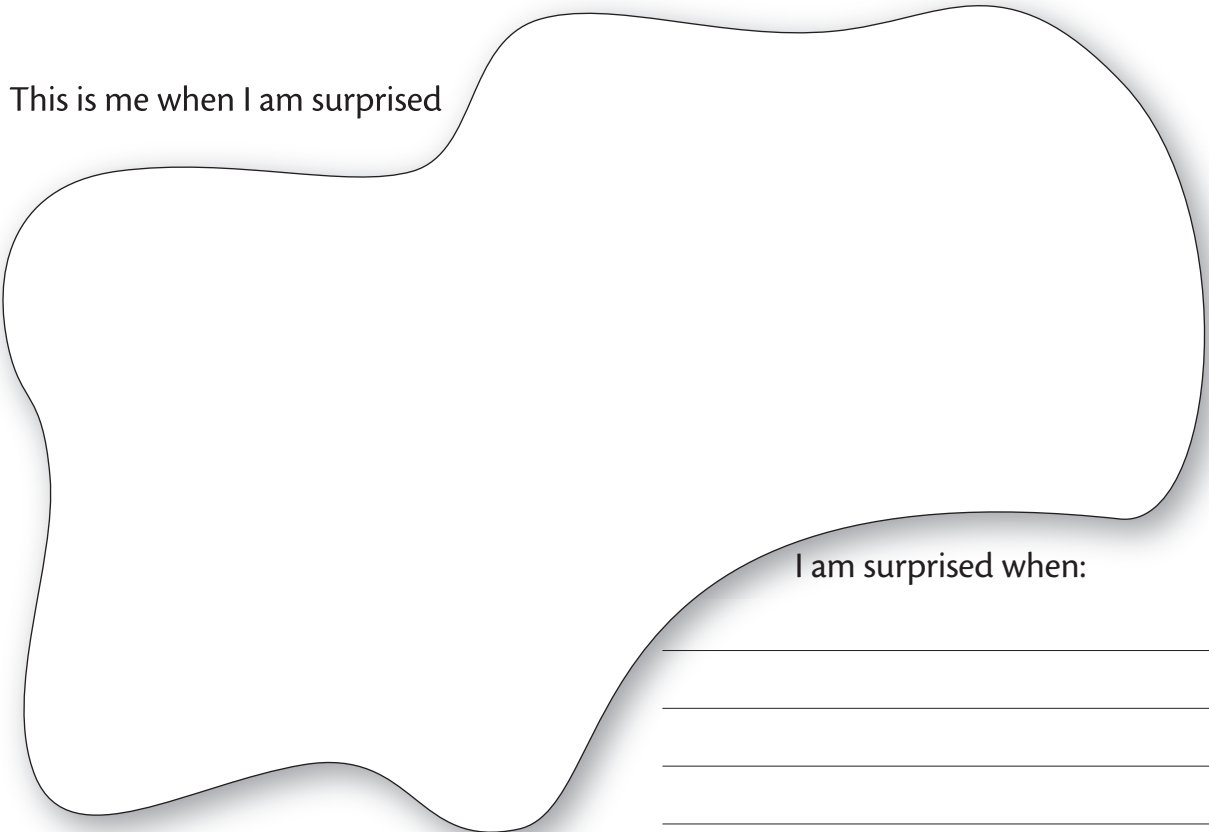


I feel embarrassed when:



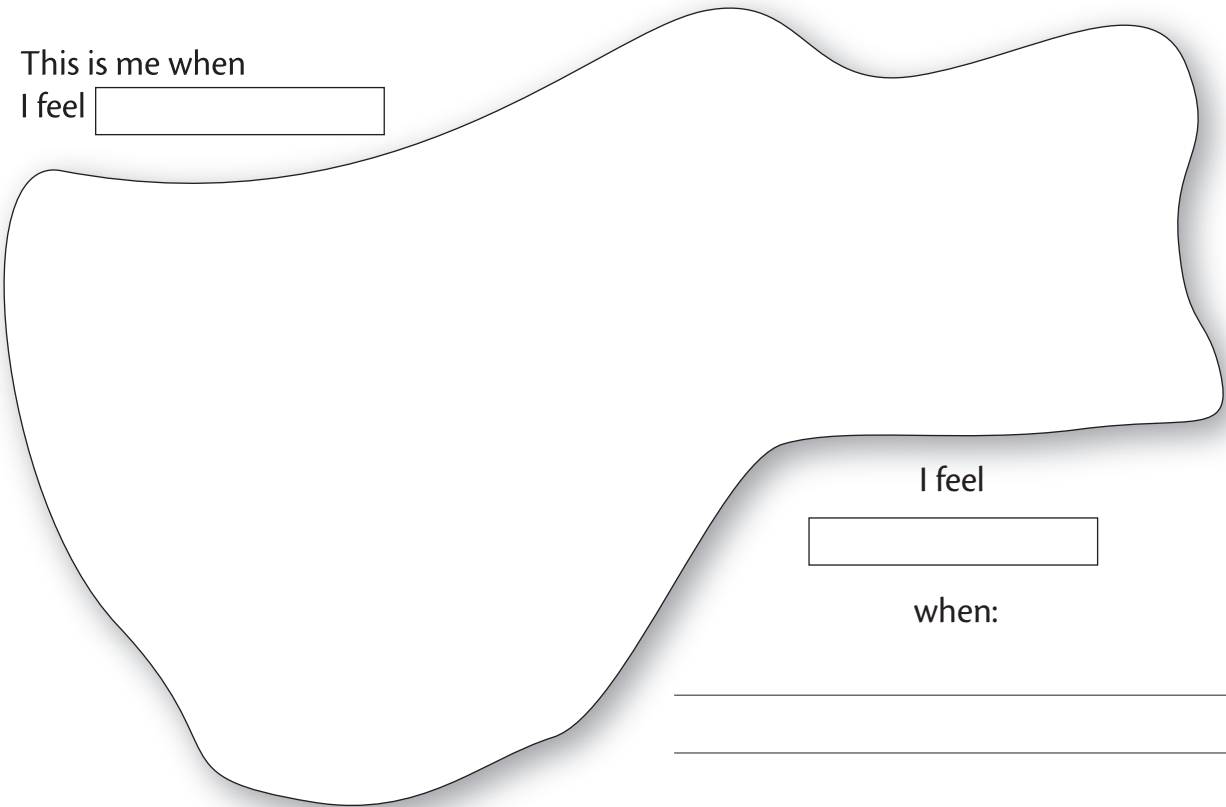
How Do I Feel...

This is me when I am surprised



I am surprised when:

This is me when
I feel



I feel

when:



Word Association

Texture...

Shape...

Sound...

Smell...

Character...

Animal...

Colour...



Individual Emotion Worksheet

Sadness

Which film makes you feel sad?

Which song makes you feel sad?

On a scale of 0-10, how often do you feel sad? (0 means never and 10 means all the time.)

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

What is your body's reaction when you feel sad?

Do you know what can make you feel better when you are sad? If yes, write them down here. If not, you could ask someone else to help you think of some ideas.

Here is a space to write down any other thoughts you might have.



Individual Emotion Worksheet

Love

Name a food that you love:

Why do you love it?

Name a film that you love:

Why do you love it?

Name a place that you love:

Why do you love it?

Name a TV programme that you love:

Why do you love it?

Name a time of year that you love:

Why do you love it?

Name an animal that you love:

Why do you love it?

Name a song that you love:

Why do you love it?

Name a thing that you love:

Why do you love it?

Name a personal quality that you love:

Why do you love it?

Name a person that you love:

Why do you love them?



Individual Emotion Worksheet

Hate

Colour in the boxes to show how much you hate the things below!

10 means you really hate it

1 means you don't hate it at all.

Add some ideas of your own...

	1	2	3	4	5	6	7	8	9	10
School										
Vegetables										
Homework										
Cold weather										
Getting up										
Bullies										
The dentist										



Individual Emotion Worksheet

I Fear...

1. One animal I would not like to meet face to face is

2. One person I fear is

3. One experience I fear is

4. One film that made me feel fear was

5. One fear I would like to conquer is

6. One fear I have conquered is

7. One fear in other people that I find hard to understand is



Individual Emotion Worksheet

Fear

How much do you fear...

Mark on the 1-5 scale how much you fear the thought of the following things, with 5 being frightened stiff and 1 being cool as a cucumber!

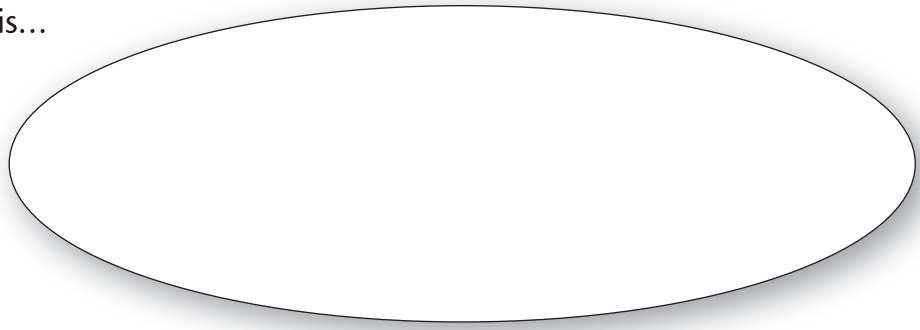
1. Riding on a really fast high roller coaster	1	2	3	4	5
2. Going to the dentist	1	2	3	4	5
3. Spiders	1	2	3	4	5
4. Snakes	1	2	3	4	5
5. Getting things wrong	1	2	3	4	5
6. Heights	1	2	3	4	5
7. Rock-climbing up a mountain	1	2	3	4	5
8. Scuba diving	1	2	3	4	5
9. Wasps	1	2	3	4	5
10. Dogs	1	2	3	4	5
11. Watching a really scary film	1	2	3	4	5
12. Failure	1	2	3	4	5
13. Potholing	1	2	3	4	5
14. Exams	1	2	3	4	5
15. Singing in front of an audience on your own	1	2	3	4	5



Individual Emotion Worksheet

Hope

Describe what hope is...



I hope I will always...

I hope I will work as...

I hope that when I leave school...

I hope I can improve...

I hope I won't...

I hope my future...

I hope I will become...



Individual Emotion Worksheet

Jealousy

What makes you jealous?

Tick all the situations that would make you feel jealous.

Then pick your top three.

- ☐ Your friend has a brand new games console that makes yours seem ancient.
- ☐ Your brother is bought an ice cream and you are not.
- ☐ Your friend gets better marks in a maths test than you.
- ☐ Your friend wins a prize puzzle competition.
- ☐ Your boy/girlfriend tells you how they met one of your mates in town and went for a burger.
- ☐ Your mum has a brand new baby and doesn't have time to help you with homework or even sign your planner.
- ☐ You are dumped by your boy/girlfriend and they end up going out with your cousin.
- ☐ Your dad's new wife has had a baby and he tells you that you won't be able to come and stay for a while.
- ☐ Your older brother has just got his GCSE results and you know you cannot do as well.
- ☐ You spot your boy/girlfriend flirting with someone else at a party.
- ☐ Your mate decides to hang about with someone else who you don't get on with.



Individual Emotion Worksheet

Loneliness

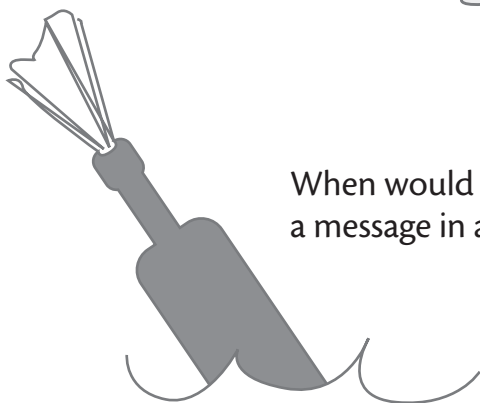
You have been stranded on a desert island.

How would you feel after a day?

How would you feel after a week?

How would you feel after three months?

When would you send a message in a bottle?



Sayings Cards

Let the choices you make today be the choices you can live with tomorrow.

Be responsible. Actions have consequences.

You are responsible for you.

Courage means never being afraid to voice the right choice.

Expect from others only what you first expect from yourself.

Ability is of little account without opportunity.

No one can make you feel inferior without your permission.

Action may not always bring happiness, but there is no happiness without action.

The mind is not a vessel to be filled, but a fire to be kindled.

Voice without action is a daydream. Action without vision is a nightmare.

Everyone thinks of changing the world, but no one thinks of changing himself.

Real knowledge is to know the extent of one's ignorance.



Sayings Cards

Excellence knows no
gender.

Today is your chance to
make a difference. What
are you waiting for?

You never know how
much you can do till
you try.

You may never know
the answer if you don't
ask the question.

Imagine venturing beyond
the obvious to discover
what others don't see.

Imagine life as more than a
spectator sport.

Diversity creates
dimension in our world.

Your choices.
Your actions.
Your life.

Doing what is right
isn't always easy, but it's
always right.

For success, attitude is as
important as ability.

The choices we don't
make are as important as
the ones we do make.

We are all one race
– human.



Sayings Cards

The highest fences we
need to climb are those
we've built within
our minds.

Life is full of choices
– choose carefully.

We can only see with
open eyes; we can only
hear with open ears; we
can only think with
open minds.

Self-control is knowing
you can, but deciding
you won't.

Say what you mean, mean
what you say.

Telling a lie is like seeing a
ghost – it can come back
to haunt you.

Respect is not a gift – you
have to earn it.

Stand up for what is right,
even if you're standing
alone.

Respect yourself. If you
don't nobody will.

You are as honest as
your actions.

Courage is doing right
when everyone around
you is doing wrong.

Who you are begins with
what you do.



Sayings Cards

Be somebody you would
be proud to know.

If you expect respect, be
the first to show it.

Respect – you gotta give it
to get it.

Aspire to climb as high as
you can dream.

Always set the trail, never
follow the path.

Most people are about as
happy as they make up
their minds to be.

Believe in yourself – dare
to dream.

To get started, you must
have a destination.

Today's preparation
determines tomorrow's
achievement.

Great opportunities are
often disguised as unsolv-
able problems.

Excellence =
motivation x confidence.

Anger can severely limit
your choices.



Sayings Cards

The most important decision in your life is to like and accept yourself.

Change your thinking to change your feelings.

Do what you can with what you have where you are.

Only you can change your attitude.

You can't aim too high.

An error doesn't become a mistake until you refuse to correct it.

Self-improvement starts with self-control.

What is popular is not always right, what is right is not always popular.

A man's true wealth is the good he does in the world.

Consider those whom you call your enemies and figure out what they should call you.

Anyone who has never made a mistake has never done anything new.

As you sow, so you reap.



Sayings Cards

All progress has resulted from people who took unpopular decisions.

Injustice anywhere is a threat to justice everywhere.

In the middle of difficulty lies opportunity.

Life is a tennis game. You can't win without serving.

Success doesn't come to you – you go to it.

The art of being wise is the art of knowing what to overlook.

The journey of a thousand miles begins with a single step.

To see what is right and not to do it is to lack courage.

Build bridges not barriers.

Fight the problem not the person.

Conflict comes, not from our differences, but from how we manage those differences.

Start from the point of agreement rather than disagreement.



Sayings Cards

No one can do everything
but everyone can do
something

No act of kindness, no
matter how small, was
ever wasted

Attitude is the mind's
paintbrush. It can colour
any situation

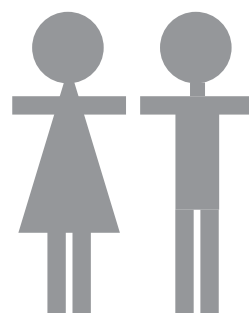
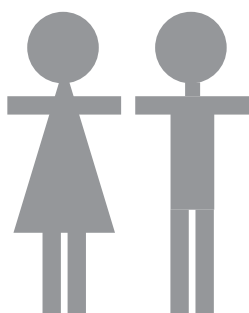
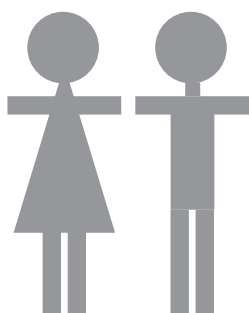
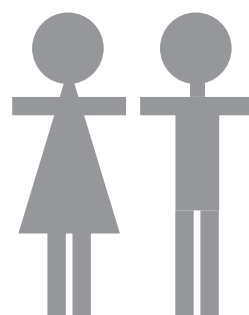
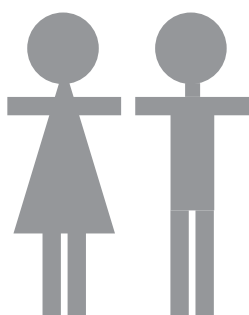
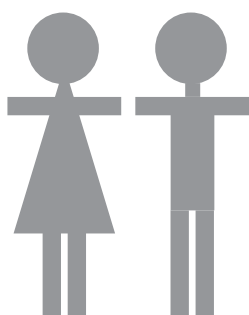
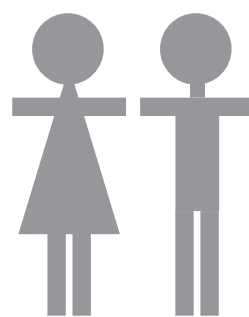
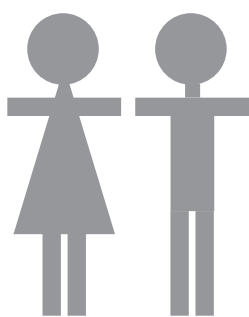
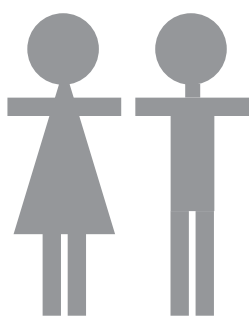
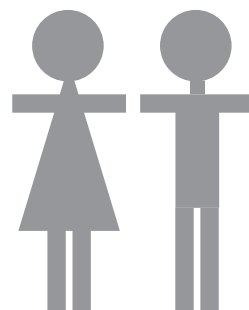
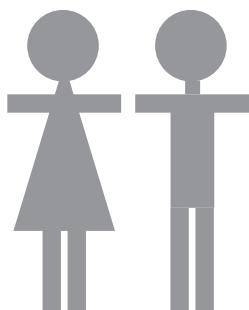
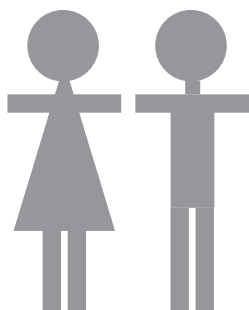
The most important thing
about goals is having one

In order to win you must
expect to win

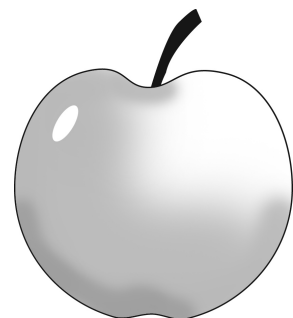
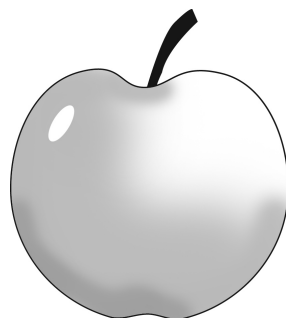
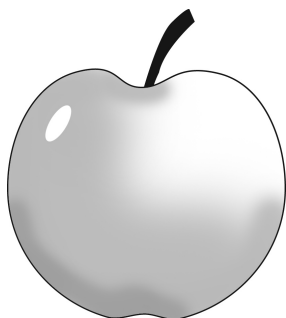
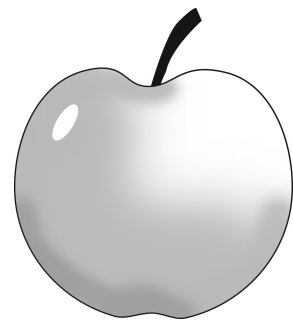
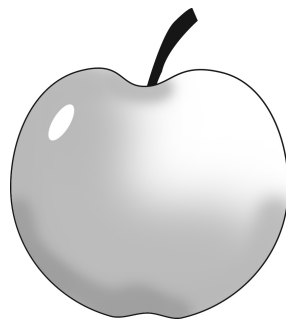
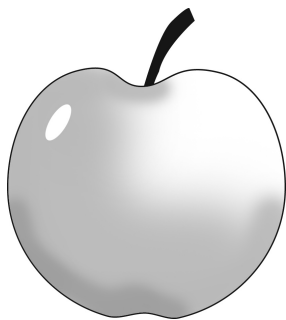
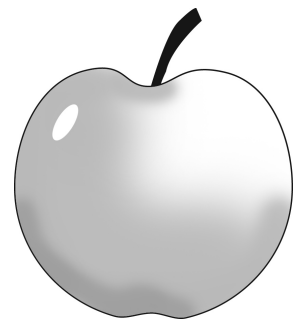
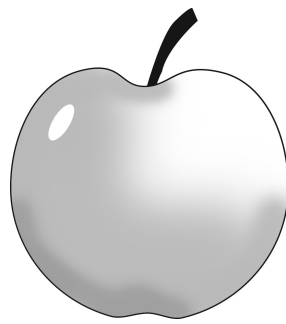
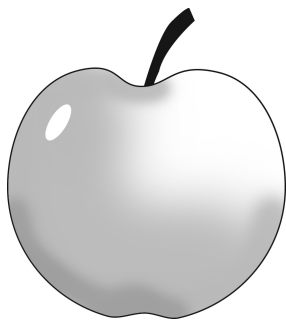
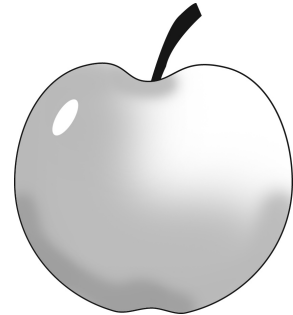
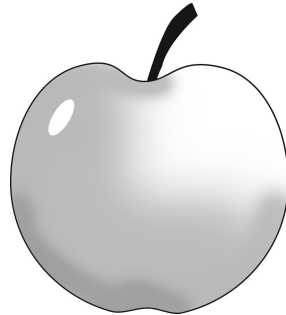
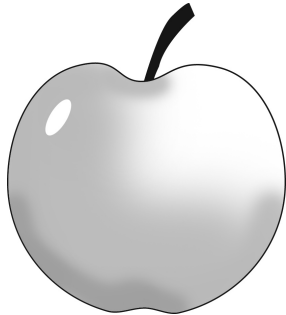
All things are difficult
before they are easy



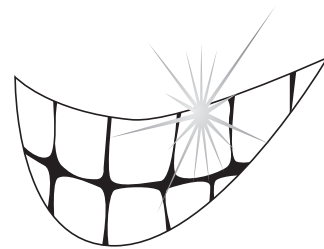
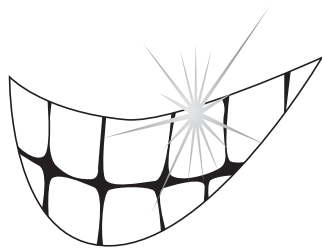
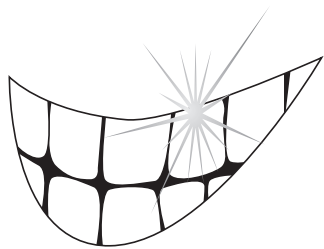
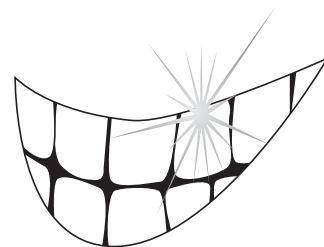
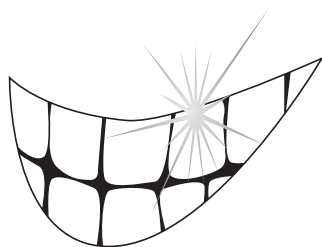
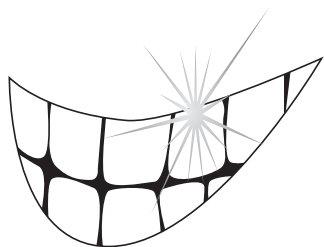
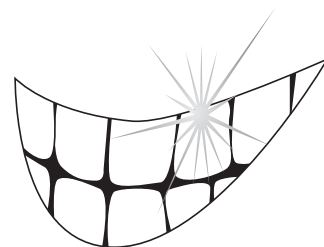
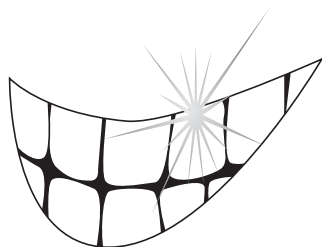
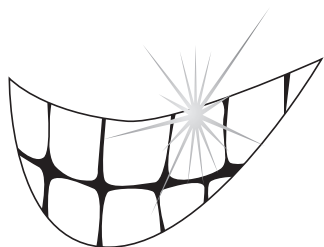
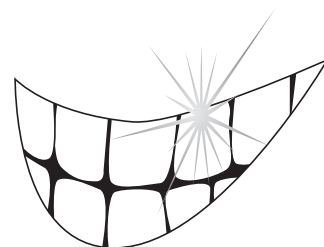
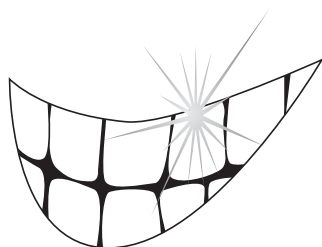
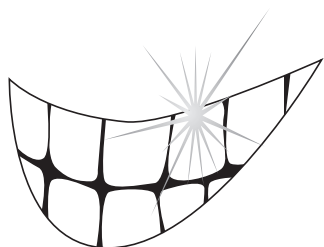
Category Cards: Friends



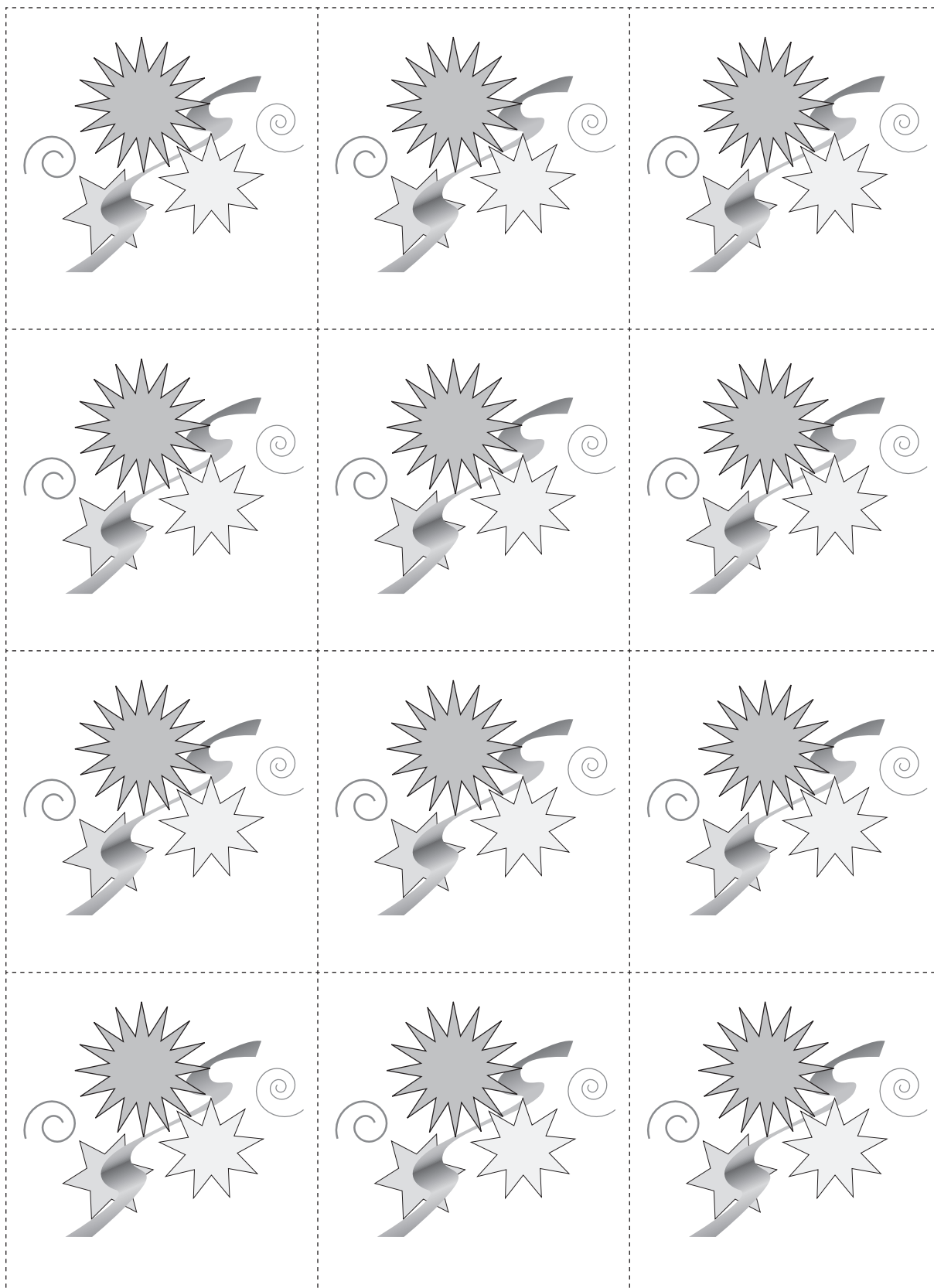
Category Cards: Food



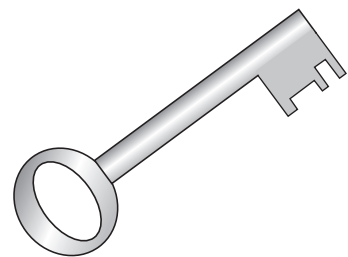
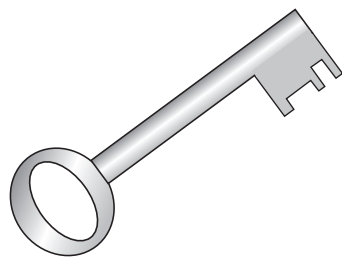
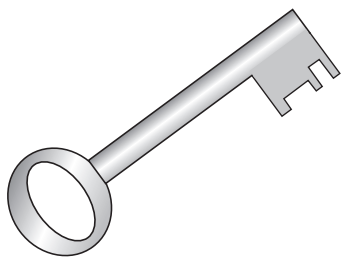
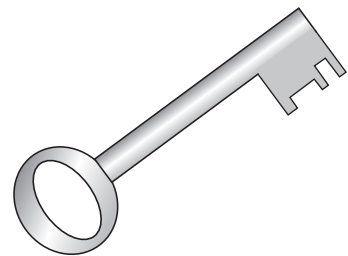
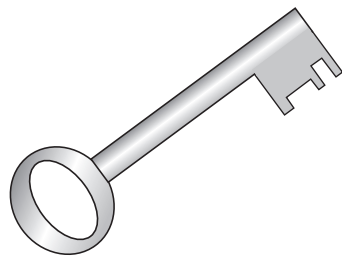
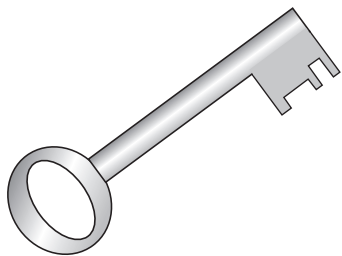
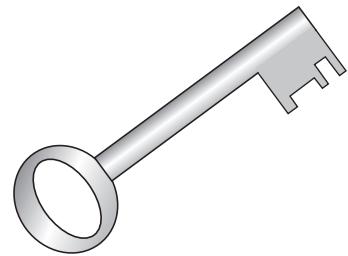
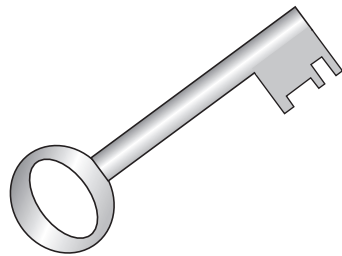
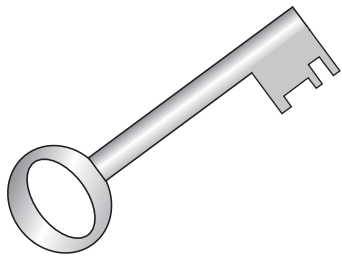
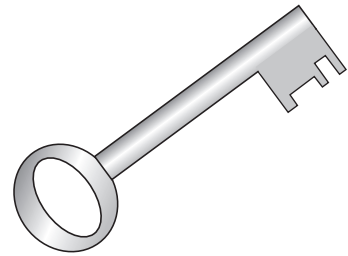
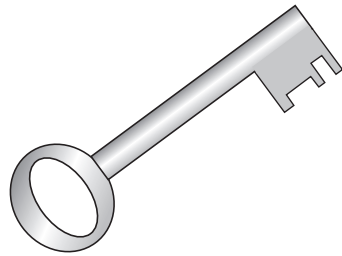
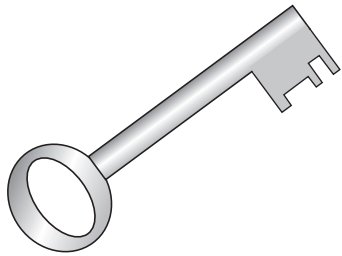
Category Cards: Happiness



Category Cards: Fulfilment



Category Cards: Security



My Self-image

0 means not at all,

5 means very much.

Area	0	1	2	3	4	5
Happy						
Kind						
Friendly						
Helpful						
Clever						
Popular						
Good sense of humour						
Considerate						
Good looking						
Sporty						
Hard working						
Lucky						

Area	0	1	2	3	4	5
Jealous						
Bullying						
Easily bored						
Annoying						
Lonely						
Bad tempered						
Silly						
Moody						
Shy						
Cheeky						
Bossy						
Easily worried						

☐

Where I am now

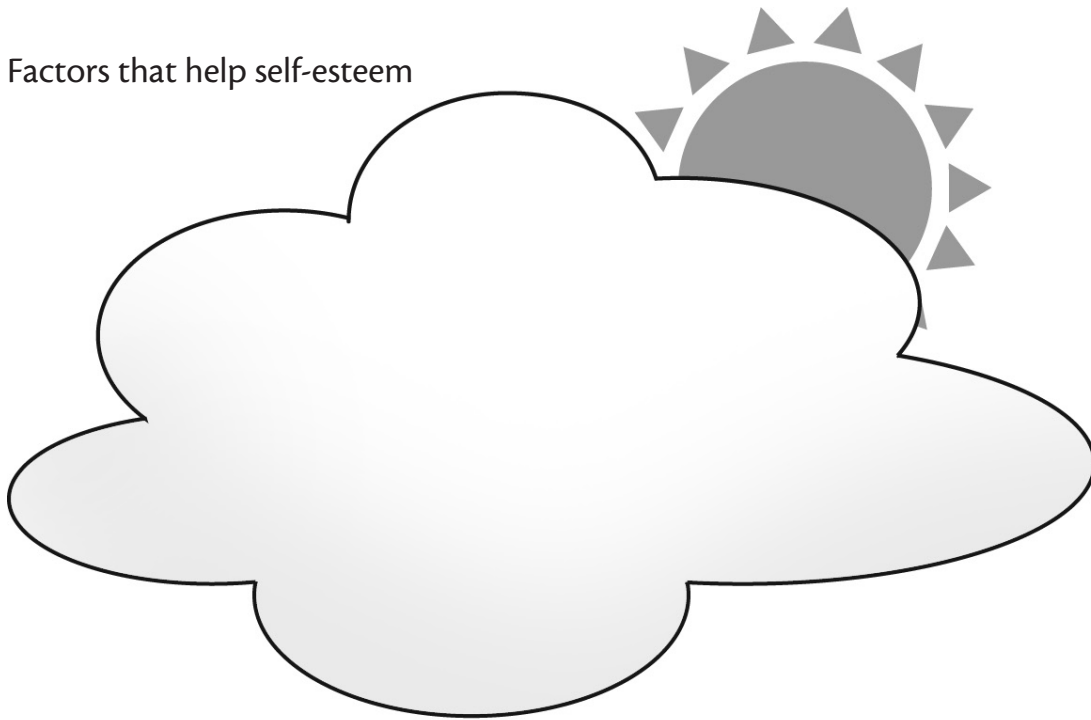
☐

Where I would like to be

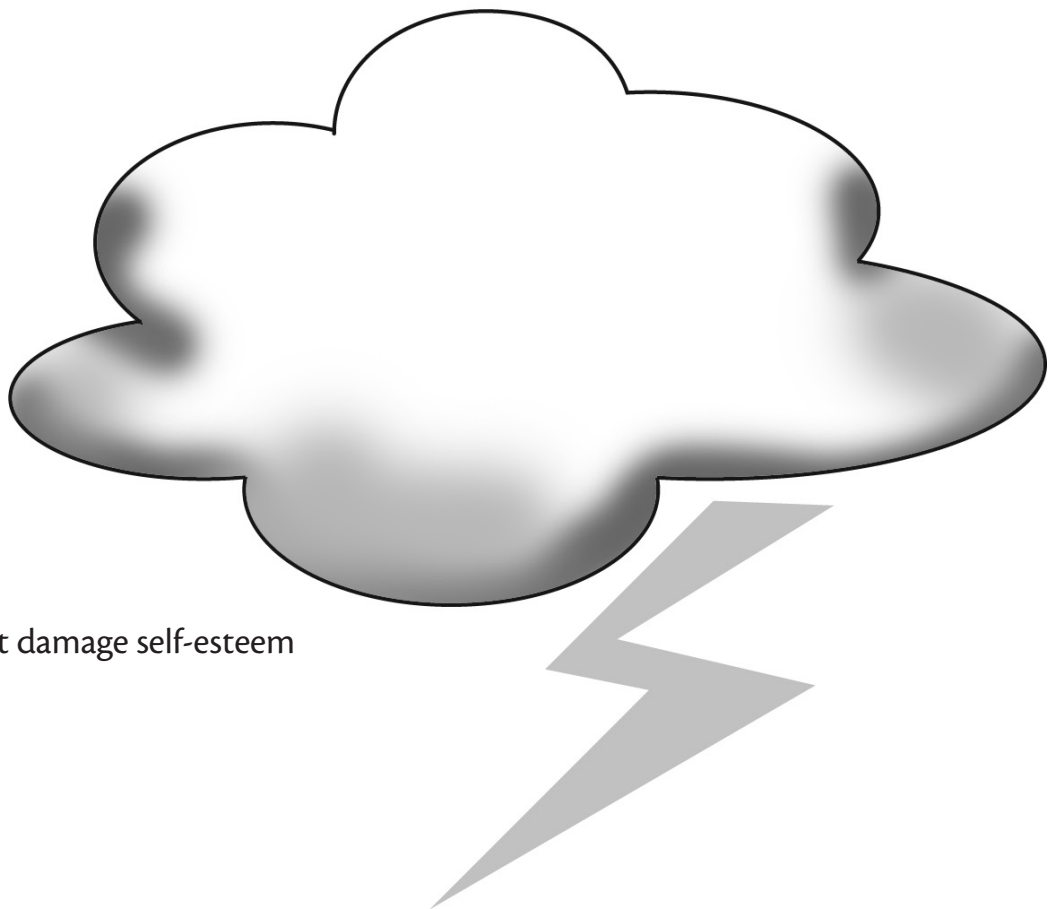


Self-esteem Factors

Factors that help self-esteem



Factors that damage self-esteem



Me and My Body

What do you think of your body?

What influences the way you see yourself?

What are you self-conscious about?

Do you want to change your body?

If you were to change your body, what would you do?

Who are your role models?

Do you feel pressurised into looking like them?



If I Were...

If I were an animal I would be a ...

If I were a car I would be a ...

If I were a TV programme I
would be ...

If I were a building I would be a ...

If I were a sport I would be...

If I were a food I would be...

If I were a game I would be a ...

If I were a plant I would be a ...



Pen Portraits

	1. What makes them tick?	2. What delights/ motivates/scares them?
Write a pen portrait of someone you admire...	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Write a pen portrait about your best friend...	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Write a pen portrait about yourself...	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



Likes and Dislikes

I like me because...

I don't like me because...



Other People

Other people like me because...

Other people don't like me
because...

I like me because...

I don't like me because...

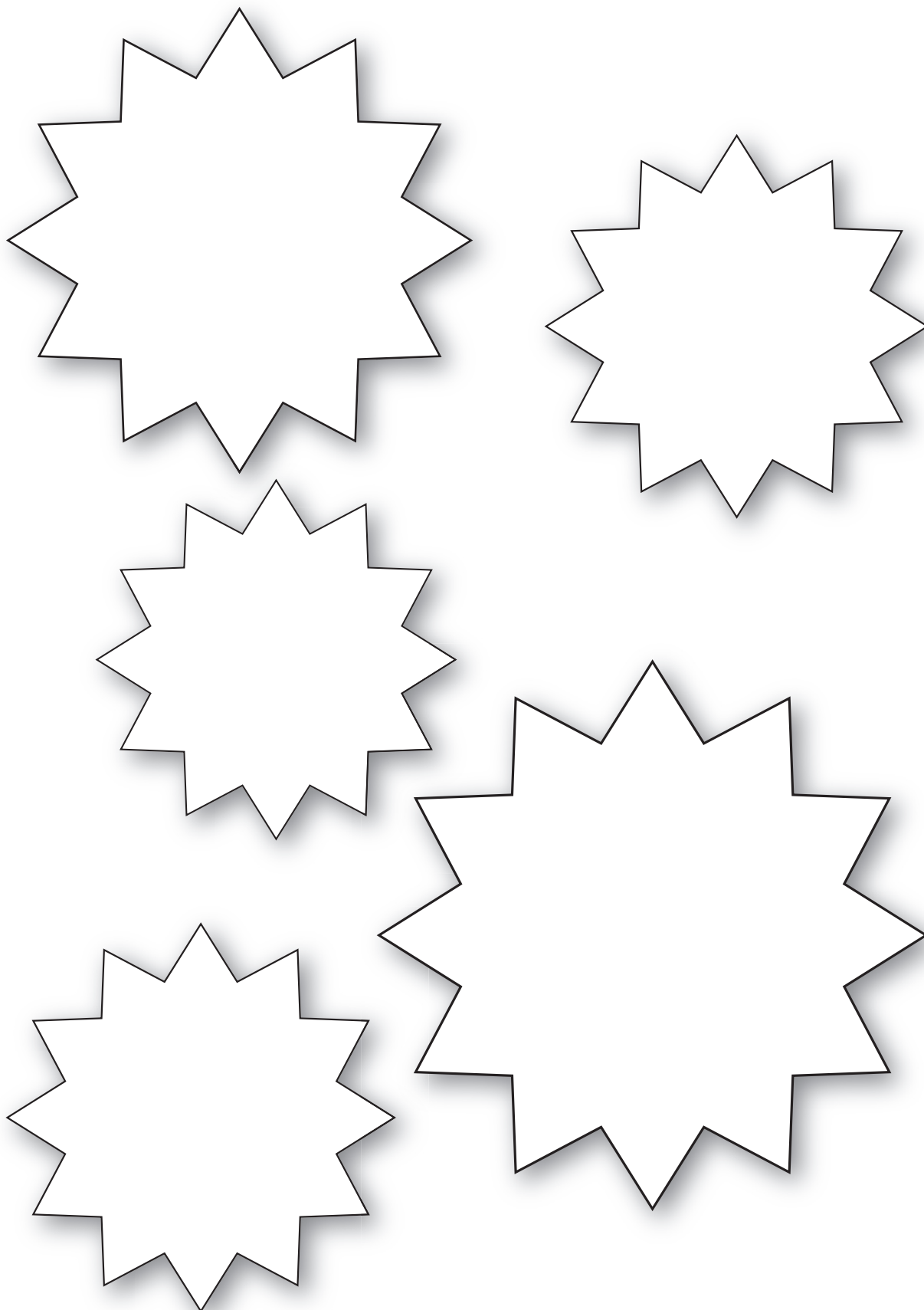


Things I Enjoy Doing



This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving a small margin at the top and bottom. There are no vertical lines, text, or other markings on the page.

My Good Points



Changing Ourselves

It has been said that to change something 100%, it is only necessary to change 100 things by 1%.

List ten tiny changes you would like to make in your life...

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



Ten Good Things About Me

1

2

3

4

5

6

7

8

9

10



I Am Unique – Special



There is no one else like me!



I Am Proud That...

I am proud that...

1. My family is

2. I tried hard to

3. I did well in

4. I am good at

5. I did not

6. I helped

7. I always

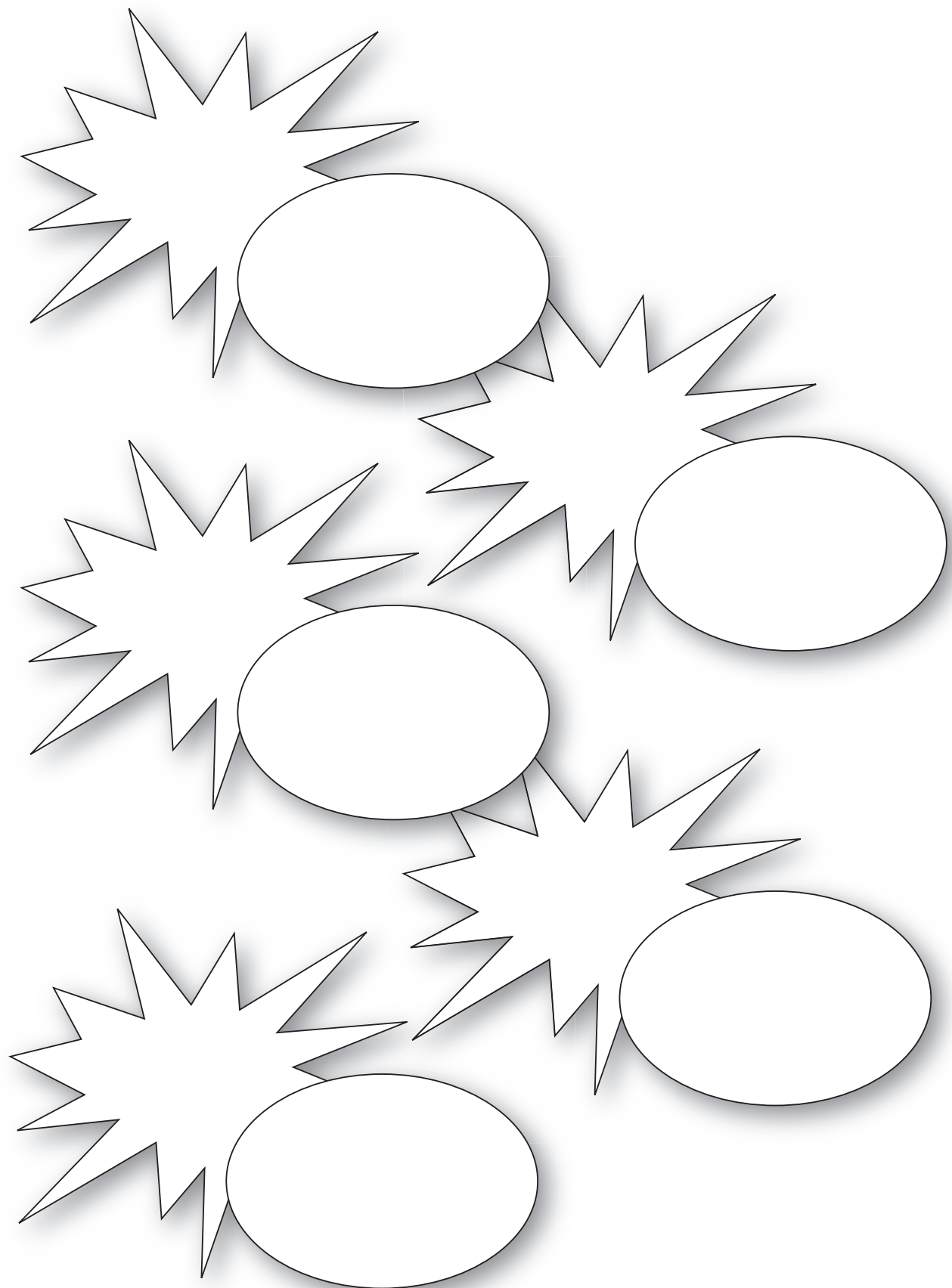
8. I have improved at

9. I will become

10. My ambition is to



Thought Changing



Positive Thinking

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



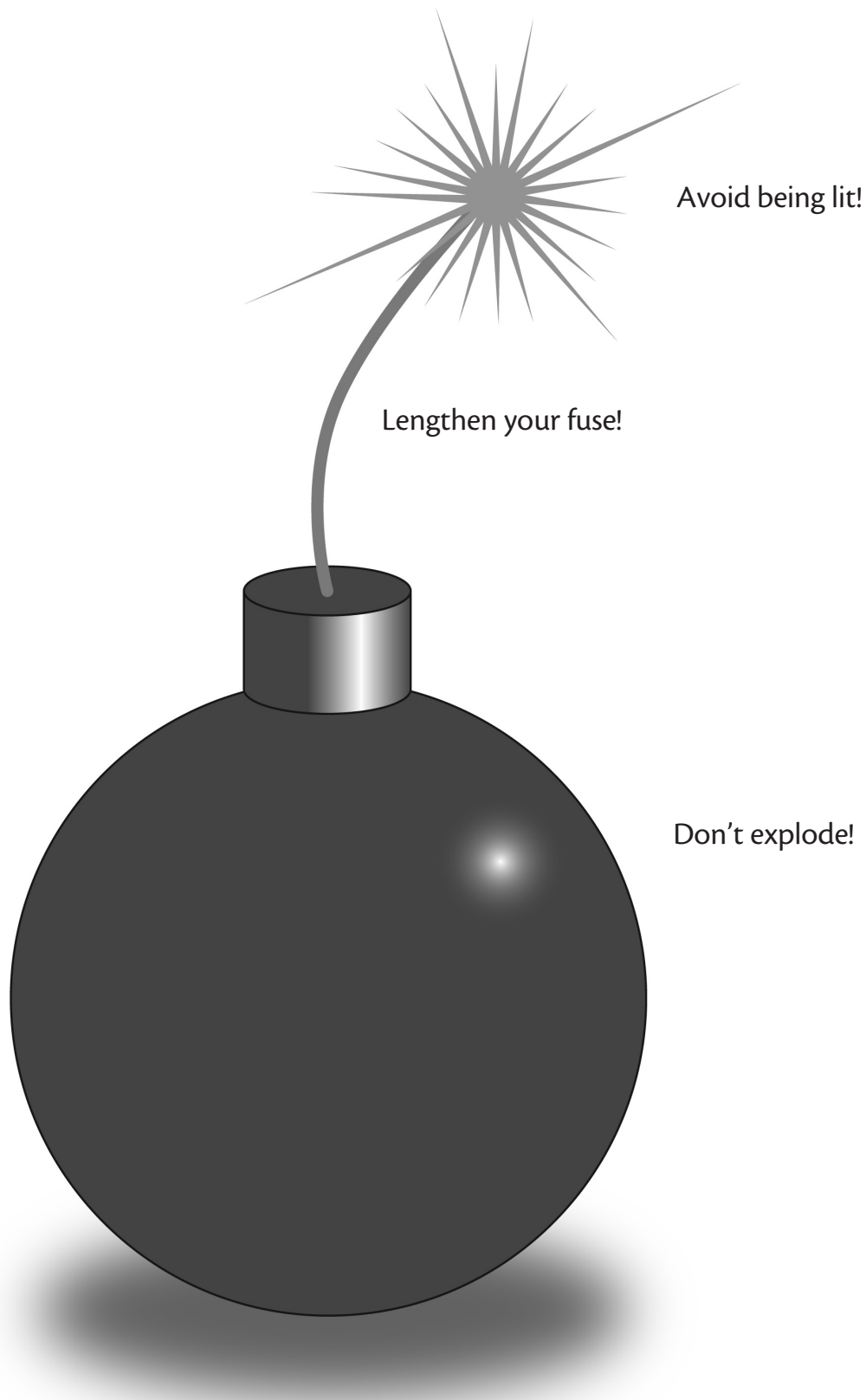
Receiving Compliments

What are the good things about receiving compliments?

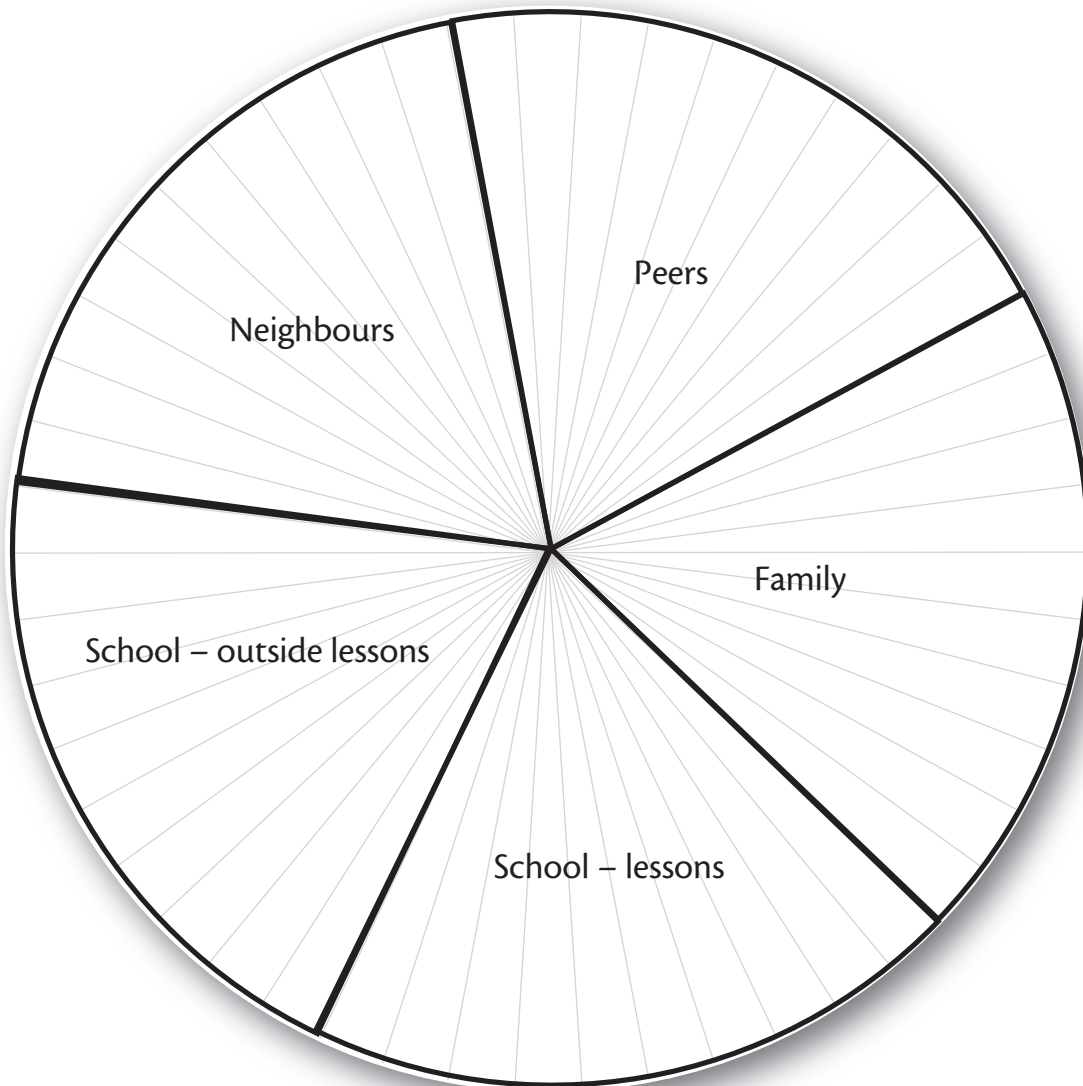
What are the difficult things about receiving compliments?



Beware: Anger Bomb!



Anger Pie



Score yourself from 0 to 10 according to how angry you feel in these five different situations (0 means not angry at all, 10 means furious!)

Peers	<input type="checkbox"/>
Neighbours	<input type="checkbox"/>
School (outside lessons)	<input type="checkbox"/>
School (lessons)	<input type="checkbox"/>
Family	<input type="checkbox"/>

Now colour in the pie chart according to how high you've scored yourself. So if you have given yourself a 10, colour the whole section, if you have given yourself a 5, colour half of it. If you have given yourself a 0, leave it blank.



What Makes You Angry?

Tick the boxes next to each situation that applies to you.

There are some blank spaces for you to fill in if the reason isn't here.

- ☐ Getting told off for something I haven't done.
- ☐ Someone calling members of my family names.
- ☐ Someone calling me names.
- ☐ Someone calling my friends names.
- ☐ Being shouted at.
- ☐ A friend telling someone one of my secrets.
- ☐ Not being able to do the work I have been given.
- ☐ People talking about me behind my back.
- ☐ If something is unfair.
- ☐ If someone pushes me.
- ☐ If someone threatens me.
- ☐ Making a mistake.
- ☐ If a friend does something wrong and then blames me.
- ☐ If someone grasses on me.
- ☐ Getting an answer wrong.
- ☐ Not being allowed to do what I want.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Now decide which three make you the angriest and underline or highlight them.

The situations you ticked are your triggers. These are the things that light your fuse!

The situations you underlined or highlighted are the triggers you react most to.



Thoughts – Feelings – Actions

Thoughts

Feelings

Actions

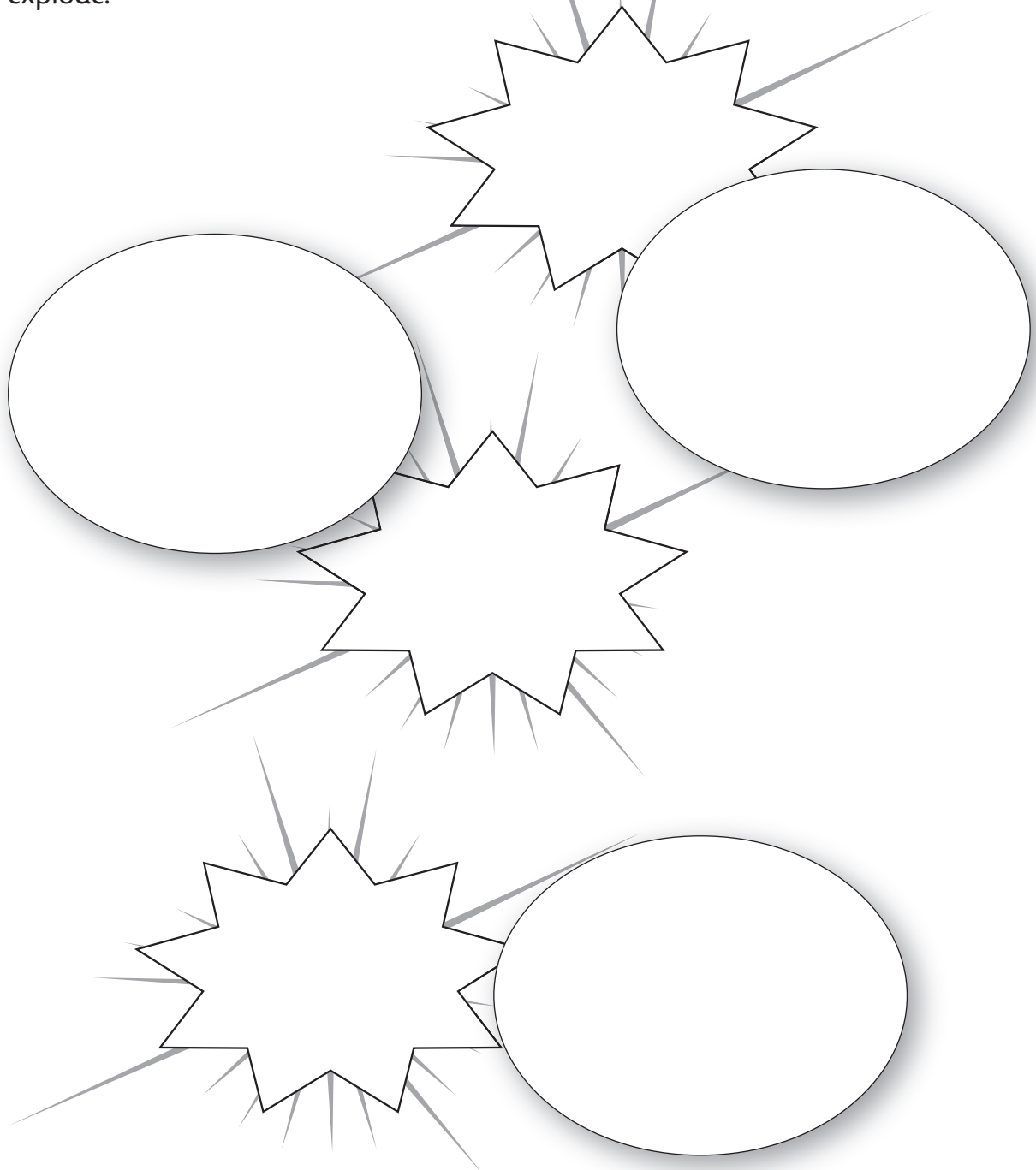


Lengthening the Fuse

Our thoughts lead us to feel certain things, and our feelings cause us to do certain things.

If you can change the way you think about your triggers, then you can feel better about them and be less likely to react angrily.

When you do this you are lengthening your fuse, making the bomb less likely to explode.



Putting Out The Flame

Strategies To Control Anger

1. Practise these techniques.
2. Decide which ones will be most useful to you.
3. Keep practising them so you don't forget them when needed.

Catchphrase

Decide on a particular phrase to say to yourself in situations where you feel angry.

Practise it and then repeat it in your head over and over again when you feel angry.

Deep Breathing With Pleasant Thoughts

1. Close your eyes.
2. Take a deep breath through your nose.
3. Breathe out through your mouth imaging a pleasant scene.
4. Describe to yourself the smells, sounds, colours...

Talk Sense to Yourself

1. Recognise when you are starting to feel angry.
2. Talk yourself through the feelings using phrases such as:
...I know I'll be OK...
...Stay calm...
...There's no point getting angry...
...It will not last forever...

Breathing Control

1. Breathe in through your nose: calm, quick breaths.
2. Breathe out through your mouth.
3. Say a word to yourself each time, such as 'calm' or 'relax'.

Deep Breathing Counting Backwards

1. Take a deep breath through your nose.
2. Breathe out through your mouth saying 'ten'.
3. Repeat saying 'nine'.
4. Repeat to '0'.

Retracking

Retrack incidents that have not gone well. Talk through the situation, changing key actions, stating what the alternative outcome could be.

Counting to 'Ten'

When you feel yourself getting angry in a situation, do not open your mouth to respond in any way until you have counted to ten.

Stop, Think, Do

When you are in a difficult situation, remember this:

- Stop
- Think
- Do

Thought Stopping

1. Practise thinking negative thoughts.
2. When someone says 'stop', make your thoughts positive.

7-11 Breathing

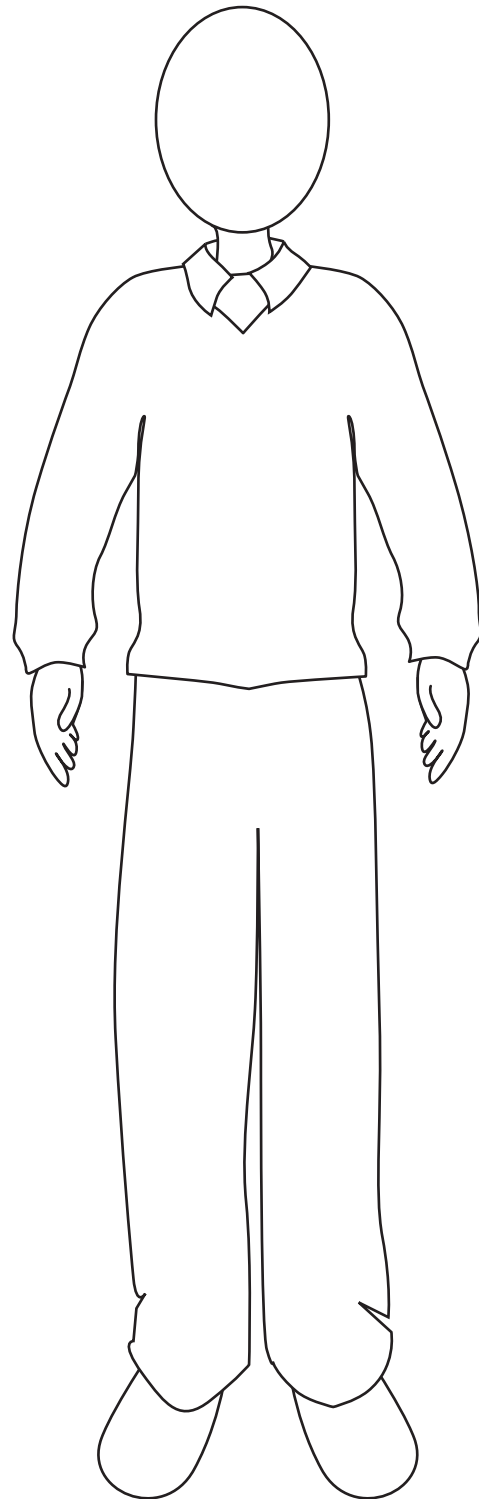
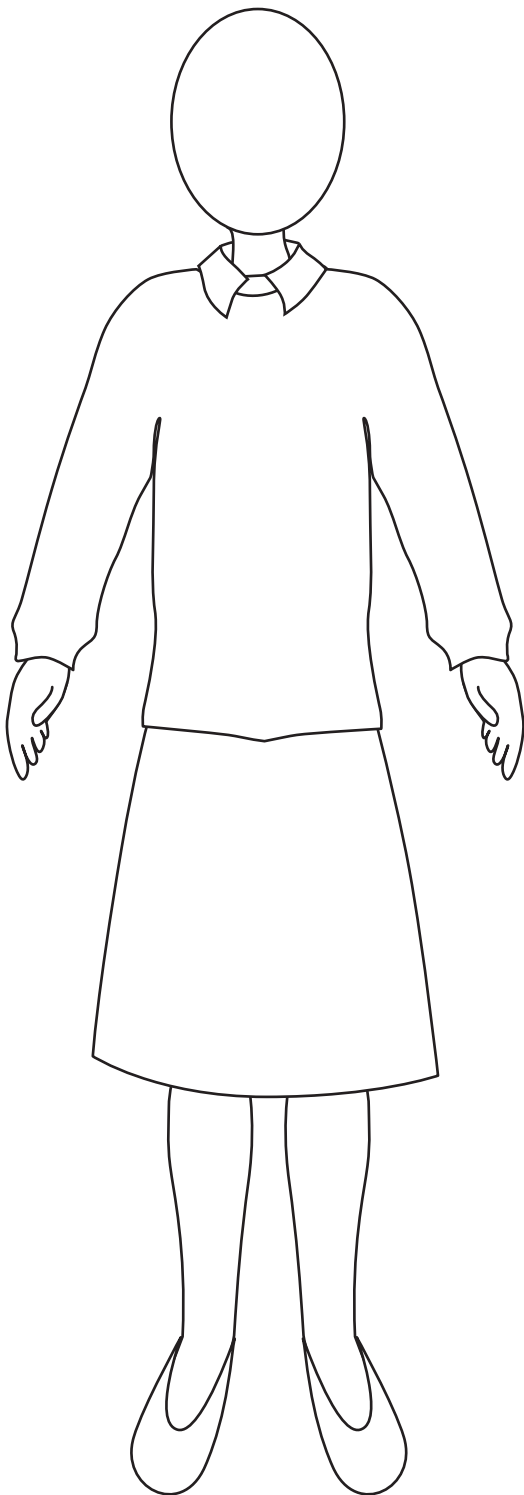
1. Breathe in through the mouth for a count of seven.
2. Breathe out through the nose for a count of 11.

Time-out

Practise using a time-out card, and arrange where you would go if you had to remove yourself from a lesson.

Physical Anger

Mark on the body outline where you feel your anger in your body.



Anger Line

Where on the line are you now?

Least angry

Most angry



Why are you at this number?

How do you feel now?

What can you do to lower the number?

How do you feel now?

Are you calm enough to return to your lesson?

☐ Yes ☐ No

Why?



Bereavement Booklet

Change is natural. It happens to everybody, every day.

Draw something you like about...

Spring

Summer

Autumn

Winter

Life changes...

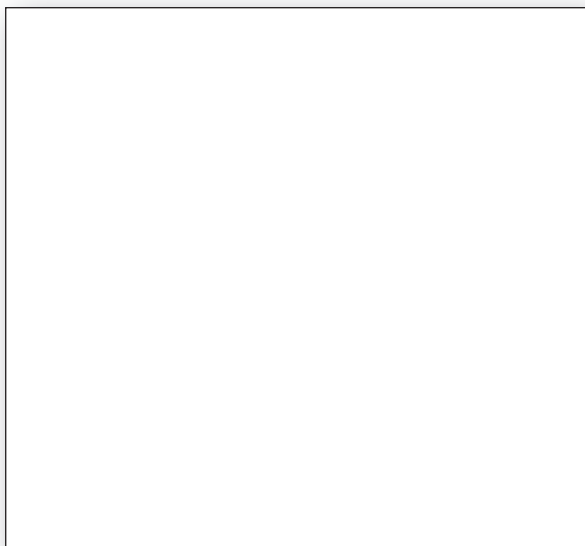
My life when I was born	My life today	My life in twenty years' time



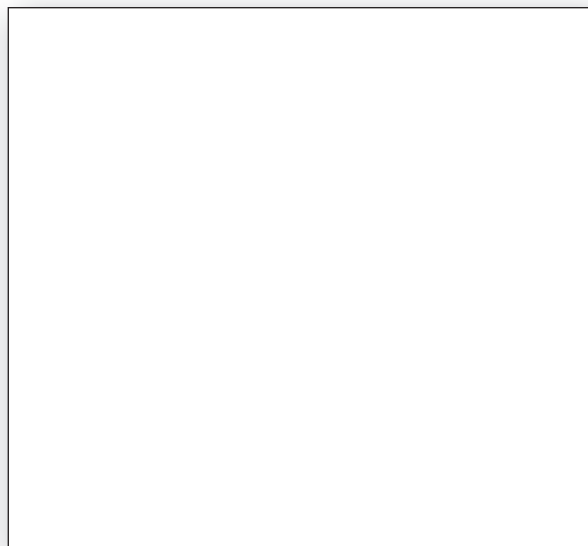


Life is a bit like the sea. Sometimes it can be calm and smooth. Sometimes it can be rough and stormy.

Draw a picture of a stormy sea.



Draw a picture of a calm sea.



Which picture of the sea is your life like right now?

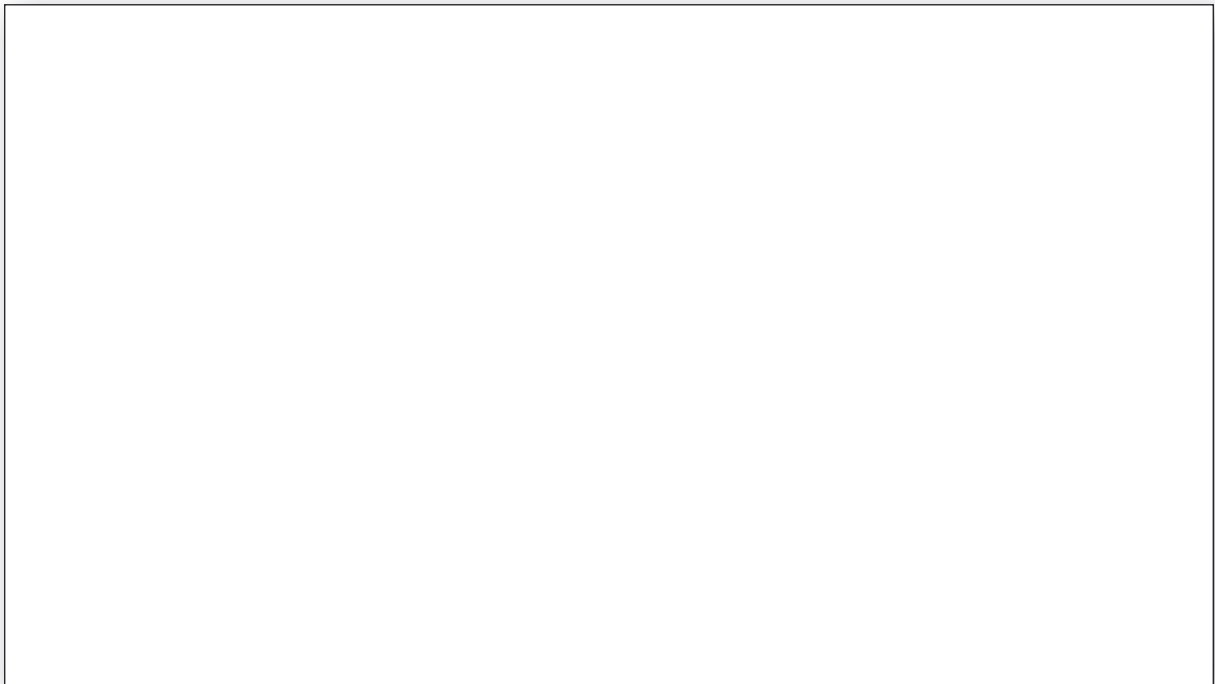


Life changes all the time

Death is the last change in life. That means death is the end of living. Draw what death means to you....




Somebody special to me died. Draw a picture of your special person...



There are lots of different beliefs about what happens when somebody dies.

Draw some of the different beliefs that you know....



What I think happens...



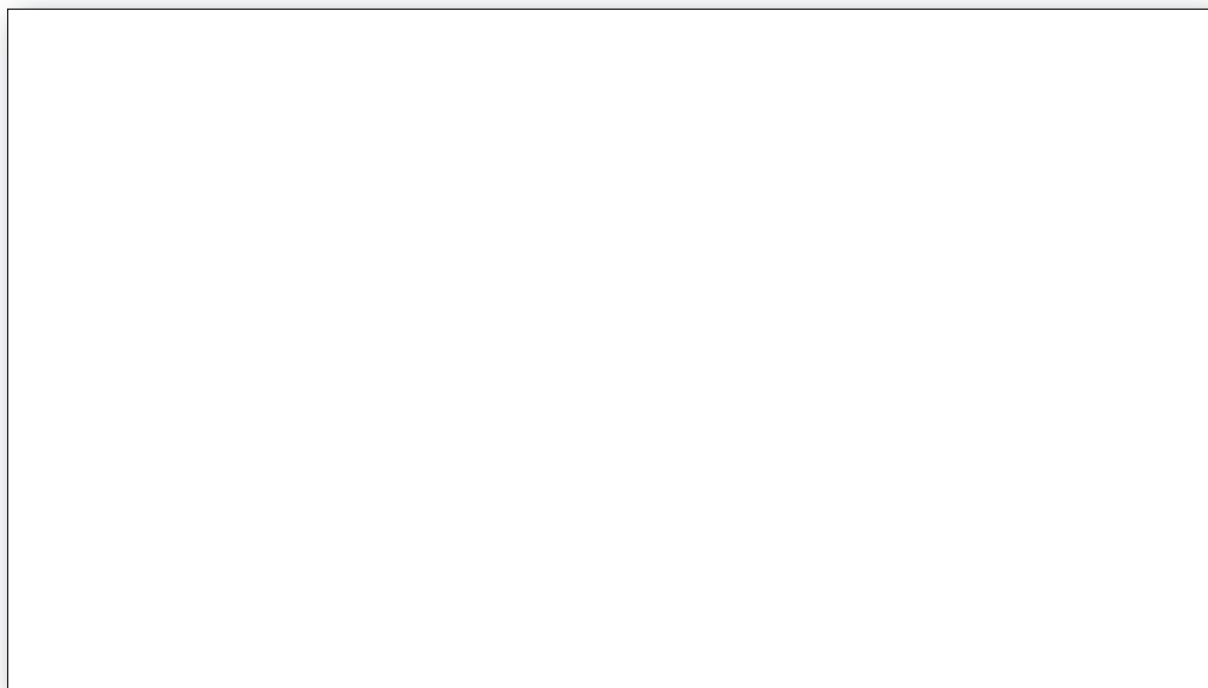
Things I don't know about death and might like to ask somebody...

This is me saying, 'Goodbye' to my Special Person:



Sometimes people hide their real feelings and pretend different feelings to others.

Draw some feelings that people might hide...



How I am feeling...



Good ways to get my feelings out...



Sadness



Anger



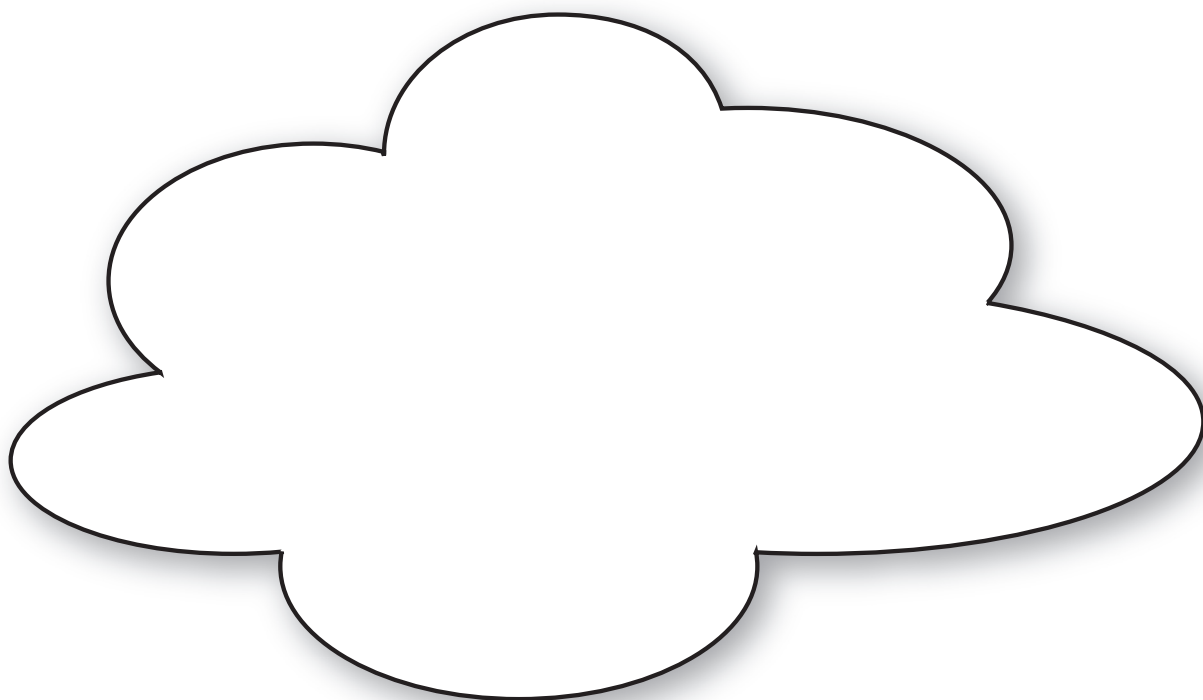
Frightened



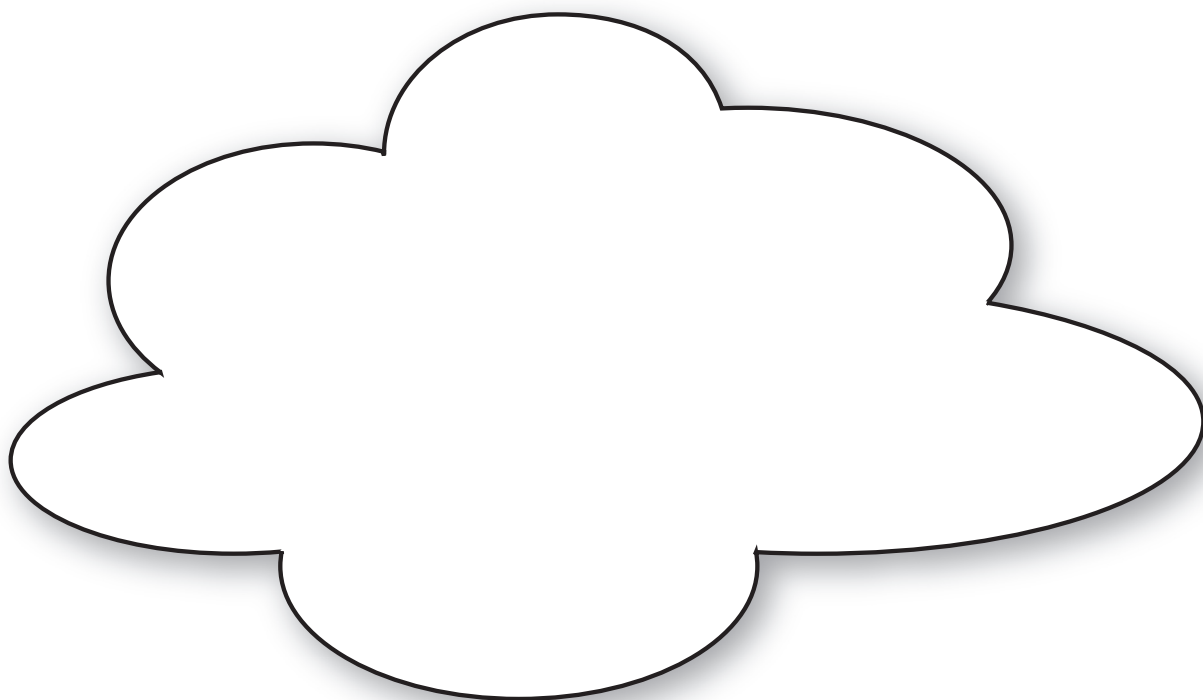
Happiness



**Things that make me
feel better...**



**Something positive
about me...**



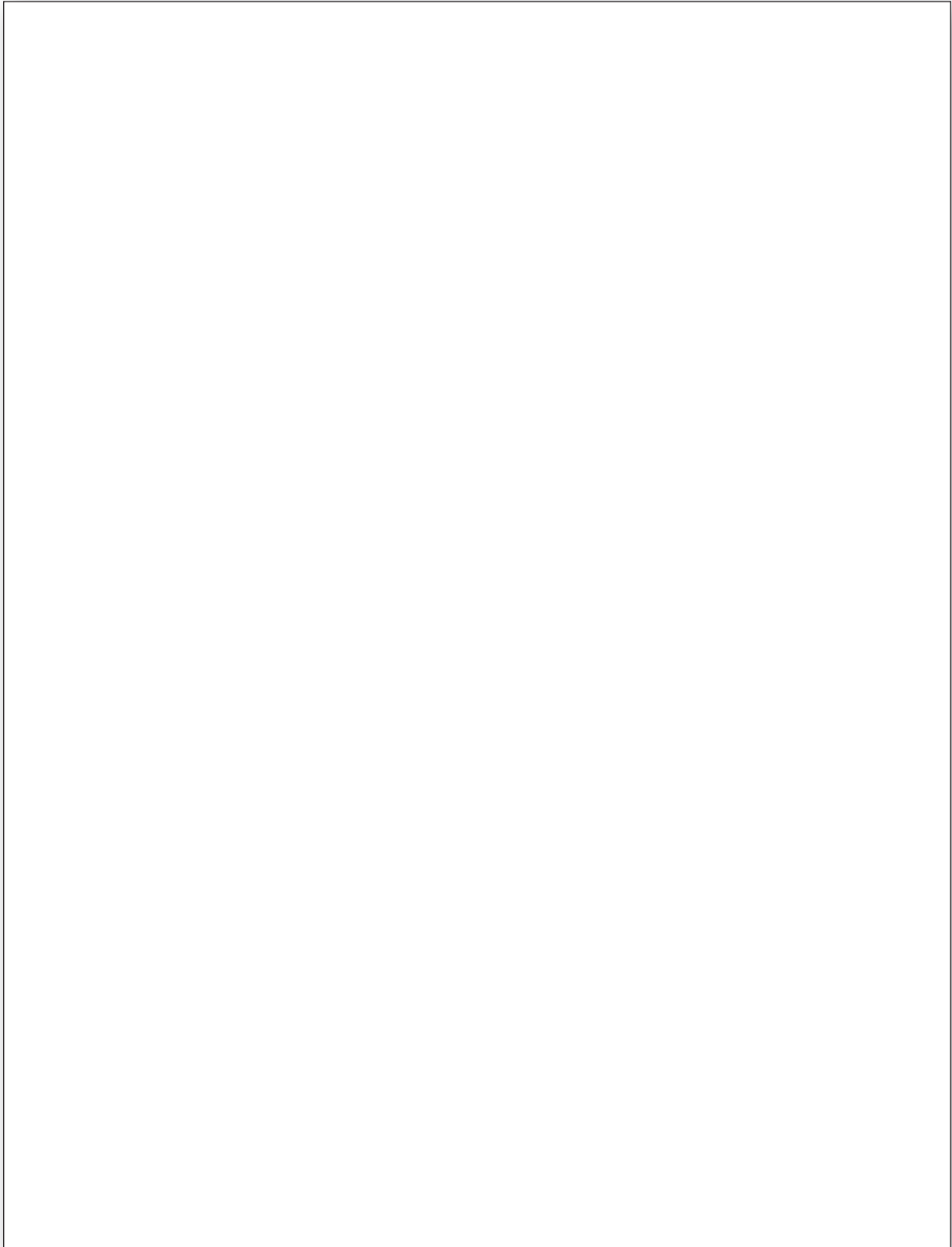
My Special Person taught me something important...

Good memories are mine to keep...

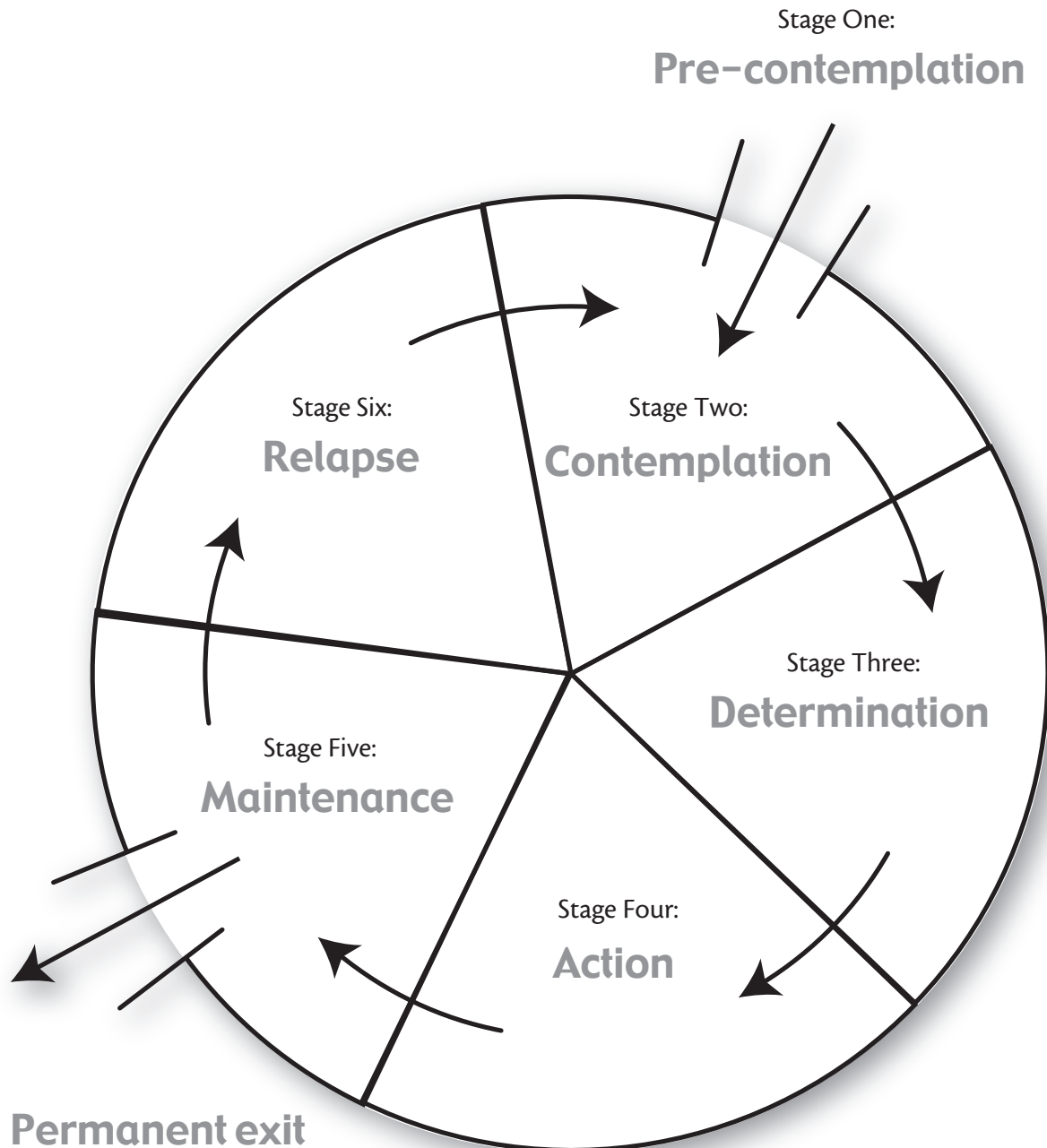


It is OK to Still Have Fun!

This is me having happy times...



Prochaska and Diclemente's Six Stages of Change



Helpful Responses to Self-harm

Listen.
Understand that self-harm is a coping strategy, a way of surviving for that person.
Recognise the need to self-harm and the feelings of distress leading to it.
Show you see the person behind the self-harm not just the behaviour.
Have concern for the actual injuries.
Let the young person know it is OK to talk about their self-harm and that it is something that can be understood.
Explore meanings and feelings behind the self-harm, to encourage the young person's understanding.
Explore the triggers – this will help the young person understand and discover alternatives that are best suited to them as an individual.
Encourage the young person to see self-harm as a signal of buried feelings that need to be expressed.
Help the young person to develop other methods of expressing these feelings.
Explore alternative coping strategies to self-harm and the understanding that these will differ depending upon the person and the different triggers.
Support and acknowledge each small step as a major achievement.
Don't make stopping self-harm the most important goal or a condition of your support.

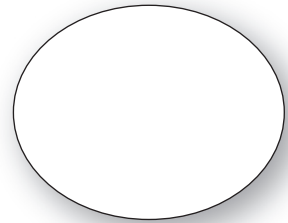


What Functions Does Self-harm Provide?

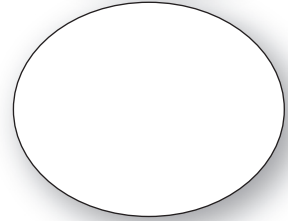
- Used to cope with distressing life event(s).
- Way of dealing with abuse, neglect, losing somebody important through death or otherwise, being bullied or harassed, being assaulted, being very lonely or isolated and other such difficult feelings.
- Escapism – feels unreal or numb.
- Expression of emotions that the young person does not understand, cannot recognise or is unable to verbalise.
- Release of unbearable feelings.
- Self-punishment, meaning getting rid of 'badness'.
- Gain sense of control over body.
- Express distress to others.
- Taking care of injuries afterwards can bring sense of comfort and being cared for.
- To block out emotional pain with physical pain.
- Release from emotional intensity.
- Release from feeling numb or empty, to feel 'alive'.

Positive Thinking

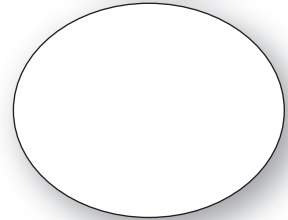
Monday



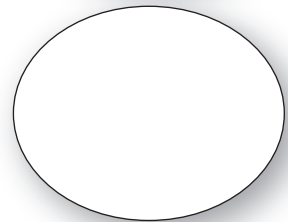
Tuesday



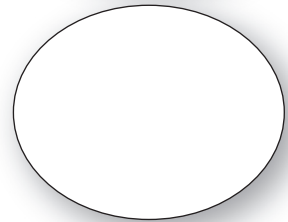
Wednesday



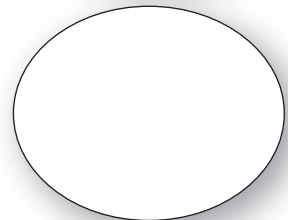
Thursday



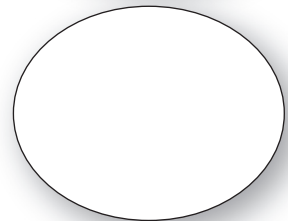
Friday



Saturday



Sunday



Self-harm: Myths and Facts

Myth:

Self-harm is just a way of attention seeking.

Myth:

Self-harm is rare in young people.

Myth:

People who self-harm are trying to kill themselves.

Myth:

Young people self-harm for no good reason.

Myth:

Young people self-harm over trivial reasons.

Myth:

People who self-harm are mad.

Myth:

Self-harm which is superficial is not 'serious'.

Myth:

Self-harm is only about cutting yourself.

Myth:

Once you have self-harmed you cannot stop.

Self-harm: Myths and Facts

Fact:

Self-harm is a coping strategy. People self-harm because they are finding something difficult and painful. They could also be trying to show that something is wrong. They need to be taken seriously.

Fact:

Lots of people self-harm. There is lots of secrecy around self-harm and because many young people do not tell anyone, it is hard to know exactly how many are self-harming. The Royal College of Psychiatrists (1999) found that as many as 1 in 10 teenagers have deliberately self-harmed.

Fact:

Sometimes people do harm themselves because they want to die. But more often than not, it's about staying alive. Young people may self-harm to help them cope through a bad time.

Fact:

All self-harm should be treated seriously. People self-harm to different extremes as it is a coping strategy and everybody is unique. The extent of the self-harm is not necessarily a reflection of how serious the personal difficulties.

Fact:

People can self-harm just once or twice. Some use self-harm over a long period of time. The frequency of the self-harm varies. Many people do stop self-harming but only when they are ready. This could be when they sort their problems out or when they find other ways to deal with their feelings.

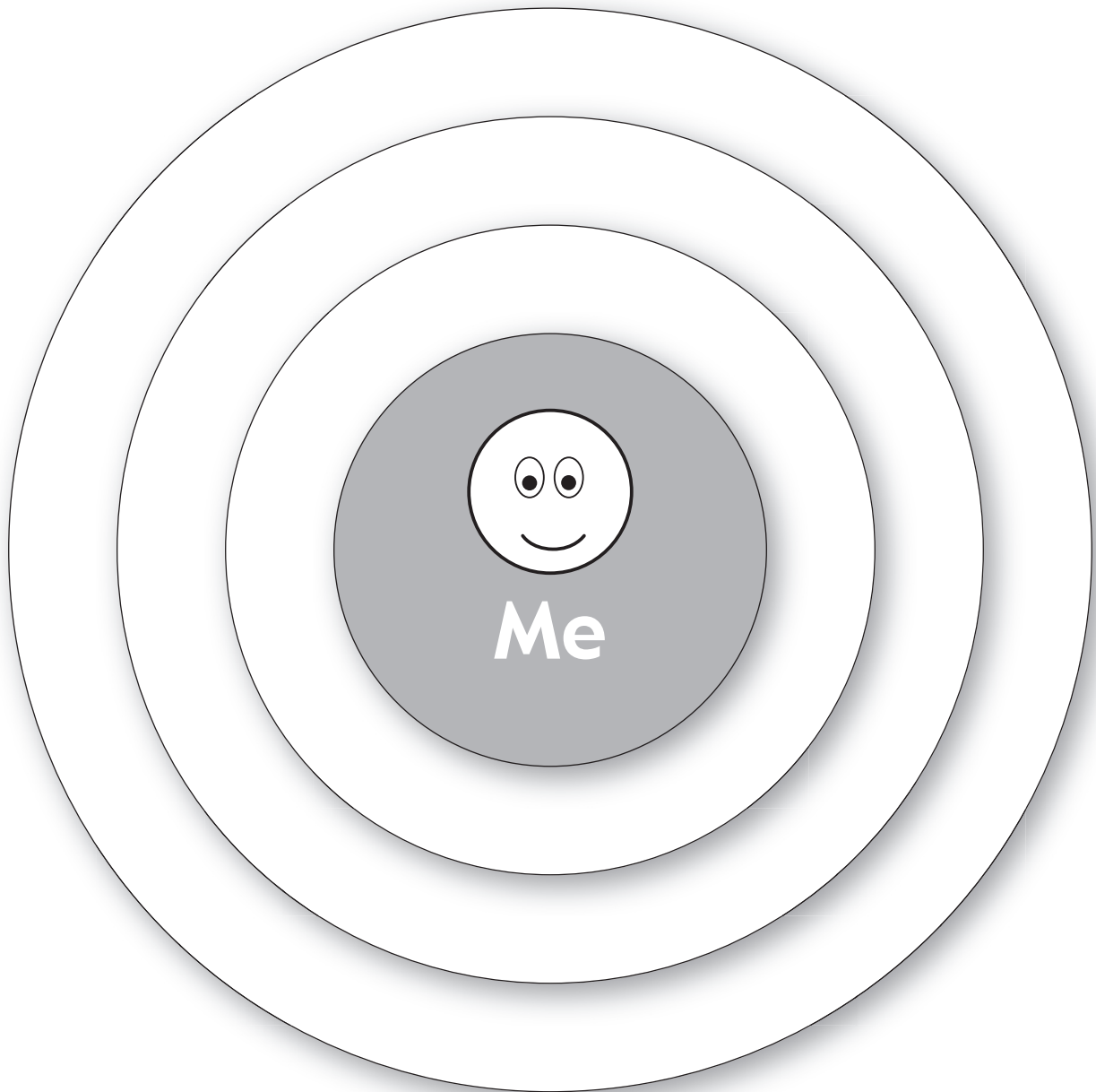
Fact:

Lots of different people self-harm. It does not mean they are mad. It is a sign that they are trying to cope with something difficult and upsetting.

Fact:

People self-harm in different ways. Self-harm can include cutting different parts of the body, burning, biting, scratching, banging, bruising and pulling hair. Some people take tablets, maybe not enough to overdose but enough to forget their problems for a while. Things such as starving, overeating, taking drugs, smoking and risk-taking can also be 'self-harm'. Some coping strategies, for example, excessive exercise or burying themselves in their work, can seem more acceptable, but can still be harmful.

My Support Circle



Triggers

Mark the triggers below which you feel applied to you at that time...

- | | |
|--|---|
| <input type="checkbox"/> I argued with a friend. | <input type="checkbox"/> I got stressed with... |
| <input type="checkbox"/> A teacher shouted at me. | <input type="checkbox"/> I was under pressure. |
| <input type="checkbox"/> Somebody insulted me. | <input type="checkbox"/> I wanted to take my mind off something else... |
| <input type="checkbox"/> I argued with someone in my family. | <input type="checkbox"/> Somebody touched/pushed me. |
| <input type="checkbox"/> I got into trouble. | <input type="checkbox"/> I wanted to cause myself pain. |
| <input type="checkbox"/> A friend left me out. | <input type="checkbox"/> I was being bullied. |
| <input type="checkbox"/> Something on TV upset me. | <input type="checkbox"/> Someone shouted at me. |
| <input type="checkbox"/> I got a bad mark at school. | <input type="checkbox"/> I got into a fight. |
| <input type="checkbox"/> I did something I shouldn't have. | <input type="checkbox"/> I couldn't express how I felt inside. |
| <input type="checkbox"/> I thought about a specific incident. | <input type="checkbox"/> People in my house argued with each other. |
| <input type="checkbox"/> I drank some alcohol. | <input type="checkbox"/> I didn't like myself. |
| <input type="checkbox"/> I thought about somebody. | <input type="checkbox"/> I thought I was unsafe. |
| <input type="checkbox"/> I felt bad about myself. | <input type="checkbox"/> I missed somebody. |
| <input type="checkbox"/> I was reminded of a specific incident. | <input type="checkbox"/> I listened to some music that upset me. |
| <input type="checkbox"/> Nobody understood me. | <input type="checkbox"/> I wanted somebody to notice how bad I felt inside. |
| <input type="checkbox"/> Someone wasn't listening to me. | <input type="checkbox"/> I wanted somebody to help me. |
| <input type="checkbox"/> I felt bad about the way I look. | <input type="checkbox"/> I wanted to feel myself again. |
| <input type="checkbox"/> I felt bad about my body. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I thought that somebody didn't love me. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Someone embarrassed me. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I felt low about my personality. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Someone got more attention than me. | <input type="checkbox"/> _____ |



Alternatives

- | | |
|---|---|
| <input type="checkbox"/> Go out for a walk (when safe). | <input type="checkbox"/> Hug a teddy bear. |
| <input type="checkbox"/> Ring a friend. | <input type="checkbox"/> Talk to somebody from your Support Circle. |
| <input type="checkbox"/> Talk to somebody. | <input type="checkbox"/> Ring ChildLine 0800 11 11,
Or write: Freepost NATN1111,
London, E1 6BR.
Ring Samaritans 08457 909090 |
| <input type="checkbox"/> Get out of the house. For example,
into your garden or yard for
fresh air. | <input type="checkbox"/> Read a book or magazine. |
| <input type="checkbox"/> Write a letter or diary. | <input type="checkbox"/> Have a cold shower. |
| <input type="checkbox"/> Draw or paint feelings. | <input type="checkbox"/> Have a hot bath to relax. |
| <input type="checkbox"/> Rip up old paper or material if
angry. | <input type="checkbox"/> Carry a stone, stress ball or some-
thing similar in your pocket to rub,
squeeze or play with. |
| <input type="checkbox"/> Listen to music – appropriate
songs, positive music! | <input type="checkbox"/> Reality checks – count things in
the room, study the colours of
your surroundings and give
yourself a running description of
everything surrounding you. |
| <input type="checkbox"/> Go to bed, sleep. | <input type="checkbox"/> Give yourself a task to do, such as
tidying your room. |
| <input type="checkbox"/> Squeeze ice cubes. | <input type="checkbox"/> Do an activity or hobby you usually
enjoy. |
| <input type="checkbox"/> Hand in bucket of icy water (not
for too long). | <input type="checkbox"/> Exercise or do something energetic
– running, football, swimming,
gym, dancing, tennis, yoga... |
| <input type="checkbox"/> Wear rubber band loosely around
wrist and flick it against skin. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Draw marks on self with red pen or
paint or use henna tattoos. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Buy inflatable baseball bat and
whack pillows. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bite into something strongly
flavoured, for example, a lemon or
chilli pepper. | |
| <input type="checkbox"/> Make an appointment with
mentor or doctor or counsellor. | |



Slang Names - Cannabis

Spliff	Dope	Home-grown
Joint	Gear	Hash
Skunk	Rocky	Smoke
Blow	Columbian	Herb
Green	Bang	Ganja
Solid	High Grade	Resin
Block	Weed	Mary J
Black	Reefer	Bong
Bush	Draw	Smelly
Bucket	Pot	Sput
Indica	Northern Lights	Chronic
Afghan	Booda	Saliva

Slang Names – Cocaine/Crack Cocaine

Crack	Snow	Powder
Nosebag	Charlie	Rock
Big C	Coke	Snifter
Freebase		

Slang Names – Amyl Nitrate

Poppers	Rush	Snappers
TNT	Headrush	Ram

Slang Names – Ketamine

Ket	Kitty Kat	Special K
Vitamin K	Pegasus	Horse

Slang Names - Ecstasy

E	Pills	MDMA
M&Ms	Flatliners	Doves
MDA	Adam	Eve
Chikkas	New Yorkers	Rolexes
XTC	Mitsies	Badboys
Diddlers		Disco Biscuits

Slang Names - Heroin

Skag	Brown	Gear
Smack	Rattling	H

Slang Names - Amphetamine

Speed	Amphets	Fet
Meths	Dexies	Base
Whizz	Uppers	Rits
Billy	Bennies	Sulphate

Slang Names - Magic Mushrooms

Mushies	'Shrooms	Trip
---------	----------	------

Slang Names - LSD

Tabs	Acid	Strawberries
Blotters	Trip	Microdots

Stimulants

Buzz

Speed up

Energy

Nightclubs

High

Headrush

Loved up

Dance all night

Thirsty

Drink water

Heart beats faster

Not hungry

Upper

Comedown

Depressants

Downers

Tired

Sleepy

Pass out

Whitey

Slowed Down

Chilled

Relax

Throw up

Feel sad

Gouching

Aggressive

Hallucinogens

Makes you see things

Tripping

Confused

Unreal

Think things are happening that aren't

Hear things

Exaggerates colours, shapes, sounds

Scary

No control

Don't know what is going on

Paranoid

Things speed up

Don't know how long it will last

Classification

A

B

C

Legal



Penalties and the Law

	Possession	Possession with intent to supply or supply or manufacture
Class A	7 years' prison sentence	Life prison sentence Unlimited Fine Seizure of assets
Class B	5 years' prison sentence	14 years' prison sentence Unlimited fine Seizure of assets
Class C	2 years' prison sentence	5 years' prison sentence Unlimited Fine Seizure of assets

Reasons for Using Drugs

Boredom

Peer pressure

Popularity

Risk taking

Escape from problems

To relax

Something to do

In with the crowd

To feel or look 'big'

To forget things

Curiosity

Can't say, 'No'

Dangerous

It's good for you

For the buzz

Solves problems

Calms nerves

Friends do it

Exciting

To get in the mood.

Now list the three reasons which you feel are the biggest factors in your drug use.



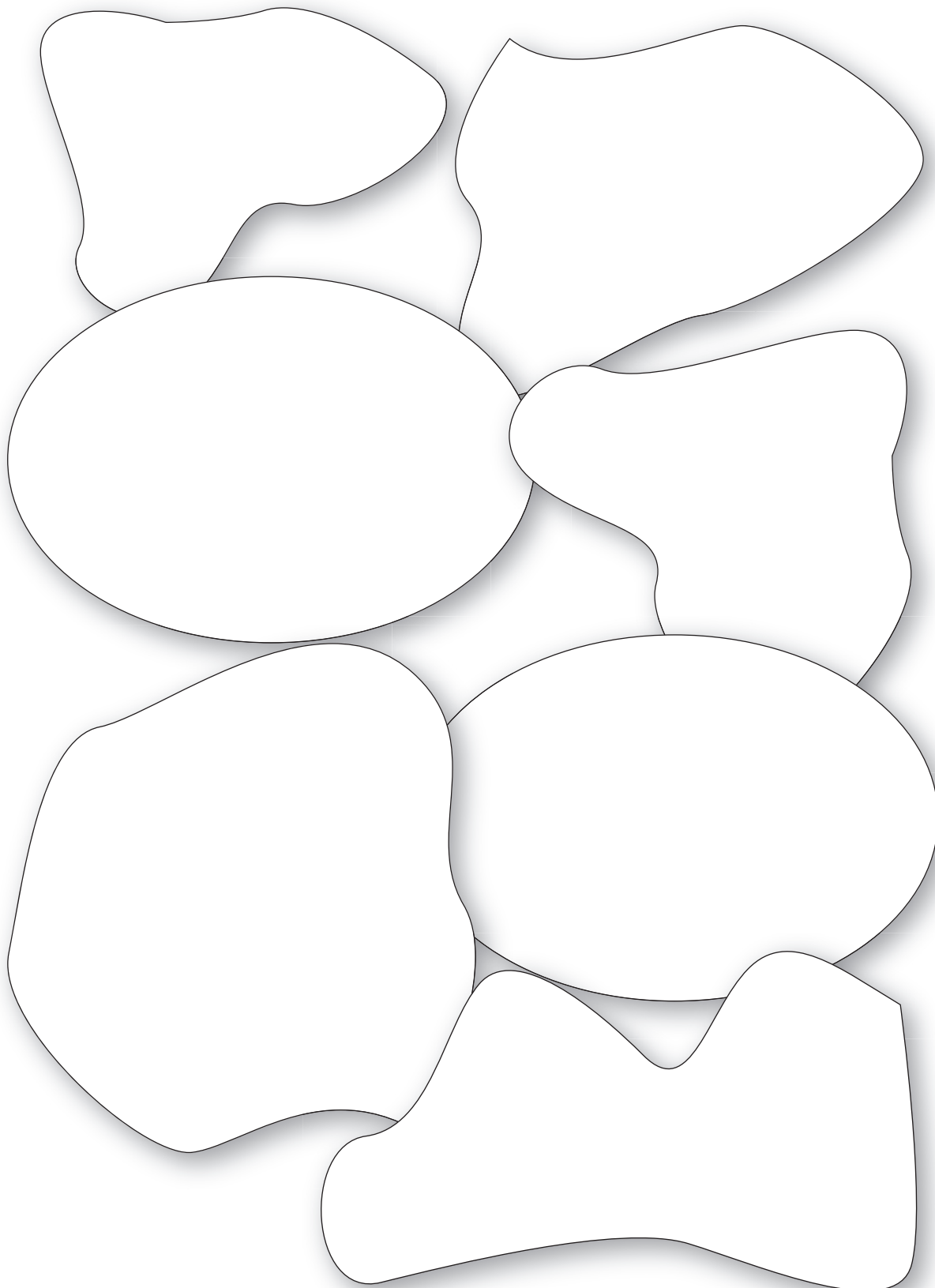
Pros and Cons

Pros

Cons



My Drug Use Affects



What Do You Know?

Cannabis is also known as

Why does the law classify drugs into three categories?

What are they?

Name three Class A drugs...

- 1) _____
- 2) _____
- 3) _____

Cannabis has recently been reclassified. What class did it used to be?

What class is cannabis now?

Do you know why cannabis has been reclassified?

If you are aged 17 and under, what can happen if you are caught in possession of cannabis?

Do you know the law for possession of cannabis for someone aged 18 and over?

Supplying and dealing cannabis is a more serious offence. What is the maximum penalty?

Name three side effects of using cannabis...

- 1) _____
- 2) _____
- 3) _____

Do you know if there are any long-term risks?

What effect could a drugs conviction have on your life...?

