



Worksheet

Asking For Help Situations

The teacher may choose to use alternative examples, relevant to their particular cohort of students.



Situation 1

My mum has a drinking problem – this results in rows and violence in our home.

Possible helpers

Parents, Al Anon, School Counsellor, Tutor, Home Liaison Teacher, Chaplain, Childline



Situation 2

My pregnancy test is positive. I am terribly worried. My parents will kill me. What will I do?

Possible helpers

Parents, Positive Options, Well Woman Centre, School Counsellor, Doctor, Tutor.



Situation 3

I feel so overweight. I diet and diet but I still feel fat and ugly. Food makes me sick now. People are always hassling me to eat – they won't leave me alone. I feel totally depressed.

Possible helpers

Parents, Doctor, School Counsellor, Bodywhys



Situation 4

When I broke up with Paul he sent me angry threatening texts and posted hurtful comments on my webpage. Then he posted a photo of me on the beach along with my email address and phone number on a sex site. What am I going to do? My parents will die when they find out.

Possible helpers

Parents, Gardaí, Data Protection Agency, Watchyourspace.ie, Childline Online



Situation 5

Recently I was suspended from school. Ever since that I haven't got on with my parents. It has got to the point that I don't talk to them at all. I ignore them totally. A few days ago it was my birthday and my mother didn't even give me a card or a present. Since then I have felt like a failure. I have asked myself what is the use of being on earth. I could never commit suicide. It has not got to that but I feel like a failure. I don't know what to do. This morning my mother said that I should find somewhere else to live. I have confided in a friend but told him not to tell anyone.

Possible helpers

Parents, The Samaritans, Childline, Aware, School Counsellor, Doctor, Tutor, National Office for Suicide Prevention.ie