



FRIENDSHIP

Lil-lets
We are Women™

LESSON #1



ACTIVITY SHEET 1: WORRIES AND SOLUTIONS

As we get older we find ourselves facing new challenges and changes. Over the next couple of years there are going to be a lot of changes happening in your life including:

- * Changing school by moving on to High School
- * More homework
- * Changes to friendships – some friendships may change, some may end and new ones will be formed
- * Changes to how you feel emotionally
- * Changes to your body as you grow



How can your friends support you through this?
 Who else could you go to in order to get support?
 Where can you get support in and out of school?

Using the table below, think of 4 or 5 things that are going to happen to you over the next couple of years that you are anxious or worried about – use the changes listed in the left hand box to help.
 Then together with your partner, think of ways you could support one another through these changes.

WORRIES

SOLUTIONS

EXAMPLE: I am worried about lots of extra homework that I may get when I start High School.

EXAMPLE: Handle one piece of work at a time. Remember you can get help from your friends, parents/guardians and your teachers – and you are never on your own; there is a lot of support available.
