

Relationships and Sex Education (RSE) Day It begins with me

Imagine you have been given the job of responding to requests for help posted by young people in an online forum.

The (fictional) young people have a range of different challenges that may be causing them to suffer from a lack of confidence. Sometimes people need extra support from others when feeling low and this is why we should always try to be kind to everyone. It is not always possible to know how other people are feeling simply from how they appear on the outside.

Use empathy, kindness and encouragement to reply to the posts, giving suggestions about ways the writers might solve the problems. If you are unsure what advice to give, discuss this with the person next to you.



1. I'm 15 and I feel like I don't fit in anywhere. My friends at school all seem to have their own groups and inside jokes, and I'm always the one tagging along. I try to join in, but I feel invisible. I've even started pretending I'm busy at lunch, so I don't have to sit alone. I don't want to feel this way anymore but I don't know how to change things.

2. Everyone around me seems to have a talent like sports or music. I don't have anything I'm good at. I feel like I am just average and will never achieve anything I'm proud of. I feel like a nobody, and I wish I felt I was worth something.

3. Whenever I'm in a group, I feel like I say the wrong thing or laugh at the wrong time. Everyone else seems so natural, and I'm just awkward. I keep replaying conversations in my head and feel so stupid. I wish I could be more relaxed around people and be like everyone else.

4. There are a few people at school who make fun of me every day. They comment on my clothes and the way I talk. I try to ignore them, but it's getting harder, I feel smaller and smaller every time it happens. Sometimes I wish the ground would swallow me up so they can't get to me anymore. I don't know what to do.

5. My house is always loud with people shouting and slamming doors. My sister is always arguing with my parents. I try to stay out of the way, but it makes me feel invisible and unimportant. I don't know how to feel good about myself when everything around me feels chaotic.

6. I'm 13 and I've been feeling really down about myself lately. I compare myself to people at school and online and I always feel like I'm not good enough. I don't like how I look, and I feel like everyone else is more attractive and confident than me. How can I stop feeling this way?