**L.O: How might Puberty affect our emotions?**

**Situation 2:** Amir (they/them) has a Grandfather who has been rushed to hospital and Amir is really upset. Their parents tell them that they has to go to school.

**His reaction:** They miss school and spend the day in the park with some older students, that they don’t know very well, underage drinking.

1) What emotion is Amir experiencing here? Why?

2) Is their **reaction** helpful or unhelpful for them? Why?

3) What could they DO that is more helpful for them?

**Situation 1**: Sarah has found out that her friends have been talking about her on a WhatsApp group she wasn’t invited to join.

**Her reaction:** She approaches them at breaktime and starts a row which leads to her slapping one of them across the face.

1) What emotion is Sarah experiencing here? Why?

2) Is her **reaction** helpful or unhelpful for her? Why?

3) What could she DO that is more helpful for him?

**Situation 3:** Shannon’s one, and only, friend in school (Isla) has just told her that she is moving away and leaving the school next term.

**Shannon’s reaction:** She doesn’t speak to Isla for the rest of the day and sits alone, then when at home, she blocks her from social media and eats chocolate until she feels sick.

1) What emotion is Shannon experiencing here? Why?

2) Is her **reaction** helpful or unhelpful for her? Why?

3) What could she DO that is more helpful for her?

**Situation 4:** Danny finds the courage to ask out a boy that he has fancied for weeks. The boy laughs at Danny, says no, walks away and tells the rest of the school.

**His reaction:** He doesn’t tell anyone, he goes home and starts analysing his appearance negatively, he then games until 4am.

1) What emotion is Danny experiencing here? Why?

2) Is his **reaction** helpful or unhelpful for him? Why?

3) What could he DO that is more helpful for him?

**Situation 8:** Tammy has important exams next week.

Her reaction: She is obsessed with the idea that she is going to fail. She begins to experience stress and begins to revise almost every hour she is awake.

1) What emotion is Tammy experiencing here? Why?

2) Is her **reaction** helpful or unhelpful for them? Why?

3) What could she DO that is more helpful for her?

**Situation 7:** Levi keeps being asked out by a girl that lots of other boys like. They laugh at him for not saying yes and call him, “gay.” The truth is Levi thinks he might be gay.

**His reaction:** He says “yes” to the girl and goes out with her even though he doesn’t want to.

1) What emotion is Levi experiencing here? Why?

2) Is his **reaction** helpful or unhelpful for him? Why?

3) What could he DO that is more helpful for him?

**Situation 6:** Grace realises she has come on her period while at school. She doesn’t have any sanitary equipment.

**Her reaction:** She begins to cry and hides in the toilet for the last lesson of the day.

1) What emotion is Grace experiencing here? Why?

2) Is her **reaction** helpful or unhelpful for her? Why?

3) What could she DO that is more helpful for her?

Situation 5: Simon is talking to his friends. They start to compare who has had the most sexual experiences. Simon says that he has only kissed his boyfriend. His mates laugh at him and tease him.

His reaction: When his boyfriend asks if he wants to go further sexually, he isn’t sure. However, he says yes so that he can impress her friends.

**1) What emotion is Simone experiencing here? Why?**

**2) Is her reaction helpful or unhelpful for her? Why?**

**3) What could she DO that is more helpful for her?**