**L.O: What can help you if you have a crush on someone?**

Look at your situation card.

Consider: What will help someone deal with this situation? What will probably not help them?

A) You have a crush on the same person as your best friend. You are not sure what to do.

B) You have a crush on your best friend. You are not sure they feel the same way.

C) You have a crush on someone who is four years older than you. What should you do?

D) Someone has a crush on you. They ask you out, you want to say no. How do you handle this?

E) You have a crush and ask someone out. They say no. What will help you cope?

Try to be yourself so people like you for “you.”

Telling all of your friends on social media.

Asking them out in front of lots of people.

Asking them out when you are alone.

Waiting until you are older to ask them out.

Using methods that will give you more problems if you are rejected (e.g. alcohol etc.)

Trying new hobbies to make new friends.

Doing things that you enjoy.

Choose to be around people who make you feel good about yourself.

Focus on your positives.

Know that most people have been rejected at some point.

Talk to someone you trust.

Call Childline 0800 1111

Hold back and wait to see how things work out over time.

Laugh at them and tell everyone they asked you out.

Use mindful methods/breathing techniques to help you deal with uncomfortable feelings.