Unstoppable

**Secrets, Surprises and Confidentiality.**

1. What do we think these words mean?
2. When do you think we wouldn’t keep a secret to ourselves?

Think about these two scenarios – “In January I threw a party for my Dad and we kept it a secret from him” How would that secret make me feel?

“A child tells me that they are being hurt at home at there are marks on their body” How does that secret make me feel?

1. Think about the events in the book - imagine that Roxy and Kaine are friends and they tell you all the things that have been going on. Is it a secret you could keep or a secret you would have to tell someone? Fill in the table below: (it has been started for you to help)

|  |  |
| --- | --- |
| **A secret you can keep** | **A secret you would tell** |
| Roxy tells you she likes AJ | Kaine tells you that Sheldon gave him the knife |
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1. If you needed to tell someone a secret who would you tell?

**5 Step Behaviour Model**

It is important to look at how our thoughts, feelings, physical attributes and behaviour all link to teach other.

Look at the model below about when I went to Aldi and forgot my credit card in order to pay for my shopping:

Situation: I had put all my weekly shop through the till and went to pay, when I realised I couldn’t pay for it.

**Feelings**

Embarrassed

Angry

Upset

Anxious

**Thoughts**

How can I be so silly?

Where is my card?

Have I lost it?

What will people think of me?

Are they laughing at me?

**Behaviour**

Shouting

Banging fists

Blaming others

**Physical**

Crying

Shaking

Sweating

Stuttering

This becomes a negative situation as all of these factors are linked and can effect each other. The easiest thing to change is our thoughts. Have a look back and see how you could change the thoughts to be more positive. Have a think how this would then effect the rest of the model.

Now fill in the model below by choosing one of the following situations from the book:

**Thoughts**

**Feelings**

**Behaviour**

**Physical**

The twin’s Dad losing his job.

Kaine getting a trial for Southampton.

Kaine finding out about Roxy’s illness.

Kaine getting strangled in the street.

Roxy not being allowed to go to the party.

Roxy’s Dad watching her collapse on the Tennis court.

The twin’s grandma dying.

Now have a think about your first day at high school. How will your thoughts and behaviour be affected? Can you make your thoughts and behaviour more positive?

**Resilient Responses**

Have a think about Roxy’s situation at the end of the book. She wakes up in hospital and is told that she will not be able to walk again and her dream of tennis is potentially over.

How does Roxy react to this? What is her first response? If she was to stick with this response what would be the outcome?

How does Roxy change to have a resilient response?

Look at the table below to help you with these discussions and complete the rest of the table.

|  |  |  |  |
| --- | --- | --- | --- |
| Situation | 1st response | Resilient Reaction | Resilient Response |
| Roxy becoming paralysed. | Refuses to except that it is happening.  Withdraws from relationships and won’t see anyone. | Reaches out to AJ and allows people to come and see her.  Makes new relationships with the nurses. | Focuses on wheelchair tennis. |
| Kaine getting strangled in the street. |  |  |  |
| The twin’s mum realising Sheldon killed her brother. |  |  |  |
| Falling out with a friend. |  |  |  |
| Having a bad first day at high school. |  |  |  |