

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Behaviour:

As a young person, growing up and trying to make **sense** of the world can be hard, and you may be finding it difficult to cope.

To other people, this can look like ‘bad behaviour’ including:

- Backchatting your teachers or family members
- Moodiness and sulking
- Hanging around with people who get into trouble
- Shouting and lashing out
- Slamming doors
- Breaking rules in school and at home
- Trying out new things that may put you at risk
- Getting in trouble with the police

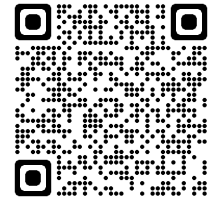
When we behave like this, it’s often because we feel some type of way underneath. How have you been feeling lately? Have you been:

Sad?
Lonely?
Craving attention?
Feeling unheard?
Angry?
Jealous?
Frustrated?
Stressed out?

All these feelings can lead to a change in our behaviour, even if we don’t always notice it ourselves.

What can I do?

- Try to identify what you’re struggling with at the moment
- Identify triggers, e.g. what makes you angry or upset that might cause you to act out
- Talk to someone you trust- maybe your school counsellor, a teacher you like, youth worker or a family member that is a good listener?
- Practice relaxation techniques to help you calm down
- Take a look at some of the resources aside to help you manage your emotions better



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

ChildLine

0800 1111

www.childline.org

(online chat available)

The Mix

0808 808 4994

www.themix.org.uk

(online chat available)

Kooth

www.kooth.com (online chat)

Helpful Resources

Young Minds: Help with how I’m feeling

ChildLine: Feelings and emotions

CALM (APP)

Headspace (APP)



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