

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Relationships (teachers):

Unless you are homeschooled, the chances are that you will have lots of teachers through your school life, and even more if you go on to college or university. Some you will like, others you won't, and that's just **part of life**.

You may not have a good relationship with a particular teacher/tutor because:

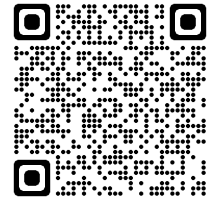
- you don't **like** the lesson so don't see the point in being there
- you find the lesson hard and the teacher not **supportive** enough
- there's a **clash** of personalities
- they say something **inappropriate** that makes you uncomfortable
- they seem **critical** of you or see you as a 'troublemaker'
- they **compare** your abilities to others, such as an older brother, sister or a classmate

This can cause you to feel stressed, angry or sad, lead to poor grades, or you avoid the lessons/teachers altogether

How can I improve my relationship with teachers?

It's **normal** for you not to like some teachers, but there are ways you can manage it.

- If a teacher says anything **inappropriate** that makes you uncomfortable, then **report it** to another adult that you trust.
- If you struggle with a subject, ask to meet with your teacher at breaktime or dinner-time to ask if they can give you **specific help** or accommodate your **learning style**- a good teacher will always be keen to see you do well and help you more.
- Pull your teacher to one privately and politely explain how their comments have made you feel. Teachers are humans too, and **even they get it wrong** sometimes.
- **Take responsibility for your own actions too**. Have you been doing things lately that haven't helped the situation? Been rude or disruptive? An apology can go a long way in building bridges.
- **Talk** to your school's Eye to Eye counsellors about how you're feeling to see if this can relieve some of the stress.
- If the situation isn't improving, then you might consider **arranging a meeting** between your parents/guardians and the teacher to see if anything can be resolved.



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

NSPCC

Report Abuse in education:

0800 136 663

www.NSPCC.org.uk

Childline

0800 1111

www.childline.org (online chat)

The Mix

0808 808 4994

www.themix.org.uk (online chat available)

Helpful Resources

[Young Minds: Problems at School](#)

[Nemours Kids Health: Getting along](#)

[with your teachers](#)



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