

# 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

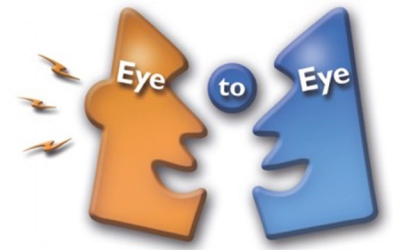
When we behave like this, it's often because we feel some type of way underneath. How have you been feeling lately? Have you been:

- 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



"Sometimes we all need someone to talk to"



## Helpful Resources

[Young Minds: Help with how I'm feeling](#)

[ChildLine: Feelings and emotions](#)

[CALM \(APP\)](#)

[Headspace \(APP\)](#)

## Useful Contacts

**Eye to Eye Counselling Service:**

01443 202940

[info@eyetoeye.wales](mailto:info@eyetoeye.wales)

**Childline**

0800 1111

[www.childline.org](http://www.childline.org) (online chat available)

**The Mix**

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk) (online chat available)

**Kooth**

[www.kooth.com](http://www.kooth.com) (online chat available)

