

Activity 15 - Help and support

Situation and Help cards

**A 14-year-old
boy is being
pressurised by
his friends to
go shoplifting
after school.**

SITUATION CARD

**A 16-year-old
girl is four weeks
pregnant and
wants to find out
about her options.**

SITUATION CARD

**A 15-year-old
boy is struggling
with his mental
health and gets
very drunk
every Friday and
Saturday night
with his friends in
the local park.**

SITUATION CARD

**A 14-year-old
girl thinks
she might be
a lesbian.**

SITUATION CARD

**A 16-year-old
boy has found out
his girlfriend is
having a baby.**

SITUATION CARD

**A 15-year-old boy
who looks after
his mother, who
has a disability
and a mental
health condition,
is worried
about his friends
finding out.**

SITUATION CARD

**A 13-year-old boy
has found out
that his girlfriend
is using New
Psychoactive
Substances.**

(formerly known as 'legal highs')

SITUATION CARD

**A 17-year-old
boy is worried
about his parents
because they are
getting divorced.**

SITUATION CARD

**A 16-year-old girl
from a religious
family feels torn
between her
family's values
and those of
her friends.**

SITUATION CARD

**A 15-year-old girl
feels depressed
all the time and
her relationship
with her parents
is not good.**

SITUATION CARD

**Family planning
clinic/Young
person's sexual
health clinic**

HELP CARD

Support line

(Childline, Samaritans etc.)

HELP CARD

School staff member

**(Teacher, support staff,
kitchen staff etc.)**

HELP CARD

Religious leader

HELP CARD

**Social worker/
Support worker**

HELP CARD

Sibling
(Brother/Sister)

HELP CARD

Senior pupil at school

(Prefect, Buddy etc.)

HELP CARD

**Internet site
for information
and support**

HELP CARD

Youth Worker

HELP CARD

GP/Doctor/Nurse

HELP CARD

Young people's helpline

HELP CARD

Parent/Carer

HELP CARD

Grandparent

HELP CARD

Family friend

HELP CARD