

Elementary Scenarios:

- Mom and Dad have been fighting at home, I have been finding it hard to sleep at night because I'm so worried. I need someone outside of my family to give me some advice.
- Sometimes I get overwhelmed, at times when this happens my behaviors get me in trouble at school. Everyone probably thinks that I'm a bad kid.
- One kid in class is always teasing me, they do it when the teacher isn't looking. One time, when I got mad at them, I ended up in trouble. It made me feel like no one believes me.
- I find it hard to concentrate on my work at school. The other kids seem to be able to sit quietly but a quiet room makes me feel like I have ants in my pants. It is starting to make me not like coming to school.
- I'm finding it hard to make friends at school, other kids seem to know how to talk to each other but sometimes I get so nervous that I don't know what to say. I wish someone understood how I felt.
- My friend told me that sometimes she does not have enough to eat at home, she made me promise not to tell anyone. I really want to help her but, I don't know what to do.
- I'm a girl and most of the time I wish I was able to do more things like boys do. When my mom tries to make me wear dresses I want to rip them off and throw them away. Most days I wish that more activities were just for kids instead of boys or girls.

Middle School Scenarios:

- My mom and Dad are constantly fighting; it's stressing me out. They always seem on edge; they have been worried about money since my Dad lost his job. I'm losing sleep.
- It's normal for my best friend and I to argue sometimes but they haven't spoken to me in two weeks. All of our other friends have taken their side and I have been mostly left out, I don't know what to do.
- I got in trouble for getting bad grade on my last math test. I've put in more effort this time but I'm not sure that I'm understanding any of it any better. It feels like this stuff just comes easier to other kids. If I can't get it now, how will I ever be successful later?
- I'm the tallest kid in my grade and everyone always comments on it. Even if they aren't being mean it just makes me feel awkward. Why can't I just fit in?
- My mom and Dad are always on my case; they are constantly snooping through my stuff or barging in to my room. I'm not even allowed to go to the hockey games with friends even though everyone else goes! I will never be able to have any fun.
- My parents are always leaving me home alone with my little siblings. Sometimes, when they say they will only be out for an hour or two they still aren't home the next morning when it's time to get ready for school. I get nervous that we won't all make it to the bus on time and that my parents will get in trouble.
- I've been really sad ever since my family moved. I'm having a hard time fitting in at my new school, who wants to be friends with someone who is sad all the time anyways? I miss my old friends and my old house so much that I often cry myself to sleep. The rest of my family seems so happy here, I don't want to bring them down.
- My Mom kicked my Dad out of the house last summer and now she has a new boyfriend. I hate him. I already have a Dad and do not need a new one. Now she is talking about him maybe moving in, thinking about it makes me so mad that I want to boil over. If he moves in, I'm running away.

- I find it hard to concentrate on my work at school. The other kids seem to be able to sit quietly but in a quiet room my brain is so loud it's uncomfortable. Often I leave class and don't come back then I end up with a detention.