

Problem Page Advice

Choose one of the problem letters written by the children going through some difficulties with their changing emotions. Write a response back to them, giving information, support and advice.

Hi there,

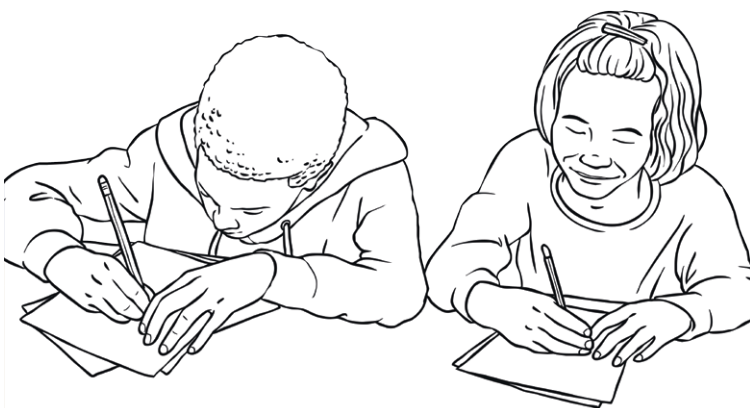
Sorry to hear you have been feeling _____

These feelings you are experiencing are caused by _____

As your body goes through puberty _____

It is perfectly normal to feel this way and you are not alone. Why not try _____

I hope this advice helps you.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).