

Being a Teen (Female)

1. This school is so big.
2. I want to do well in school, but I am not organized. What can I do?
3. I just don't get all the work we have to do.
4. I am already so far behind with my homework, what should I do now?
5. Things are not good at home.
6. There is so much drama with the kids at this school. How should I deal with it?
7. I know I can do the work if I just had someone to help me.
8. I don't know if I like it here. School can be boring.
9. I am afraid most of the time and don't know what to do about it.
10. I just want people to respect me for who I am. I hate being judged.
11. My best friend is spreading rumors about me.
12. I wish I had someone I could really trust to talk to.
13. I believe my life can be really good, but I don't know what to do about it.
14. I have no one to talk to; my mom is already overloaded taking care of the younger kids.
15. I know I can be successful.
16. I want to go to college and no one believes I can.

Being a Teen (Male)

1. I feel confused a lot of the times.
2. I get frustrated and don't know how to handle the tension.
3. No one else in my family graduated high school, why should I?
4. I can't figure out how to do math and my dad says, "just do it".
5. I know I can do better in school, I just don't know where to start.
6. I wish I had someone to talk to I could trust.
7. I got into a fight with my mom this morning.
8. I got a D and I don't know what to do differently.
9. I'm getting pressure from home to quit school and get a job.
- 10.No one else can take care of my sister and brother, and I have to miss school many times.
- 11.I never seem to have time to do my homework, what can I do?
- 12.I just want to fit in.
- 13.I have great ideas I'm excited about and just need to talk to someone to know where to begin.
14. I don't like it when people judge me.
15. I know I can be successful.
16. I have big dreams and I really want to accomplish them.