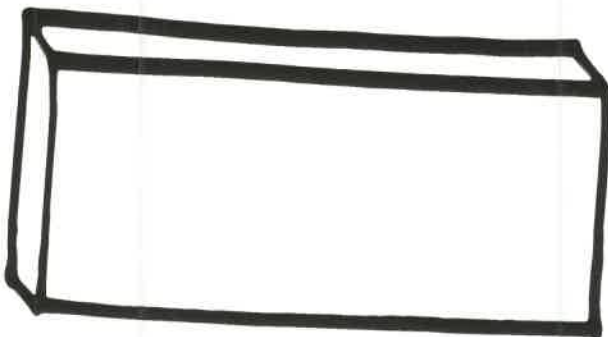


A picture, poem or photo by me

Music  
Day  
Word  
Colour  
Lesson  
Food

My least favourite

My favourite



hello, my name is...

...and this is all ABOUT ME

Three things I like to do

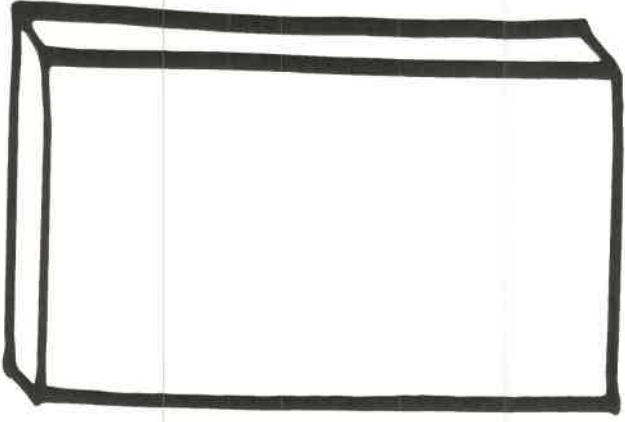
1  
2  
3

Three words to describe me

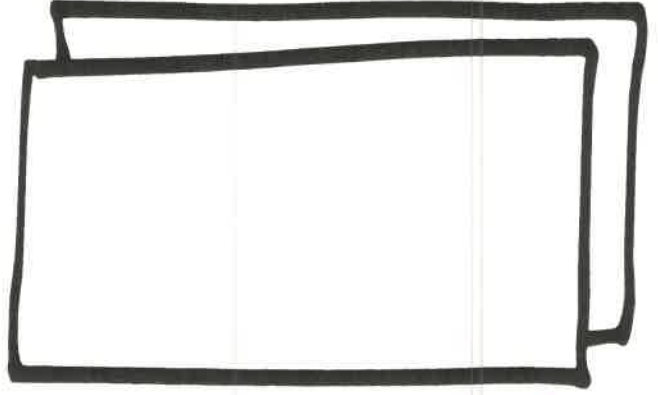
1  
2  
3

ABOUT ME

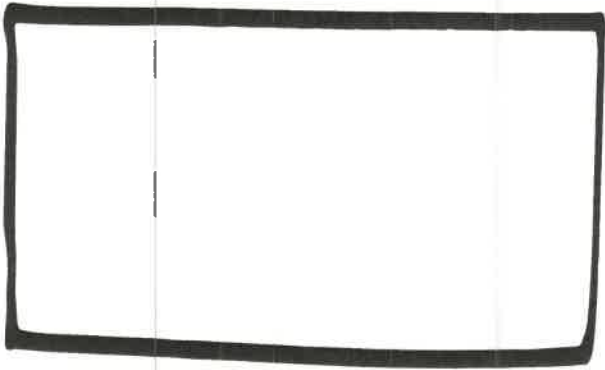




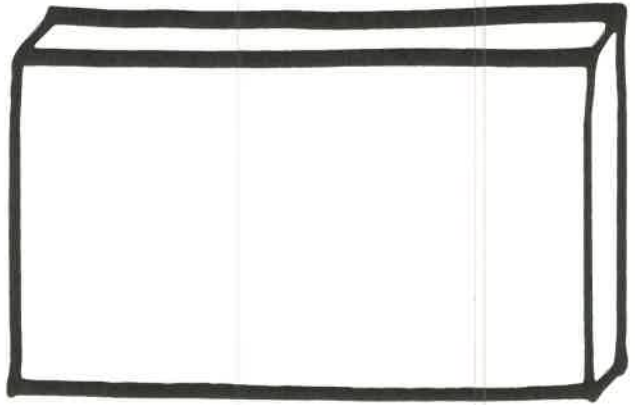
My pets



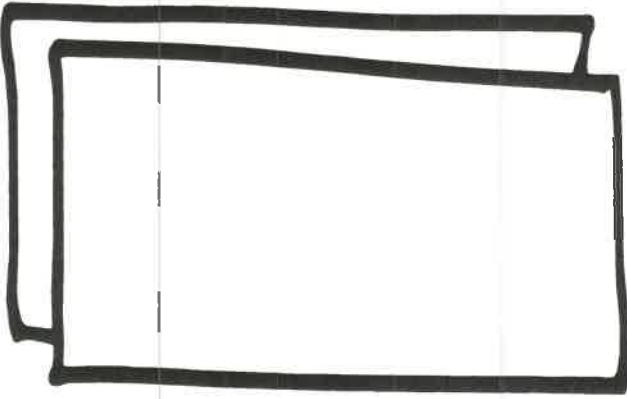
People who love me



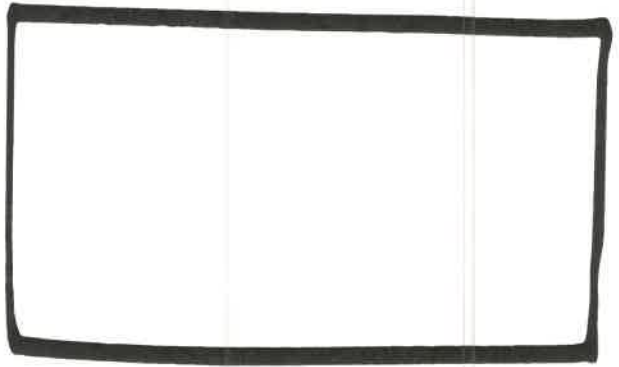
People I worry about



Who helps me at school



Important grown-ups



My best friends

These are the people who are important to me...

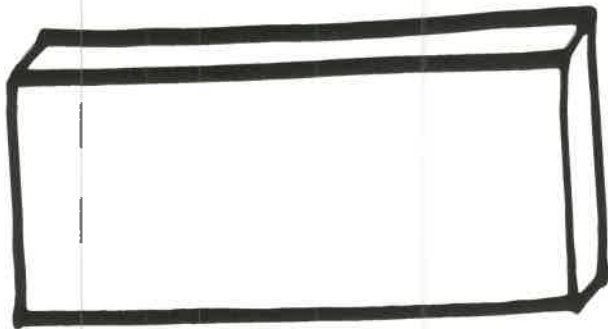
# MY FAMILY AND FRIENDS



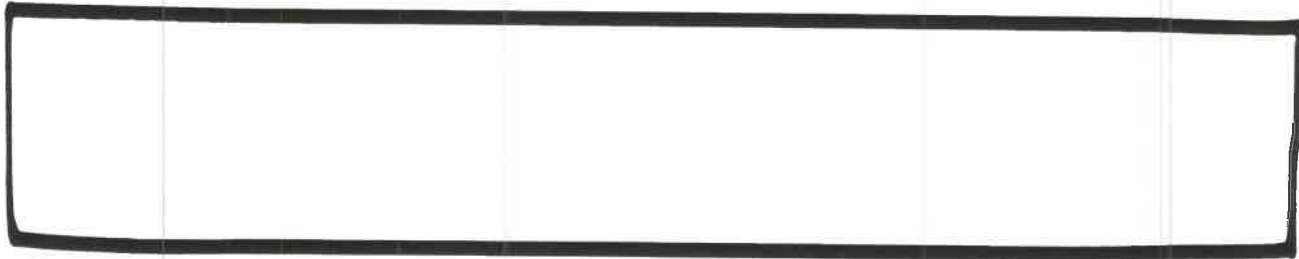
## LOOKING AFTER SOMEONE

Sometimes children and young people have to take on big worries and responsibilities because their parents drink too much or use drugs. You may have to do things like the cooking or washing. You may have to clean up, do the shopping or take your brothers or sisters to school.

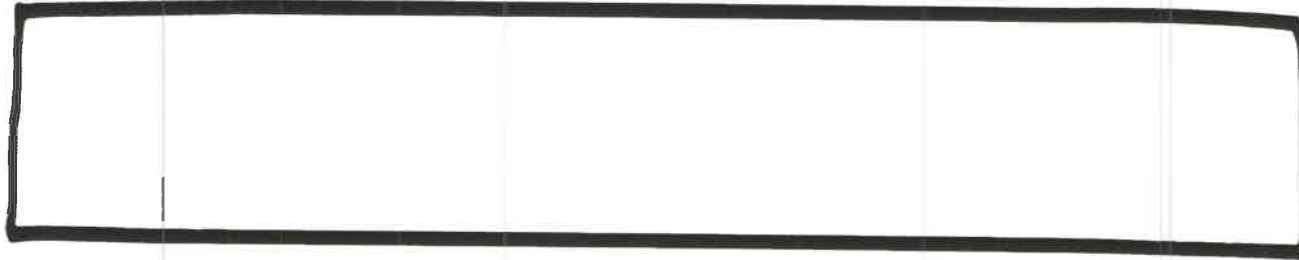
**LOOK AFTER**  
This is someone I



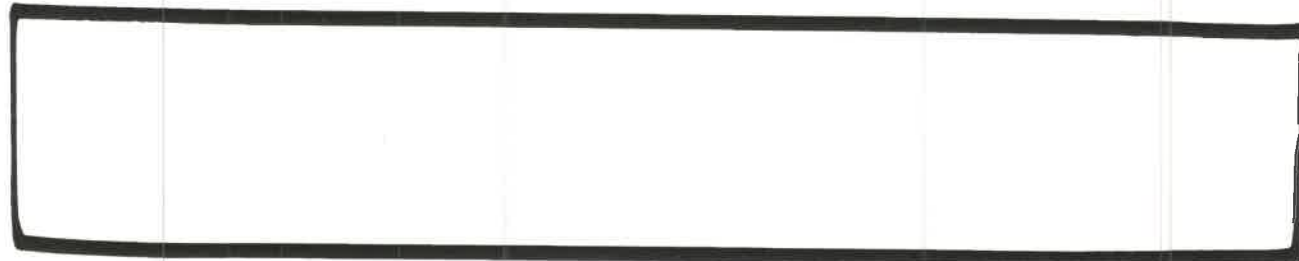
I like looking after them because



But I don't always like it because



These are some things I wish could be different





## MY WELL-BEING

If you are caring for someone else, you may stop looking after yourself as much. This can affect your personal 'well-being' - the way you feel about things. To have good well-being, people need to feel positive, be able to do things that are important to them, feel in control and feel they are able to 'bounce back' if things are difficult.

People do many different things to keep themselves feeling good. These could include drawing or painting, talking with friends or family, reading or learning about something, going for a walk or run, resting or enjoying daydreams.

What makes me feel good?

Two large, empty rectangular boxes with thick black borders, intended for a child to draw or write their answers to the question "What makes me feel good?".

3

2

1

There are many different things which can make you frightened.  
 Try to think about what scares you...  
**Three things that SCARE ME MOST**

3

2

1

Sometimes you may worry about things that are out of your control.  
 It can help to talk about it...  
**My top three WORRIES**

# THINGS THAT SCARE AND WORRY ME



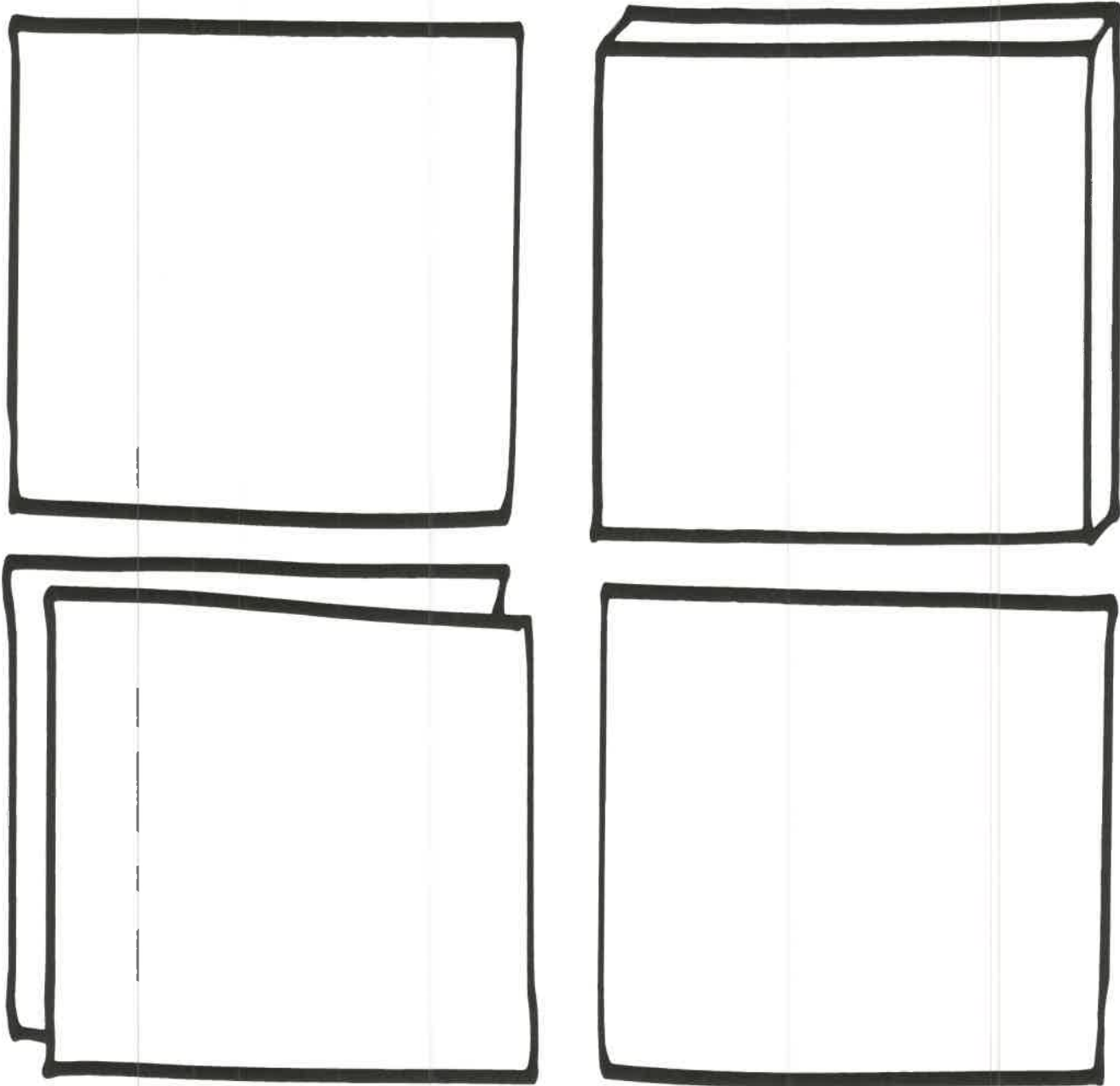


## HOW I CAN FEEL BETTER

When we feel down it can help to think of happy times in our lives – this might be people, things, places you've been, animals or memories. They can stay in our heads to think about during difficult times and can help us feel a bit more positive.

This is a place for your positive thoughts. You can keep coming back to read it when you need a lift.

Things that make me **HAPPY** = write or draw them here.



# DEALING WITH DIFFERENT FEELINGS

Living with problems at home can cause all sorts of feelings. You may be angry, confused, frightened or sad. You might feel lonely, unimportant or that the problems are all your fault. But remember that you are important.

Use the table below to describe how you feel and what makes you feel that way. There are a couple of examples to help you start.

How I feel	what makes me feel that way
Angry	when people don't listen to me
Confused	when I don't understand what is happening or why



Some reasons why people use drugs or alcohol are

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---

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When I know they have been using drugs or alcohol, I feel

---

I know they have been using drugs or alcohol because

Think about the people in your life and how they can sometimes behave.

## UNDERSTANDING DRUGS AND ALCOHOL





How does it make me feel when I can't tell anyone?

Why is this person someone I wouldn't tell?

Who wouldn't I tell?

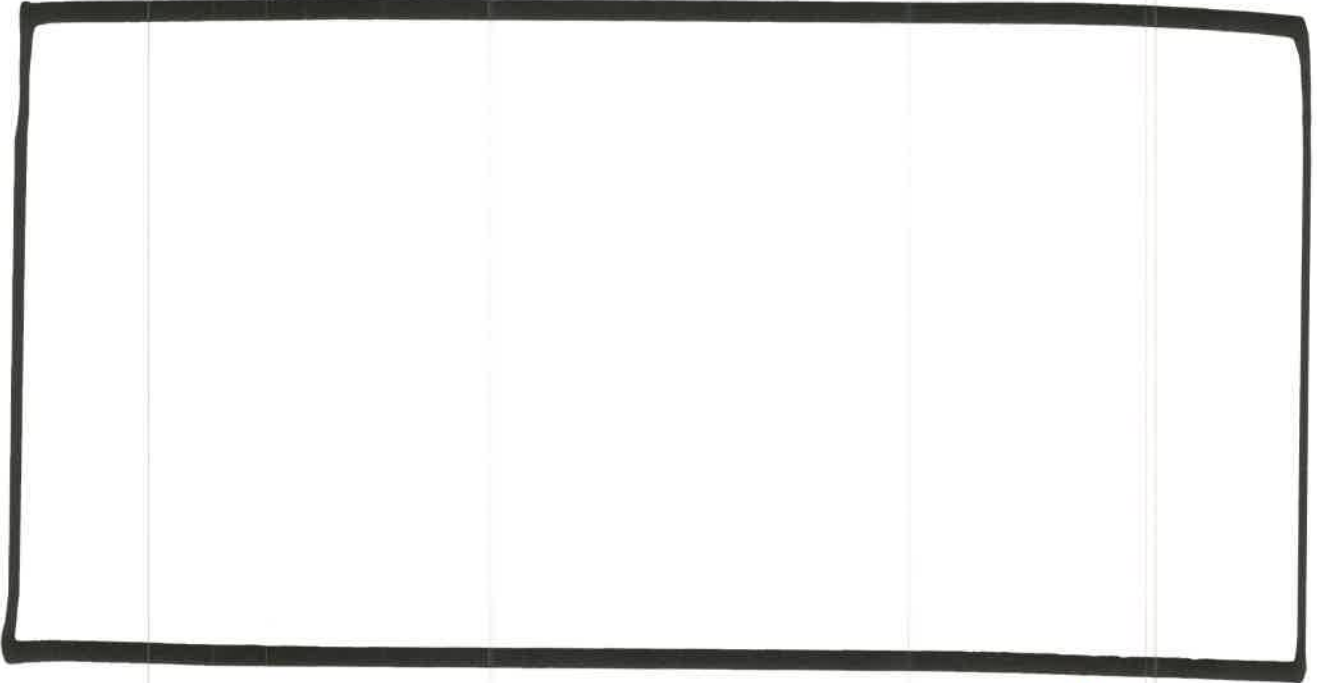
Why are they easy to talk to?

Who do I tell about my situation?

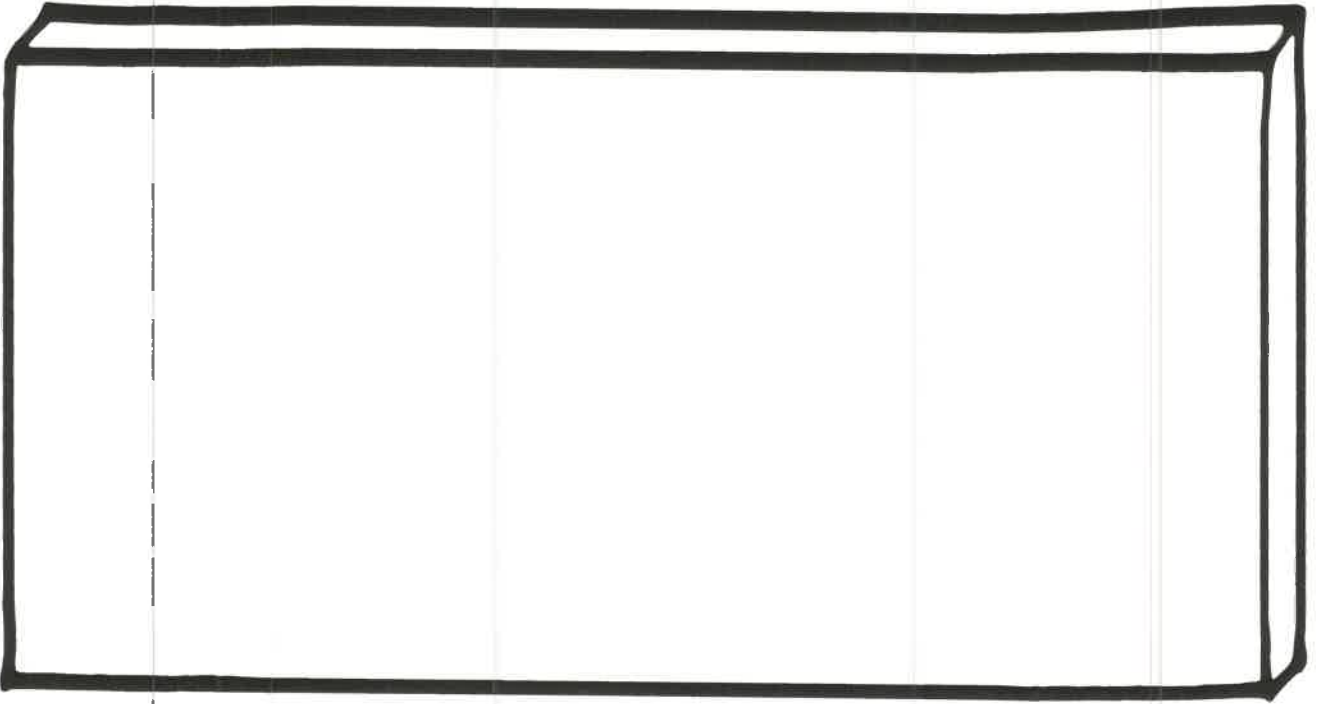
It's not always easy to find people you can trust to talk to. Perhaps you've told someone who hasn't understood, or you've asked them not to tell anyone else and they've spread it around school or college. This worksheet will help you think about the people in your life you could talk to.

## WHERE DO I GO FOR HELP?





How will you achieve them?

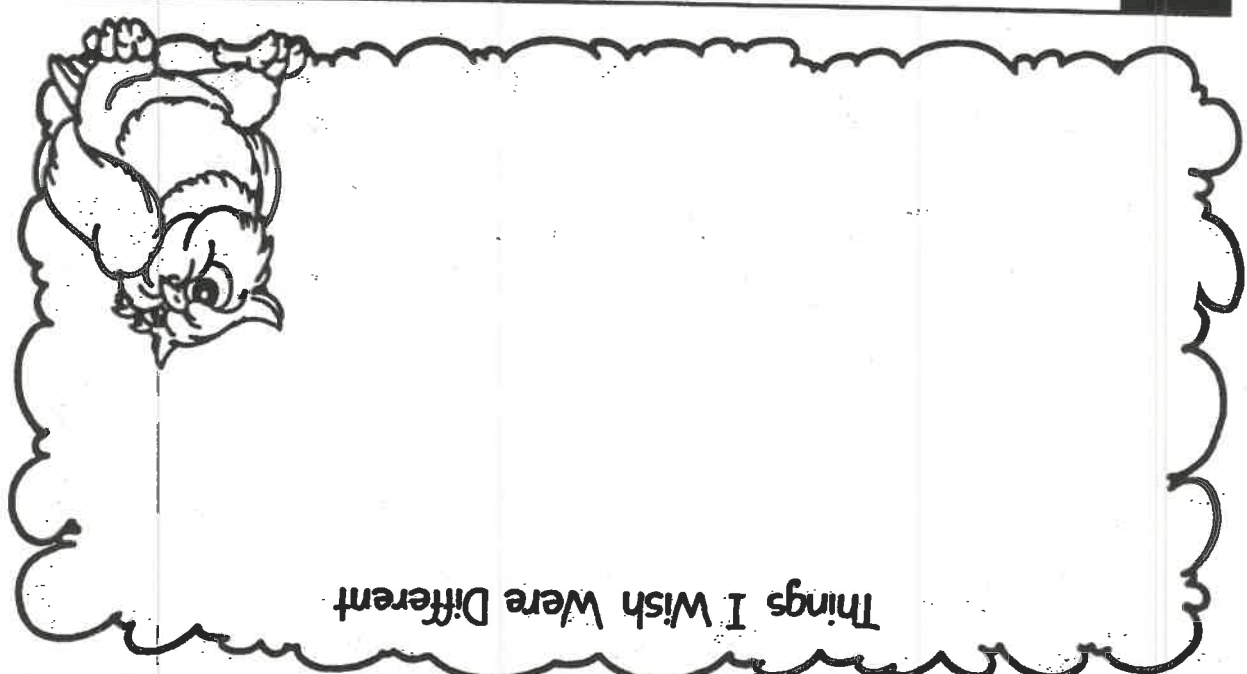


What are yours?

We all have hopes and dreams for the future. Having clear goals for your life can help you achieve your dreams.

## WHAT I WANT FOR THE FUTURE



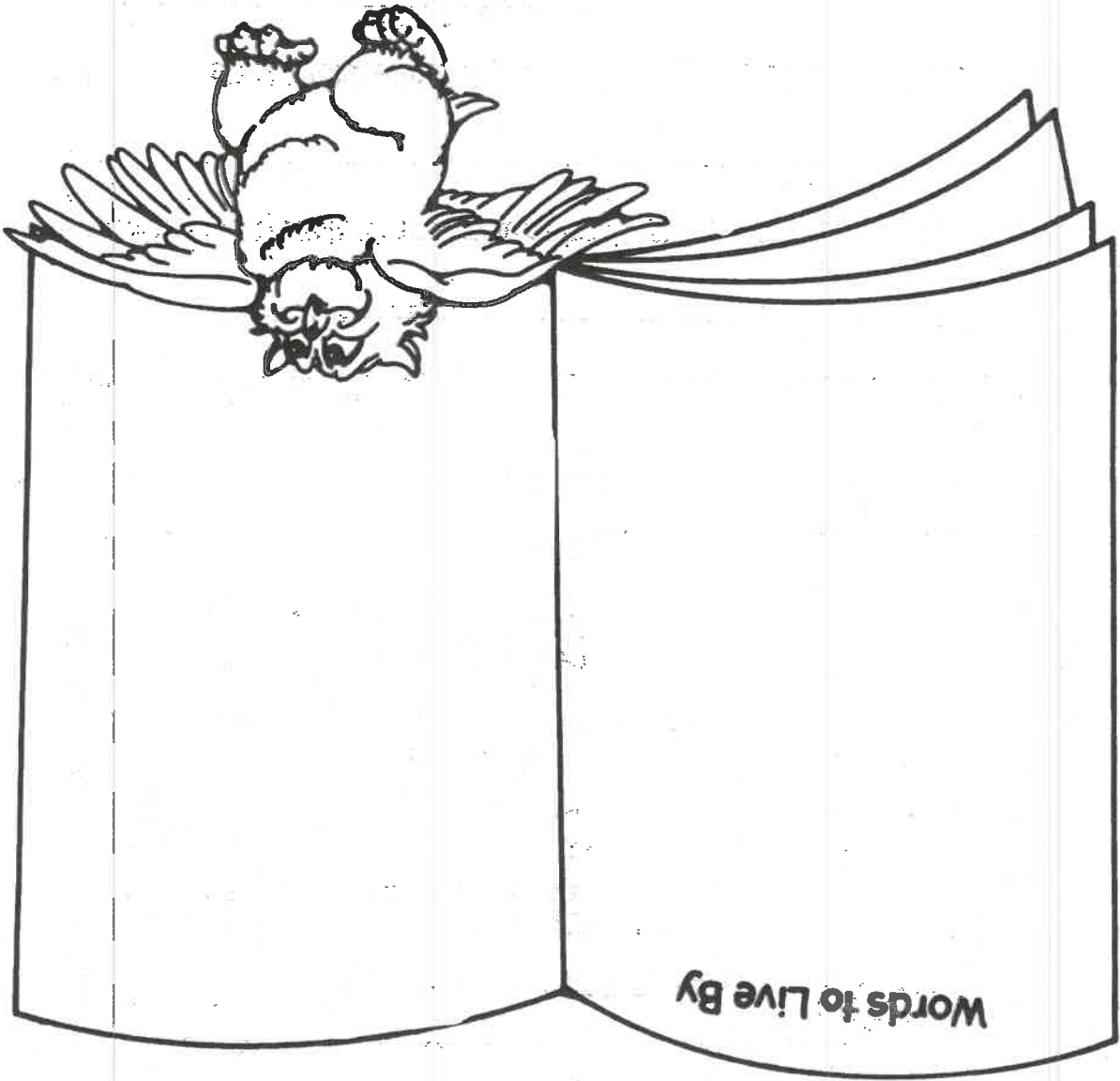


★ There are probably things you like about yourself and things you don't like. The same is probably true about your family. Make a list of some things you like about yourself and your family. Then list some things you wish were different.

# Wish List

Name \_\_\_\_\_

Date \_\_\_\_\_



# Words To Live By

It's hard living with someone who drinks too much.  
What can you do to make life easier for yourself?

★ Make a booklet to share your ideas with a friend.

Use pictures and words to make your booklet interesting and helpful.

Name \_\_\_\_\_

Date \_\_\_\_\_

# What Is Good About Me?

- ★ Draw a picture of yourself.
- Then write some words that tell what is good about you.
- Think up words of your own.
- Or choose words from the picture frame.

What Is Good About Me

thoughtful friendly

cheerful fair loving

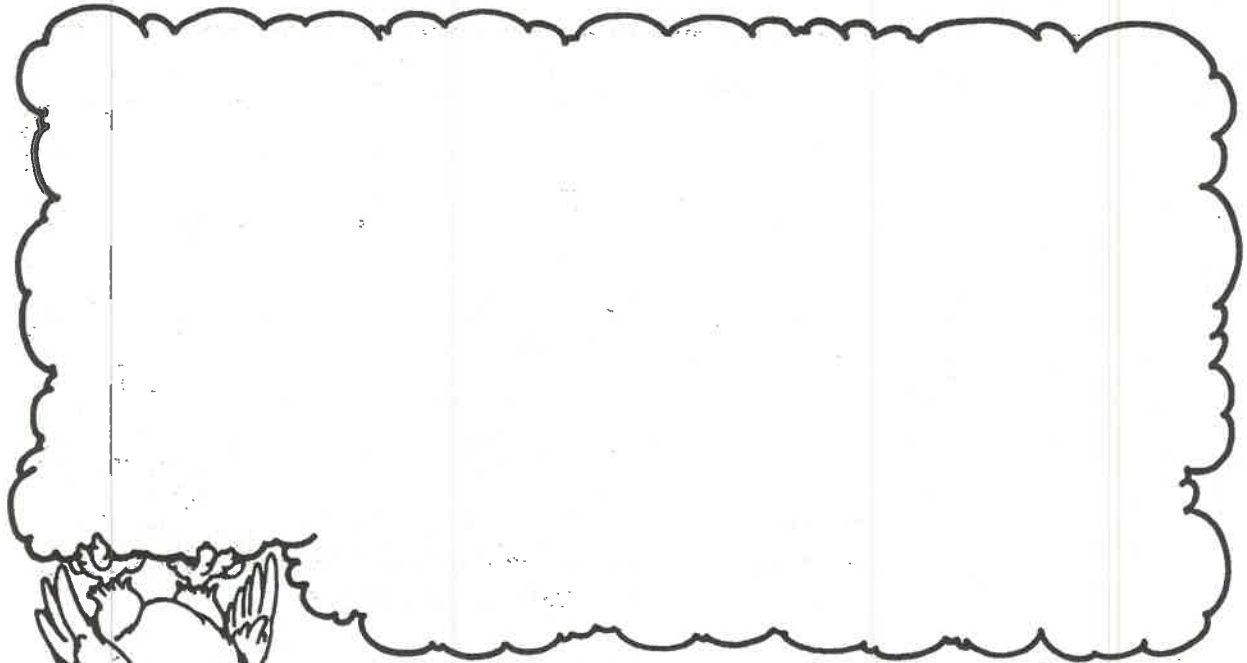
good honest polite kind helpful

giving smart nice fun

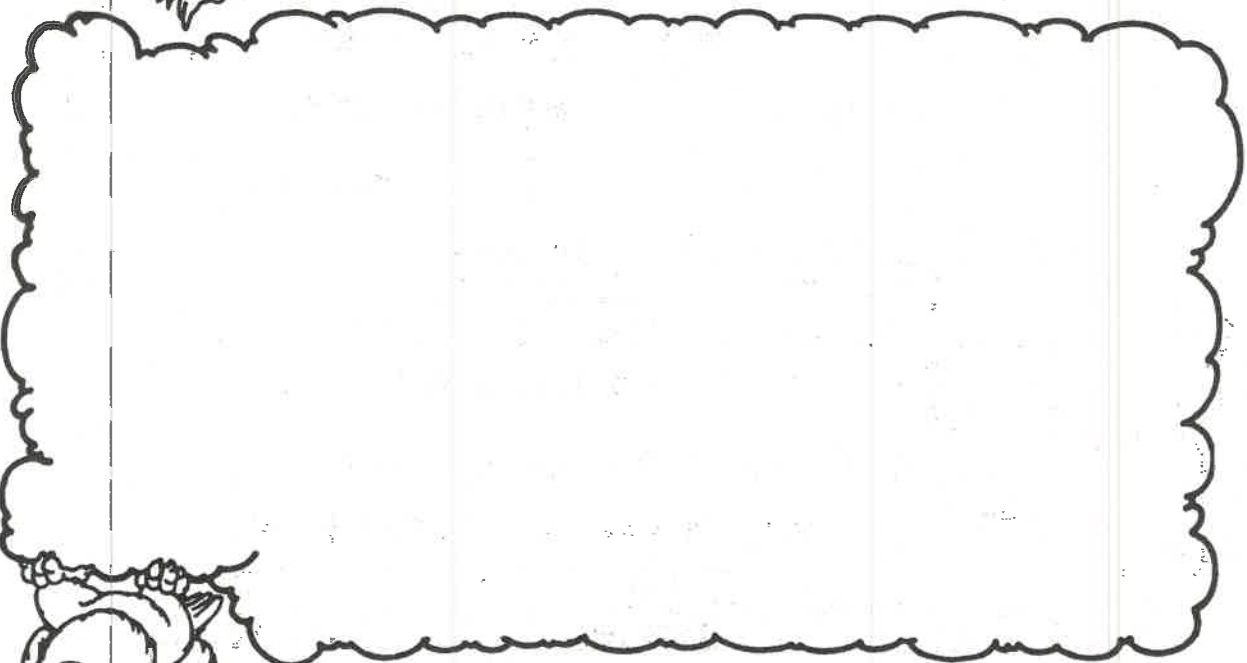


Date \_\_\_\_\_

Name \_\_\_\_\_



★ How do you feel about what happens?  
★ Draw a picture that shows how you feel.



★ What happens when one of your parents drinks too much?  
★ Draw a picture to show what happens.



# What Happens When . . .

Name \_\_\_\_\_

Date \_\_\_\_\_

# The Straight Facts

Name \_\_\_\_\_

Date \_\_\_\_\_

★ An alcoholic is a person who can't control how much he or she drinks. What are the straight facts about alcoholism? You can find some of the answers. Here's a way to find out. Use the data base to answer the questions by circling yes or no.



## Data Base

- More than 2.6 million children in the UK live with a parent who drinks too much
- It is estimated that 79,291 babies under 1 year old in England live with a parent who is a problem drinker
- Any amount of alcohol can affect the way a person behaves
- An alcoholic can stop drinking if he or she gets help
- An alcoholic has the disease of alcoholism
- Alcoholism affects people in all areas of the country
- Drinking alcohol changes how people think, feel and behave
- Alcoholism affects all groups of people
- Alcohol is a drug
- Any alcoholic drink can lead to alcoholism



## Questions

- Are there many children who have alcoholic parents?      yes      no
- Do only men become alcoholics?                              yes      no
- Does drinking alcohol change the way a person behaves?      yes      no
- Do only certain groups of people become alcoholics?      yes      no
- Is alcoholism a disease?    yes      no
- Does it take a lot of alcohol to affect a person's behaviour?      yes      no
- Can people who drink only beer become alcoholics?      yes      no
- Is alcoholism just a bad habit?                                      yes      no
- Does an alcoholic need help to stop drinking?      yes      no

- ★ Read over this timeline. What do you think about this day?  
 Are there things you wish were different?  
 Are there some things that would make your day better?  
 Write your ideas on the back of the paper.

Time	What Happens
Getting up in the morning	
Morning activities	
Lunch	
Afternoon activities	
Dinner	
Evening activities	
Going to bed	



- ★ Complete this timeline to show what a typical day is like.  
 Include yourself and other members of your family.

## A Day at Home Timeline

Name \_\_\_\_\_

Date \_\_\_\_\_