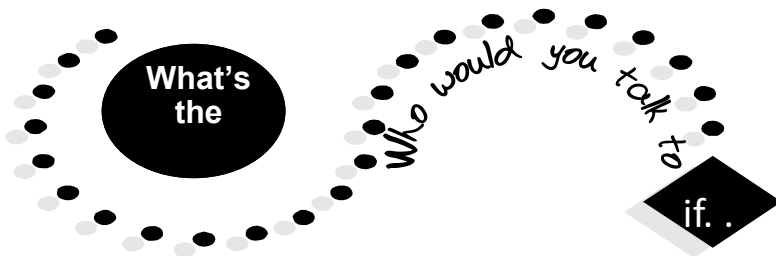


# Getting ON TRAC: Transition Activities

## Who Can I Talk To?

Time alone with your feelings is part of working things through. But staying connected through good times as well as difficult times is really important to a sense of well-being. Who can you turn to for support and guidance? Make wise choices.



**EXERCISE:** Complete the sentences below. "Who would you talk to if....."

YOU had an argument with your family

YOU want to quit your medications because of how they make you feel or look

YOU have questions about your condition

YOU are afraid of dying

YOU are getting teased at school

YOU are being pressured by your friends to try smoking or drugs

YOU are getting serious about your boyfriend / girlfriend and you have questions about sex

YOU are being hurt by someone

YOU are bored at school

YOU are feeling really sad