

Put pupils into groups to come up with their best advice for Yasmine. Give some or all groups the 'Advice for Yasmine' cards below (including the blank ones) for their own ideas. Sort the advice from 'Best Advice' to 'Worst Advice' by cutting out the headings to follow.

**Don't tell anyone,
but feel worried
inside.**

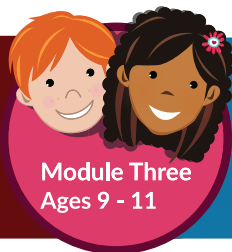
**Take the picture off
the website.**

**Tell your friends to
post similar pictures,
so you don't feel like
the only one who
has done this.**

**Tell an adult that
you trust what you
have done and why
you are worried. Ask
them for advice.**

**If someone posts an
unkind comment,
post a comment
back which is even
more unkind.**

**Tell yourself that
this is what
everyone does and
so it is ok.**



Tell yourself that we
all make mistakes
sometimes and try
not to worry
anymore.

Best Advice

Worst Advice