

Beth's Story



ISSUES FOR REFLECTION AND DISCUSSION

Start by watching Beth's Story

After you've watched the video of **Beth's story**, read and think about the questions in each box. If you're doing this by yourself, write down your thoughts in the box. If you're doing this by yourself, write down your thoughts in the box. If you're doing it as part of a group, talk to each other about each question before writing anything down.

Please remember, this is not a test. All thoughts and ideas are welcome.

Beth used to think there was something wrong with her and felt different to other people. Do you think Beth's experience is unusual or do you think many people feel like that?

When you watched the first part of the video, what did you notice about Beth's emotions and what was happening around her?

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Why do you think joining the music group had such a positive effect on Beth?

What kinds of things are around your area that young people can get involved in where they can meet people who share their interests? List as many things as you can (hobbies, sport, art, etc.)?

WANT TO LEARN MORE ABOUT FEELING DIFFERENT, BULLYING, THE PRESSURE TO FIT IN, MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

You'll find lots of information, personal stories and ways to deal with these issues on www.SpunOut.ie and www.jigsaw.ie