

Sample Problem Page Text: Teenage Advice adapted from wattpad.com

My name is Amy. I get really awkward around people and have social anxiety. There is this guy I hurt really badly last year when I dumped him via my sister (who hates him and is really cruel) and my friends and I have turned into bullies (I hate myself for it.). Please how do you stop being a bully unintentionally and fix the damage to someone who is heartbroken but won't let anyone in? It haunts me the day he called me heartbreaker and even though my sister and cousin laughed and I joined in it stung like hell.

Hi Amy,

Okay, the first thing is do you understand what you did wrong? I know dumping someone is hard and also scary but it's better to do it yourself and not have anybody else do it for you. In year 7 I had to dump this boy and it was really awkward so I did it on a chat website and that was a mistake. I shouldn't have done it any other way except face-to-face and he hated me for it for quite a while. However we're friends now and so that's all that matters.

Also having your sister dump him probably made it worse. If she's cruel and hates him she didn't make it easier on him, and so he'll be hurt by that as well.

You do realise that you've turned into a bully and you also realise that you don't like being a bully which does show that you want to change and that's a good thing, okay?

There are two things you want to fix:

1. How to stop being a bully
2. How to repair the damage you have done to this boy

So let's work start working on the first problem

Stopping being a bully is sort of difficult in the sense that you need to learn how to think before you speak and also there is a certain amount of peer pressure from those whom you hang out with who are also bullies... You need to break the mould.

Again, from personal experience I was kind of a bully. I realised this and I realised that I had hurt friends whom I needed instead of those who made me become the bully I was. They weren't good for me. So I made the change. I found a role model that I knew wasn't a bully and I'd ask myself what that person would do. I don't need that role model anymore and I am no longer a bully so it is possible to change, okay?

Just think carefully before you do something and please don't give in to peer pressure. You are your own person and are capable of controlling your own actions. Be as kind as possible to everyone.

Okay and onto the second problem:

Please keep in mind that the boy is hurt and was hurt twice. So this may take a while for him to forgive you and also you mentioned that he won't let anyone in anymore. Say sorry to him and fully mean it.

It is hard I know but you need to apologise to him. Don't say sorry for dumping him; instead, say sorry for having your sister do the deed for you. That was the main problem: she hates him and was cruel to him. Being dumped sucks enough as it is.

Apologise and fully mean it. Then start being nice to him. It'll take time, I know, but one day he'll forgive you.

Sample Problem Page Text for presentation: Teenage Advice from wattpad.com

S1: Amy sent this problem to Teenage Advice: My name is Amy. I get really awkward around people and have social anxiety. There is this guy I hurt really badly last year when I dumped him via my sister (who hates him and is really cruel) and my friends and I have turned into bullies (I hate myself for it.). How do you stop being a bully unintentionally and fix the damage to someone who is heartbroken but won't let anyone in? It haunts me the day he called me heartbreaker and even though my sister and cousin laughed and I joined in, it stung like hell.

S2: Okay, first things first.: do you understand what you did wrong?

S3: I suppose I do. It wasn't that I dumped him. It was the way I did it, I think.

S2: I know dumping someone is hard and also scary but it's better to do it yourself and not have anybody else do it for you. In year 7 I had to dump this boy and it was really awkward so I did it on a chat site and that was a mistake. I shouldn't have done it any other way except face-to-face and he hated me for it for quite a while. However we're friends now and so that's all that matters.

S3: Where did it go wrong? Do you think I can ever put things right again?

S2: Having your sister dump him probably made it worse. If she's cruel and hates him she didn't make it easier on him, and so he'll be hurt by that as well.

S3: Yeah. And I also turned into a bully which I really regret.

S2: You do realise that you've turned into a bully and you also realise that you don't like being a bully which does show that you want to change and that's a good thing, okay?

S3: Sure. How do I change then?

S2: Stopping being a bully is sort of difficult in the sense that you need to learn how to think before you speak and don't give in to peer pressure from those whom you hang out with who are also bullies... You need to break the mould. Again from personal experience I was kind of a bully. I realised this and I realised that I had hurt friends whom I needed instead of

those who made me become the bully I was. So I found a role model whom I knew wasn't a bully and I'd ask myself what that person would do. I don't need that role model anymore and I am no longer a bully so it is possible to change, okay?

S3: How can I repair the damage I've done to this boy? This is my other concern. Will he ever talk to me again?

S2: Please keep in mind that the boy is hurt and was hurt twice. So this may take a while for him to forgive you and also you mentioned that he won't let anyone in anymore. Say sorry to him and fully mean it. It is hard, I know, but you need to apologise to him. Don't say sorry for dumping him. Say sorry for having your sister do the deed for you. That was the main problem: she hates him and was cruel to him. Being dumped sucks enough as it is.

Apologise and fully mean it. Then start being nice to him. It'll take time, I know, but one day he'll forgive you.