

Imagine that you write an advice column to help readers your age with difficult problems. Choose one of the letters below and write a response giving advice that you think would help the person cope with the situation.

Letter 1

Dear Advice Columnist,

My parents seem really stressed out lately. No matter how hard I try, I can't seem to do anything right. It feels like they're always mad at me. Some days, when school is over, I don't even feel like going home. I don't know how to make things better. Can you help?

Marek

Letter 2

Dear Advice Columnist,

Callie has been my best friend for four years now. We hang out together all the time, and she's always there for me when I need her. Last week, Callie told me that she and her family will be moving to the other side of the country. I just don't know how I'm going to cope without Callie. What advice can you offer?

Amanda

Letter 3

Dear Advice Columnist,

I've always been tall for my age, and during this past year I've had a growth spurt. Now I'm the tallest person in my class. I never minded being tall—it came in handy when playing basketball—but now some of the kids in my class have started teasing me and calling me names like "Towering Tanya." Sometimes I catch myself trying to slump down to appear shorter, but I know that's bad for my posture. I feel like I'm starting to lose my self-confidence. What should I do?

Tanya

Follow the steps below to conduct a talking circle.

Step 1: Sit to form a complete circle.

Step 2: Choose a leader for the talking circle. The leader will start the conversation and make sure that the discussion goes well. A good leader is respectful and fair.

Step 3: After the leader has finished, the person seated to the left of the leader has a chance to speak. Move around the circle in a clockwise direction until everyone has had a chance to speak.

Talking Circle Guidelines:

- Give your full attention to the person who is speaking. Be respectful.
- Don't interrupt a speaker. Wait until it is your turn to talk. Don't speak to other members of the circle when it is someone else's turn to speak.
- Don't take up too much time when it's your turn to speak. Make sure there is time for everyone to share their thoughts.
- The talking circle can end when everyone has had a chance to speak. However, if time allows, you can go around the circle again so people have a second chance to speak.
- If you don't wish to speak when your turn comes, you can say "Pass."
- Make sure your comments are truthful and sincere.
- Respect people's privacy by not sharing their thoughts outside the talking circle.

Instructions

- Use the guidelines below to create a comic strip with five frames. (If you want to use more than five frames, make adjustments to the guidelines.)
- For the characters, you can use stick figures, avatars, or even superheroes.
- Use speech balloons or thought balloons for text your characters say or think.
- The purpose is to show how a coping strategy can be used to help manage a problem. Your comic strip should be clear, helpful, and show a coping skill that could work in a real situation.

<p style="text-align: center;">Creating a Five-Frame Comic Strip</p>	<p>Frame 1</p> <p>Identify the situation. You can use words, illustrations, facial expressions, and body language to make the problem clear.</p>
<p>Frame 2</p> <p>Indicate that the situation is stressful for the character involved. Along with spoken words and thoughts, think about visible signs that could help to show that the character is feeling stress.</p>	<p>Frame 3</p> <p>Show the character considering some coping strategies that might be helpful in the situation.</p>
<p>Frame 4</p> <p>Show the character using one of the coping strategies from Frame 3.</p>	<p>Frame 5</p> <p>Show how the character feels after applying the coping strategy.</p>