

# MANAGING STRESS: MAKING CHOICES

Character descriptions



**HAND OUT**

## JAN

He is the oldest son in a big family. He is quite funny and people generally like him. There is a small group of people at school that make comments about his appearance. His parents say not to worry and that it's just part of growing up. Recently these people have started throwing things at him and pushing him around. Jan doesn't like conflict and does his best to avoid the gang but feels humiliated. It means he steers clear of the youth centre where he used to hang out, and sometimes keeps away from school for a few days.

## SARINA

Sarina is 15. She has always achieved high grades at school and is hoping to go to sixth form college. She is also captain of the netball team and learns music in her spare time. She lives with her parents who are very proud of her and encourage her to do well. She also lives with her brother who thinks she is too uptight. In the past few months Sarina's weight has steadily dropped to 8 stone and she sometimes suffers dizzy spells. Exams are now two months away and Sarina is getting more and more stressed. She has stopped seeing her friends to concentrate on revision.

## YUSETH

Yuseth is 17. He is an apprentice electrician and his boss has said he is doing well. He lives at home with his mother who works two jobs to make ends meet. They don't get much time together but some evenings they relax in front of the TV and have a few drinks. Yuseth's girlfriend is 16 and has just finished school. They've been together a year and she is putting pressure on him to move in together. Though he does really like her he's not ready for that sort of commitment. He knows she has a hard time at home and that's making the decision even tougher. It's on his mind at work and it's sometimes difficult to concentrate on the job. The thought of telling her is really stressing him out. He has been avoiding her calls and spending a lot of time in the pub with his mates.

