

A full-page background image of a sunset over the ocean. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The horizon line is visible in the middle of the frame, separating the sky from the dark, textured surface of the water.

**Always be yourself**

**By Rosie**

**By studying and achieving the**  
**'Understanding Children's & Young People's Mental Health'**  
**NCFE CACHE Level 2 qualification,**  
**I gained further knowledge to help me write the piece.**  
**I used this alongside my own personal experiences**  
**& those of others who graciously allowed me to share their story.**

# Acknowledgement

Here I have to give a special mention to Aimee for her creative input  
and for sharing her experiences with me.

They have been invaluable in helping me to understand the challenges you  
face as a young person in today's society.

More importantly, your dedication, perseverance and zest for life gives me  
hope that your generation will make a difference in the world,  
and we can all learn something from that.

## **Please Be Aware:**

**That in this series 'Always Be Yourself' we cover a wide range of subjects.  
Some light-hearted and others more challenging.**

**You could find the sections covering boundaries, control, online safety and mental health  
upsetting or distressing.**

**However, we felt that it was important to cover these subjects to highlight issues  
that you might be experiencing at the moment or have experienced in the past.**

**By discussing these topics, our intention is to encourage you to reach out for help and support  
if you recognise any of the behaviours discussed.**

**If possible, share your worries or concerns with a trusted family member. friend,  
teacher or a member of the pastoral care team at school.**

**[www.youngminds.org](http://www.youngminds.org) can give advice  
& there are also other resources at the end of each video which provides online support.**

**You are not alone.  
You don't have to keep things to yourself.**

I cover real-life subjects  
That affect our mental health  
But this book's central message  
Is to 'Always Be Yourself'

*Love Rosie*

x

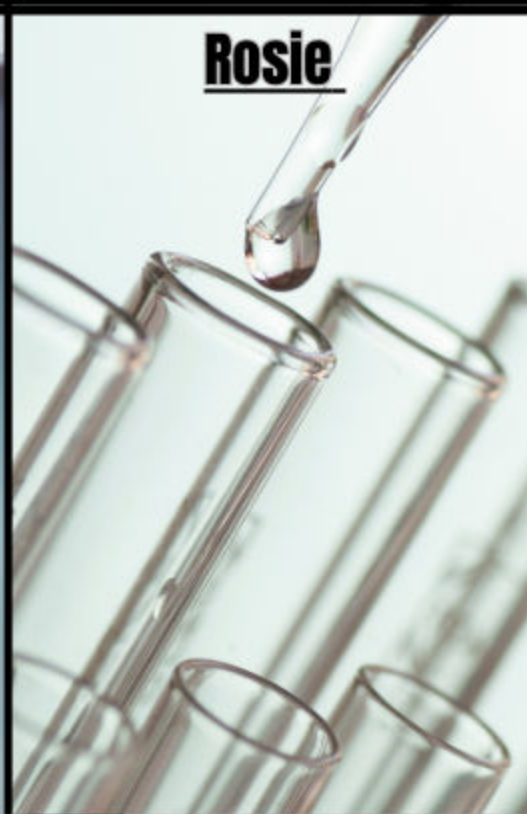
So primary school has ended  
And it's time to turn the page  
The lessons that we learn now  
Will present in different ways

Rosie



As you progress through high school  
There'll be challenges to face  
The world can seem quite daunting  
As you learn to find your place

Rosie

[illegible]

## When they're changing all the time

The verses that I share here  
Cover things that could arise  
And even if you're homeschooled  
They're for you, the same applies

Rosie





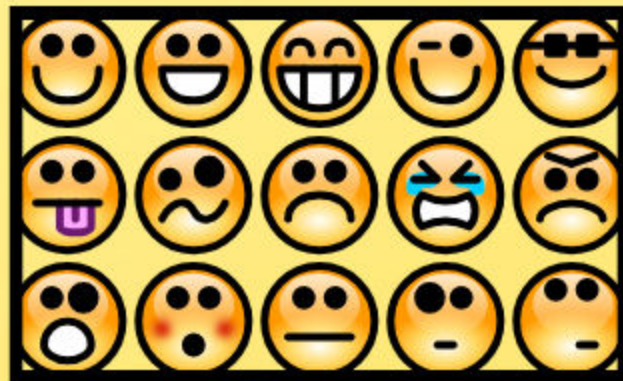
Puberty.

***Now puberty's confusing***

***Things can get quite out of hand***

***And feelings and emotions***

***Can be hard to understand***



***Rosie***

**You're often quite embarrassed**

**And can be painfully shy**

**Your face as red as beetroot**

**When you see that girl or guy**

**Rosie**

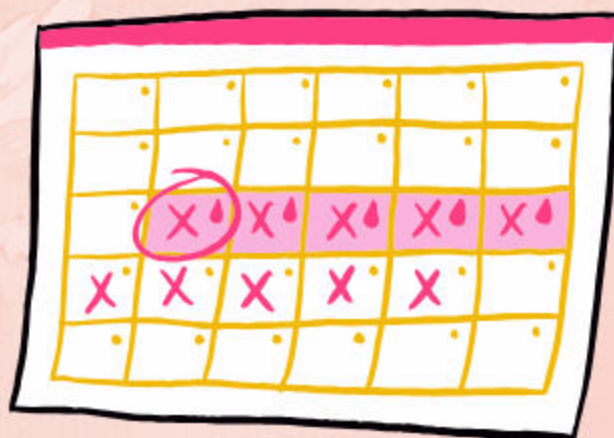


**Though periods are normal**

**They affect the way you feel**

**You might be stressed or tearful**

**This can seem quite an ordeal**



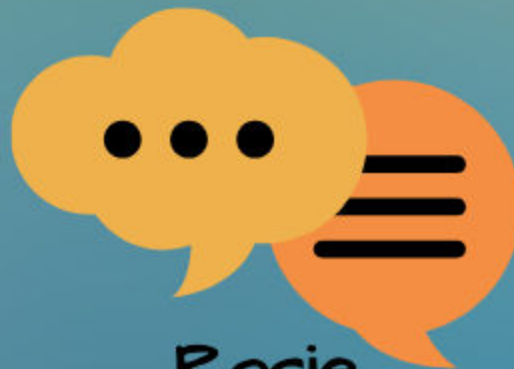
**Rosie**

Some young people have acne

Which can impact self-esteem

And face some nasty comments

As we know, kids can be mean



Rosie

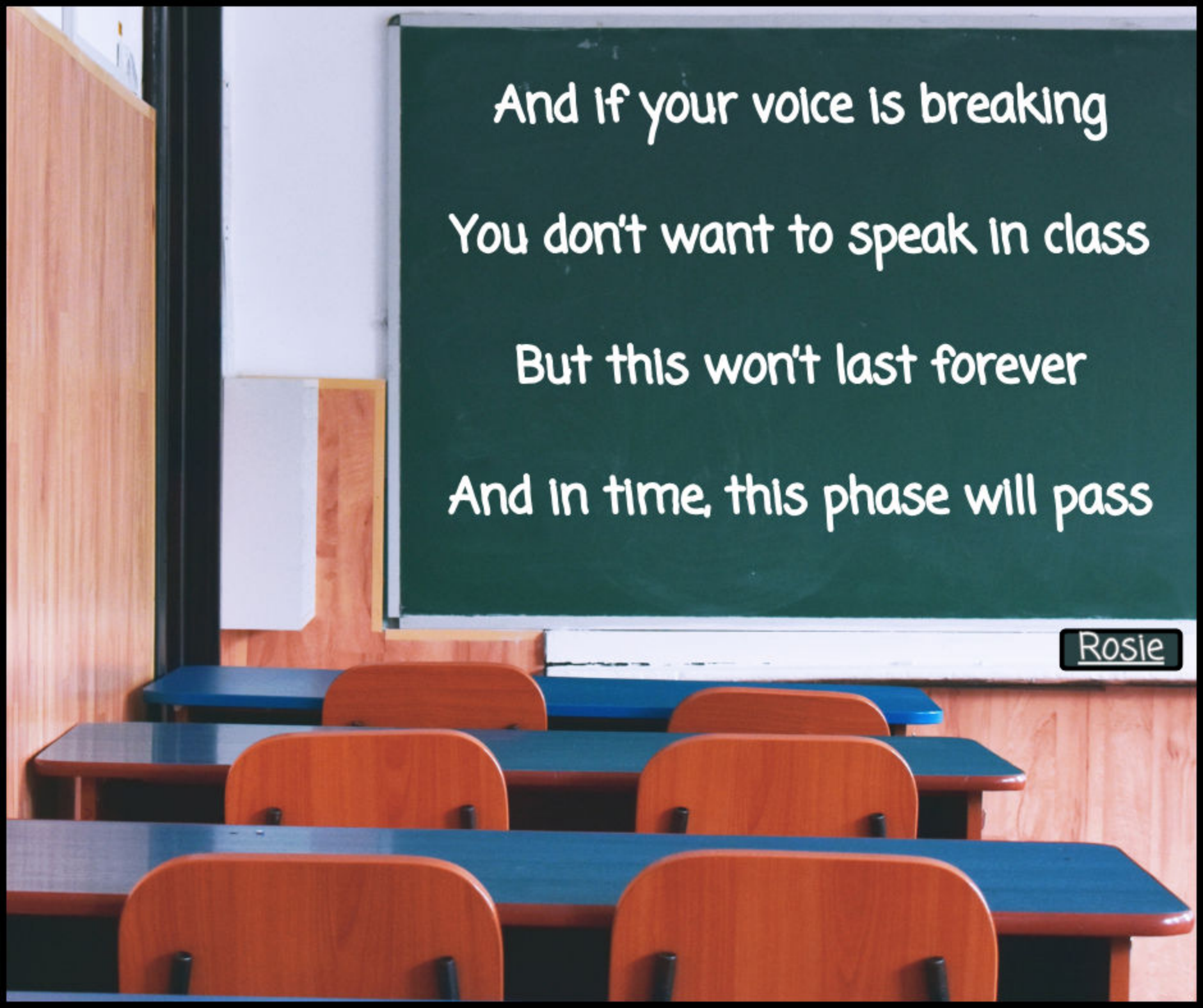
**Your facial hair is growing**

**And your body's changing too**

**It's quite a lot to deal with**

**For the ever-changing you**

**Rosie**

A photograph of a classroom. In the foreground, there are several rows of wooden desks and chairs, viewed from behind. The desks have blue tops. In the background, a large green chalkboard is mounted on a wooden wall. The chalkboard has white text written on it. To the left of the chalkboard, there is a white rectangular object, possibly a piece of paper or a small board, attached to the wall. The overall lighting is bright, and the colors are natural.

And if your voice is breaking  
You don't want to speak in class  
But this won't last forever  
And in time, this phase will pass

Rosie



**Development can vary**

**You're still growing as a teen**

**And features, height, eye colour**

**Are determined by your genes**



**Rosie**

# Influences

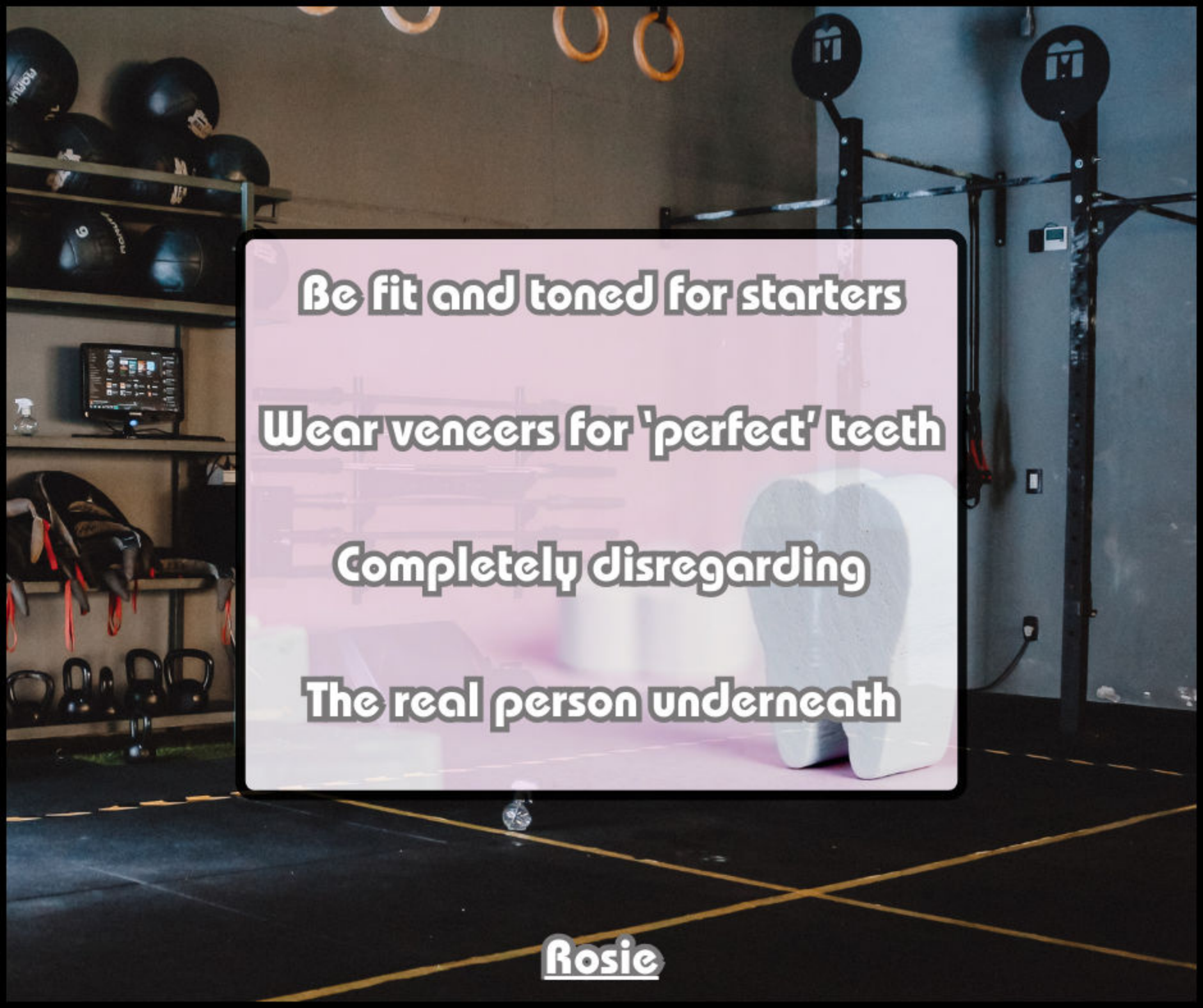


# Perfection

We find in modern culture  
With celebrities galore  
And influencers showing  
Their best side and nothing more

This can give the impression  
If you want that girl or guy  
You can't be less than perfect  
Or at least that's what's implied

Rosie

The background is a gym with various equipment. On the left, there are shelves with black medicine balls and a small monitor. In the center, a pink rectangular box contains white text. On the right, there is a black metal frame with circular weights. The floor is black with yellow lines.

**Be fit and toned for starters**

**Wear veneers for 'perfect' teeth**

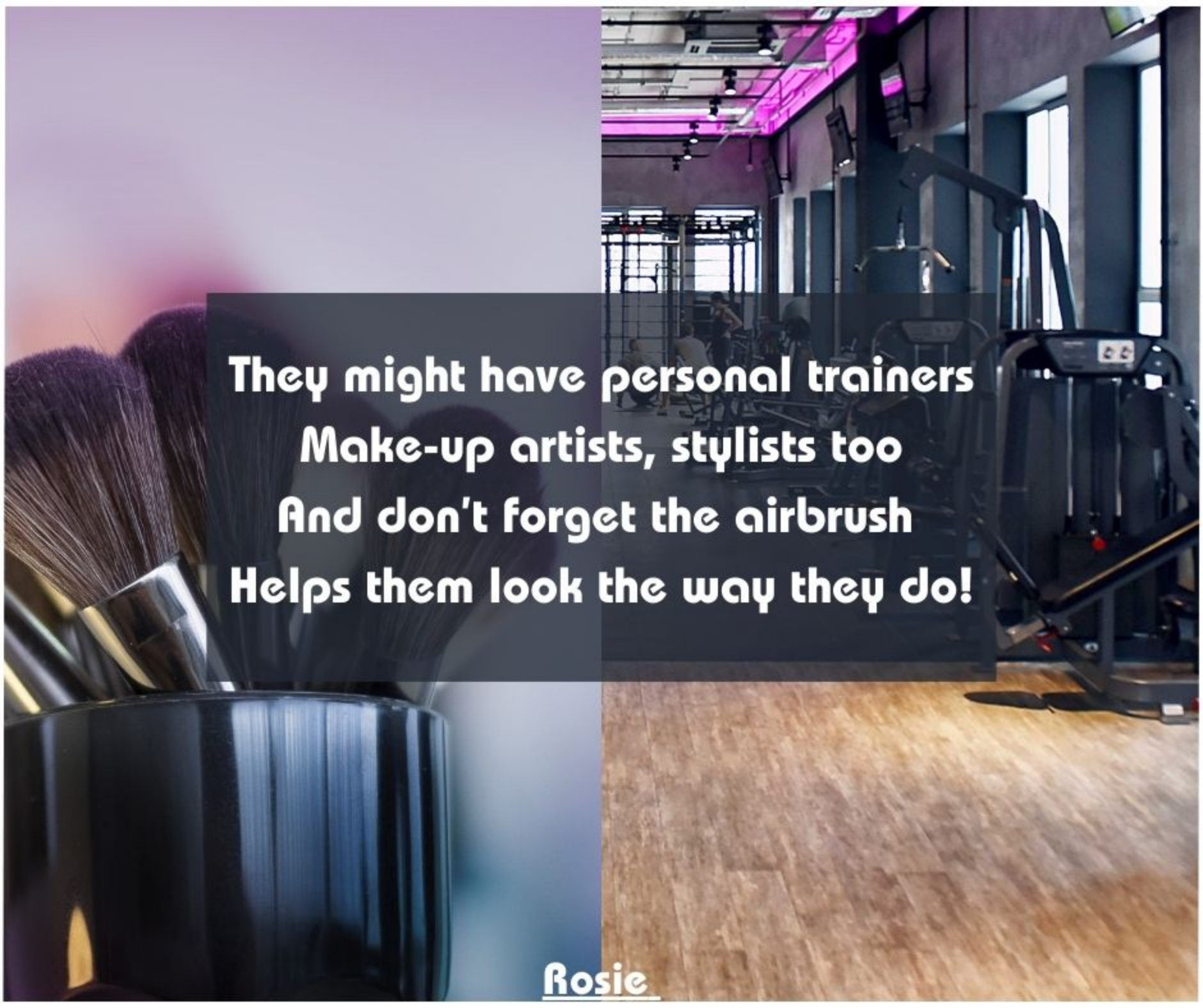
**Completely disregarding**

**The real person underneath**

Four shopping bags are shown, hanging from the top of the frame. From left to right, the colors are green, black, tan, and red. The bags are made of paper and have a simple, folded design. The red bag is the most prominent, being the largest and closest to the viewer. The other bags are slightly behind it, creating a sense of depth. The background is a plain, light color.

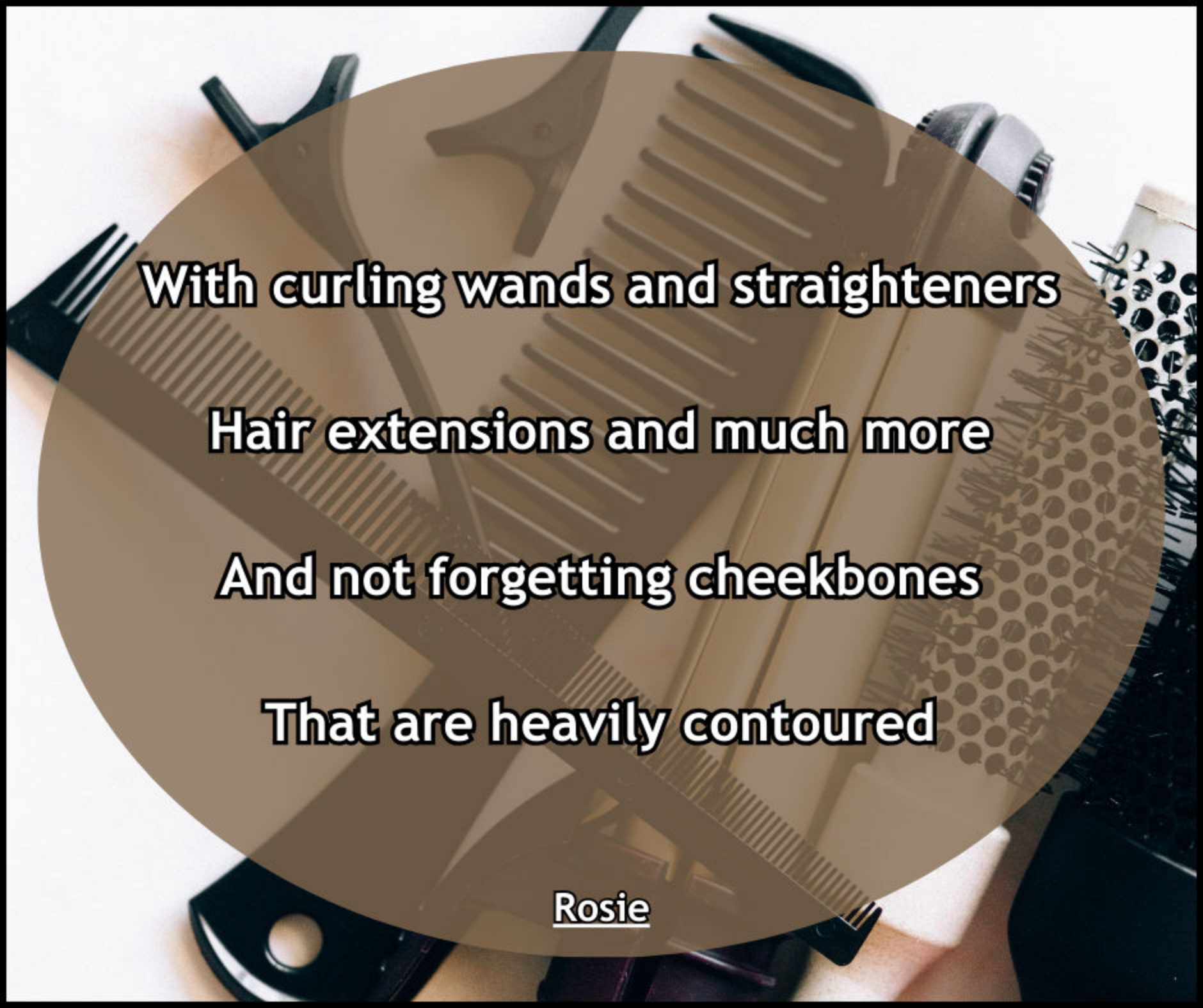
**Celebrities out shopping  
Looking nothing less than 'fly'  
Can give the wrong impression  
And I'll share some reasons why**

**Rosie**



**They might have personal trainers  
Make-up artists, stylists too  
And don't forget the airbrush  
Helps them look the way they do!**

**Rosie**



**With curling wands and straighteners**

**Hair extensions and much more**

**And not forgetting cheekbones**

**That are heavily contoured**

**Rosie**



With flawless skin on photos  
From a filter app or two  
Our image is distorted  
What we see's not always true



**Because that's superficial  
And we don't all look like that  
It might seem to harsh to say this  
But it's true, and facts are facts!**



**Be yourself**



**It can be quite a challenge**  
**Trying to find where you fit in**  
**To like yourself regardless**  
**And to love what's deep within**

**Rosie**

**Now sometimes by your peer group  
You'll be labelled as a geek  
But don't let that define you  
You are perfectly unique**



**Rosie**

**Comparison with others  
Is a pointless thing to do  
We're all completely different  
And there's no-one else like you**



**Rosie**

Whilst some are academic  
There are others who are not  
And vocational subjects  
Are a great way to unlock

Potential that lay hidden  
For although some do their best  
They're not always successful  
In both exams and / or tests



Schools take subjects you're good at



Then on this foundation build



By finding ways to nurture



All your talents, gifts and skills



Rosie



you

&

I

**Your character's important  
So is loyalty and trust  
And kindness isn't weakness  
It's not always well discussed**

**Being honest, fair and truthful  
And reliable it seems  
Is not at all old fashioned  
It's expressed by many teens**

**Rosie**



**Respect is so important**

**With both friends and partners too**

**So if it's not forthcoming**

**Then they're not the one for you**

**Rosie**

**R E S P E C T**



**Relationships with people**  
**Either friends or maybe more**  
**Can be a little tricky**  
**So it's something we'll explore**



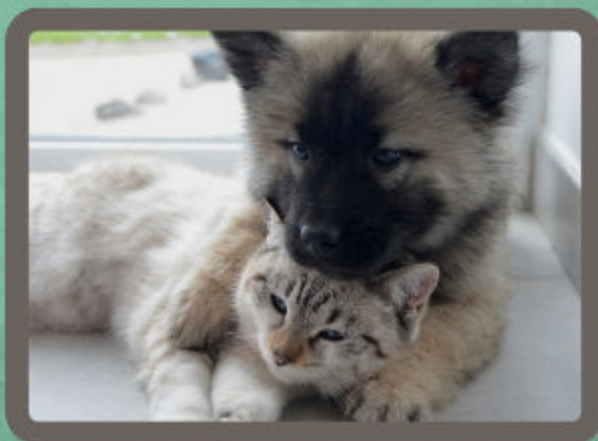
**Rosie**

**YOUR FRIENDSHIP BONDS WITH OTHERS**

**OFTEN STAND THE TEST OF TIME**

**AND SOMETIMES THINGS DEVELOP**

**INTO MORE, WAY DOWN THE LINE**



**ROSIE**

**WHEN LOOKING FOR A PARTNER**

**FIND THE ONE WHO MAKES YOU LAUGH**

**YOU'RE COMFY IN THEIR PRESENCE**

**AND THERE'S MORE CHANCE IT COULD LAST**



**ROSIE**

**THEY LIKE YOUR SENSE OF HUMOUR**

**AND THE FUNNY THINGS YOU DO**

**YOUR CHARACTER AND VALUES**

**ALL THOSE THINGS THAT MAKE YOU...**

**Y O U**



Yes, physical attraction  
Plays a part and that's a fact  
But looks shouldn't define us  
There's much more to us than that

You might find them attractive  
Hair or make-up are 'on fleek'  
But dig a little deeper  
Look for what makes them unique

Rosie



# **BOUNDARIES**

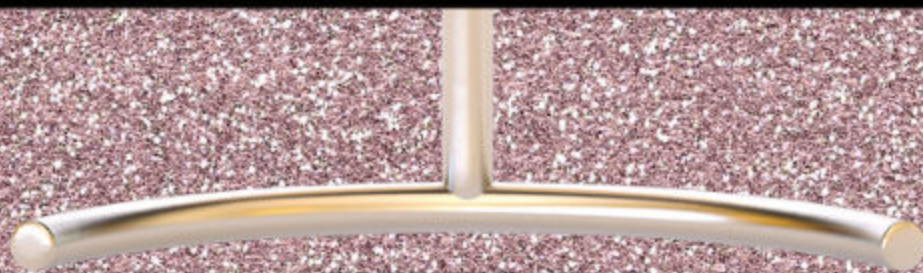
---

**Reality TV shows**

**That treat love as just a game**

**And viewed as entertainment**

**Can give romance a bad name**



**Rosie**

**DO NOT CROSS**

**We all want to be happy**

**And have fun whilst feeling safe**

**To trust in other people**

**With our boundaries set in place**

**WORDS**

**ACTIONS**

**Behaviours to look out for**

**That are really not ok**

**Are clearly shown by people**

**By the things they do or say**

**Rosie**

Some start to show an interest

And convince you that they care

But things can move too quickly

Then you feel quite unprepared



Rosie

A glowing red rectangular sign with the word "STOP" in bold, white, sans-serif capital letters. The sign is centered at the top of the image and has a bright, circular light effect behind the letters, making them stand out against the dark background.

Now hormones play a role here

But they must respect your space

Don't let them push the boundaries

If you're happy with first base

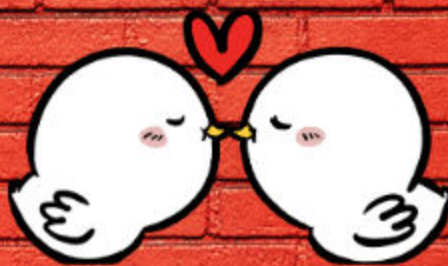
Rosie

By first base I mean kissing

And if that's ok with you

Don't let them push it further

You must do what's right for you



Rosie

But sadly, very common

Some with pressure from their peers

Will do things they don't want to

And it often ends in tears



Rosie

**You've every right to speak up**

**Things like this should be discussed**

**Don't be coerced or guilt tripped**

**Some decisions can't be rushed**



**Rosie**

**You shouldn't have to do things  
That you're not too happy with  
Your body's not their playground  
And consent is YOURS to give**



**Rosie**



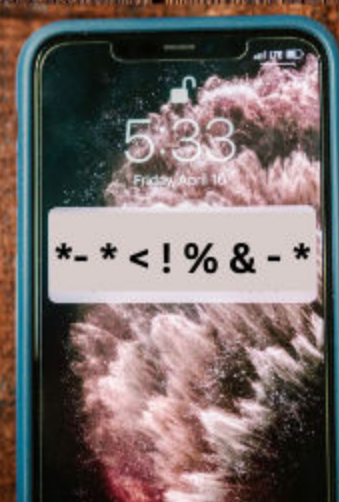
**Some gladly show affection**

**If they're getting their needs met**

**But if you want to slow things**

**You might get abusive texts**

**ROSIE**



"I take it you don't love me  
If you did, you'd let it show  
Most other girls would let me  
I just thought that you should know"

It's not just boys though is it?  
There are girls who'll do the same  
They'll treat you really badly  
Then say you're the one to blame!

Rosie

**And often some won't like it**

**If you dare show self-respect**

**But that's your choice remember**

**Don't do things you might regret**



**Rosie**



Rosie

*You might, in time, decide to*

*But you're just not ready yet*

**REMEMBER**, *you don't have to*

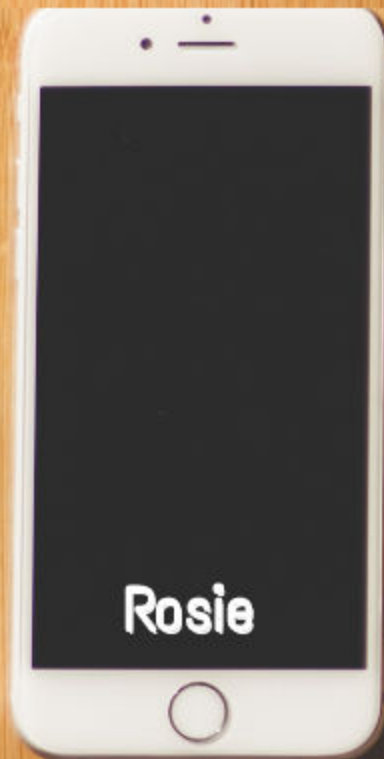
*You have choices don't forget*

Now 'sexting' is so common

And at first it seems such fun

But soon it's not just flirting

There is much worse still to come



**Now some might freely tell you**

**Things they did with their now ex**

**They make it sound so normal**

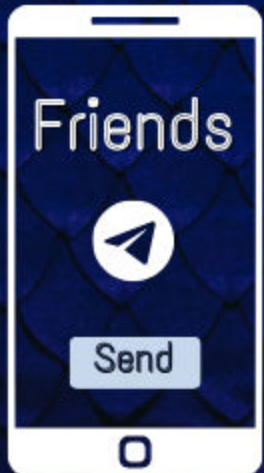
**But you're shocked at what comes next**

**Rosie**

Some ask to take nude photos  
Tell you no one else will see  
“I promise I won’t share them  
It’s just fun for you and me”

Rosie

The next thing to your horror  
They have shared them with their friends  
They seem to think it's funny  
And don't care if it offends



Rosie

# TRUST

**You trusted them completely**

**Thought on them, you could depend**

**This level of betrayal though**

**Is so hard to comprehend**

**Rosie**

**Humiliating someone  
Is an evil thing to do  
Revenge porn is illegal  
There are laws in place for you**

**Under The Protection Of Children Act 1978  
The Criminal Justice Act 1988 &  
The Criminal Justice & Courts Act 2015  
taking, possessing, sharing  
or threatening to share sexualised  
images of a person under the age of 18  
is a criminal offence**

**Rosie**

**It's there for your protection  
Though you might feel guilt and shame  
You didn't give permission  
So you're NOT the one to blame**



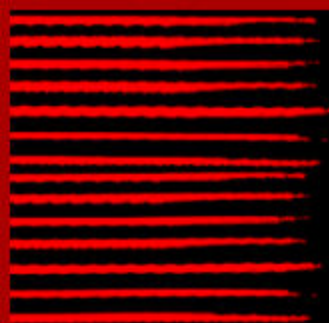
**Such videos and photos  
Being shared when you don't know  
Is such a violation  
You should let somebody know**

**Rosie**

**The person that you trusted  
Who betrayed you in this way  
Should face the repercussions  
It's a crime and they should pay**

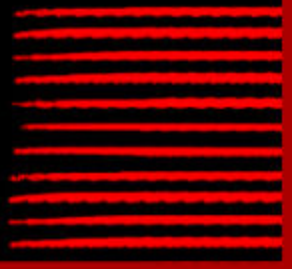


**Rosie**



# CONTROL

Rosie





**As previously mentioned**

**You can't always trust sweet words**

**Don't look at what they're saying**

**But their actions, please observe**

**Rosie**



**They say they're only playing  
Or just messing with your phone  
But checking who you've messaged  
Is just one means of control**

**Rosie**

Rosie

A red flag is flying on a white pole against a blue sky with clouds. The flag is attached to the pole with a blue rope and a metal hook. The pole has a blue ball at the top.

**It happens very slowly  
You don't notice it at first  
But over time you see things  
Have progressively got worse**

**They're jealous of your friendships  
They don't want you hanging out  
With anyone besides them  
And of that, you're in no doubt**

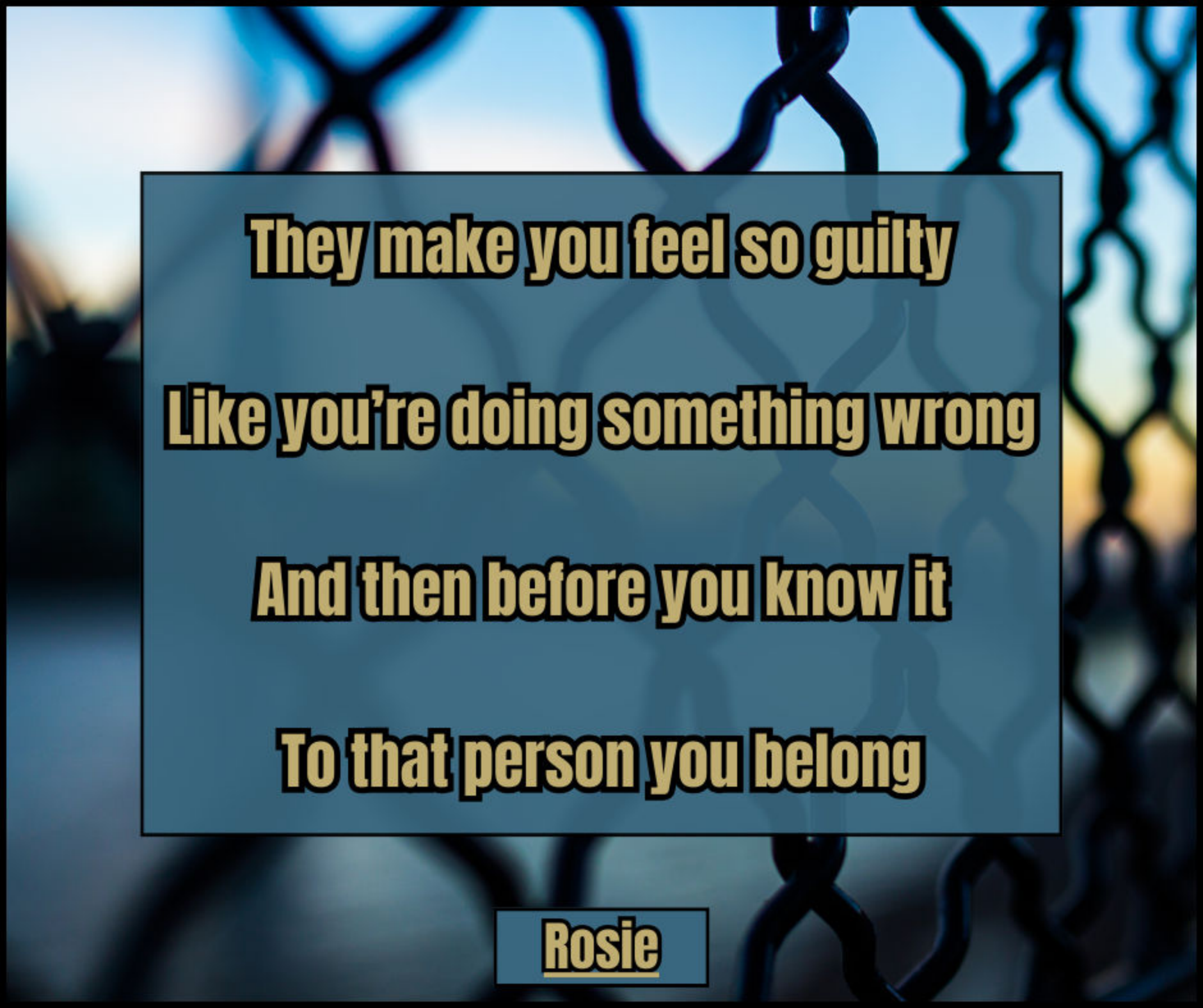


**Them**

**Rosie**



**You**



**They make you feel so guilty**

**Like you're doing something wrong**

**And then before you know it**

**To that person you belong**

**Rosie**

**You're trying to convince them  
That you've got nothing to hide  
But they just don't believe you  
Even though you've tried and tried**

**Rosie**

**THEY'LL SULK AND MAKE THINGS AWKWARD**

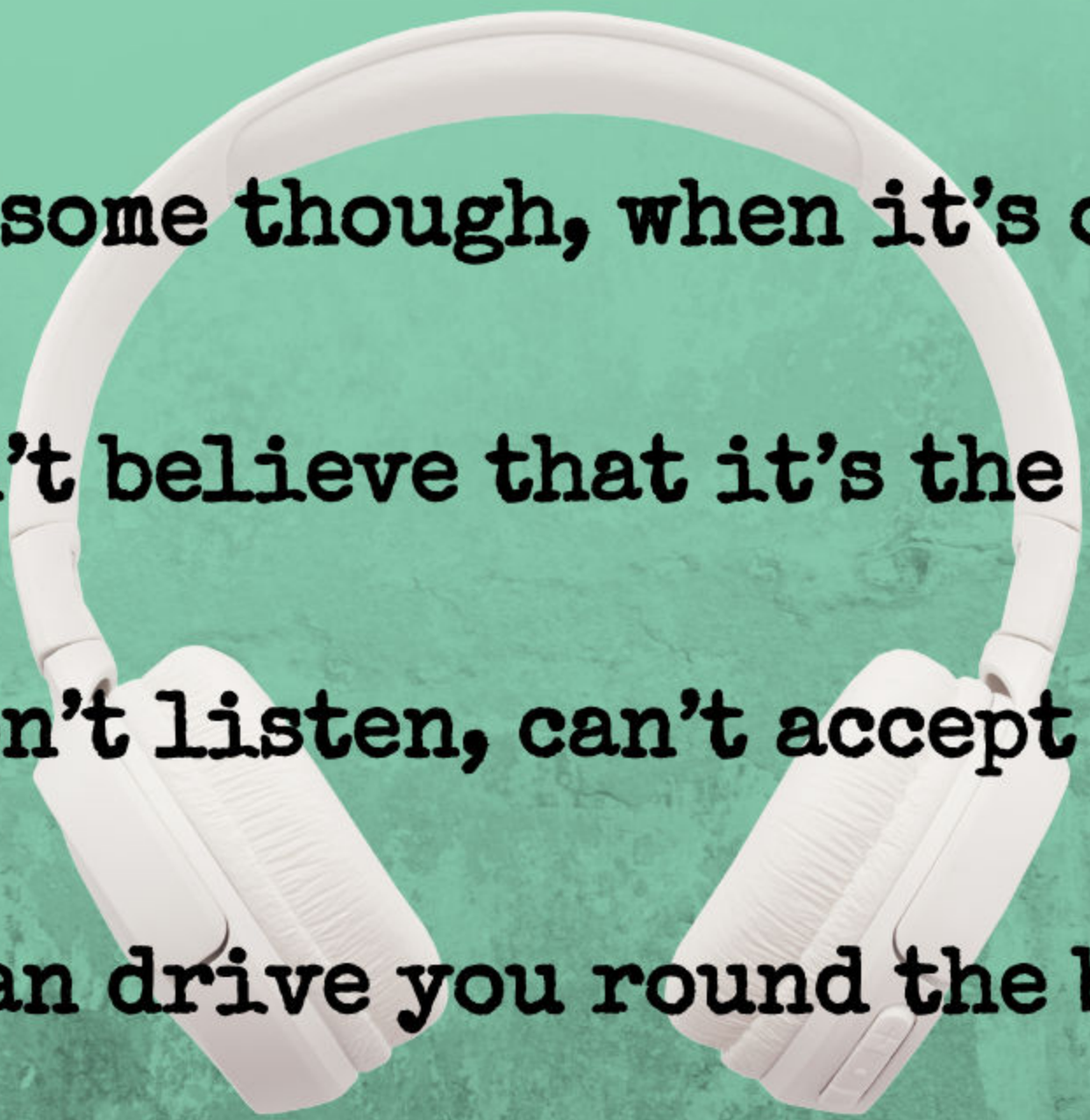
**"DON'T YOU LOVE ME NOW?" THEY SAY**

**BUT THIS MANIPULATION**

**MEANS THAT THEY GET THEIR OWN WAY**

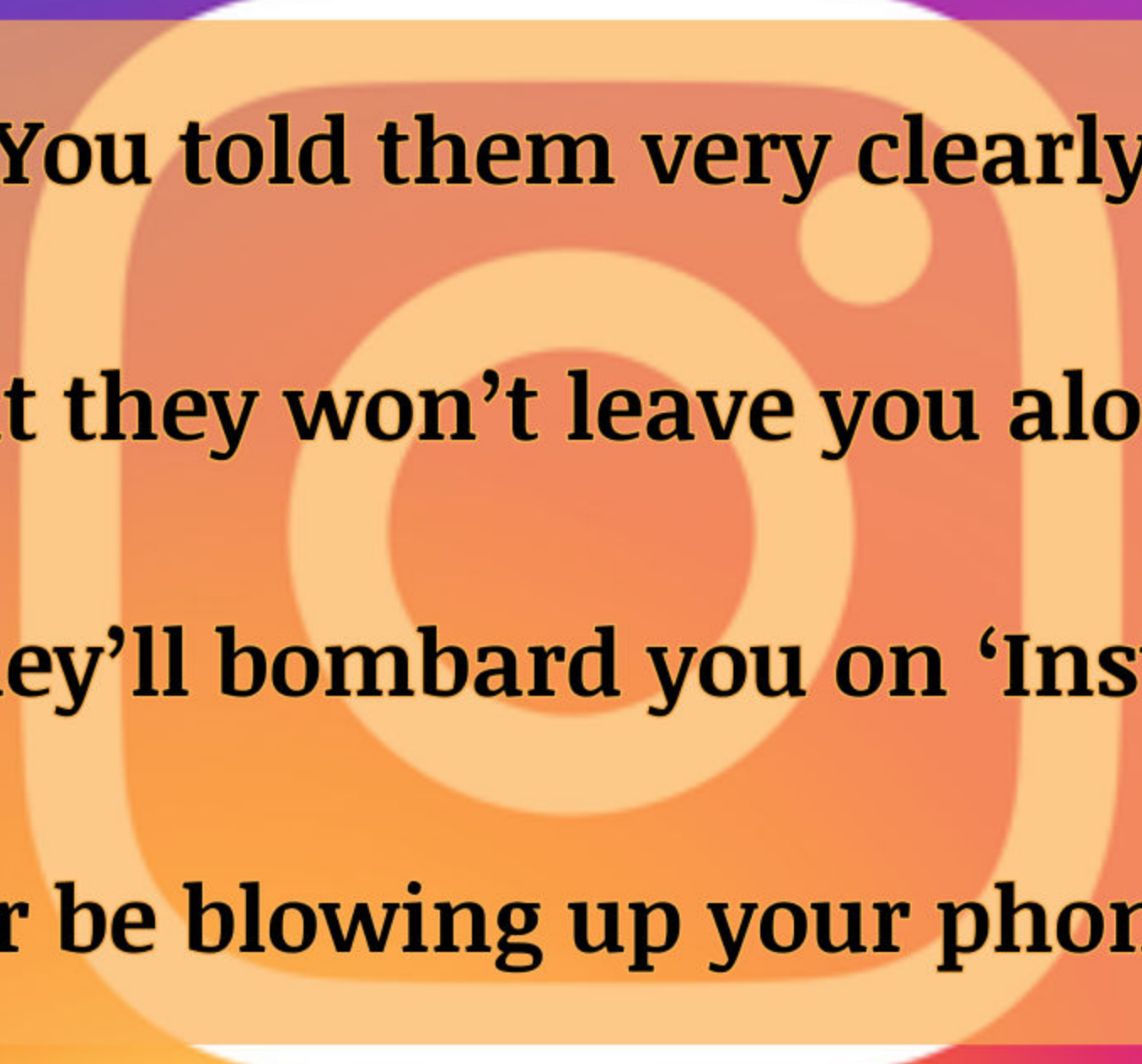


**ROSIE**



But some though, when it's over  
Don't believe that it's the end  
Won't listen, can't accept it  
It can drive you round the bend

Rosie



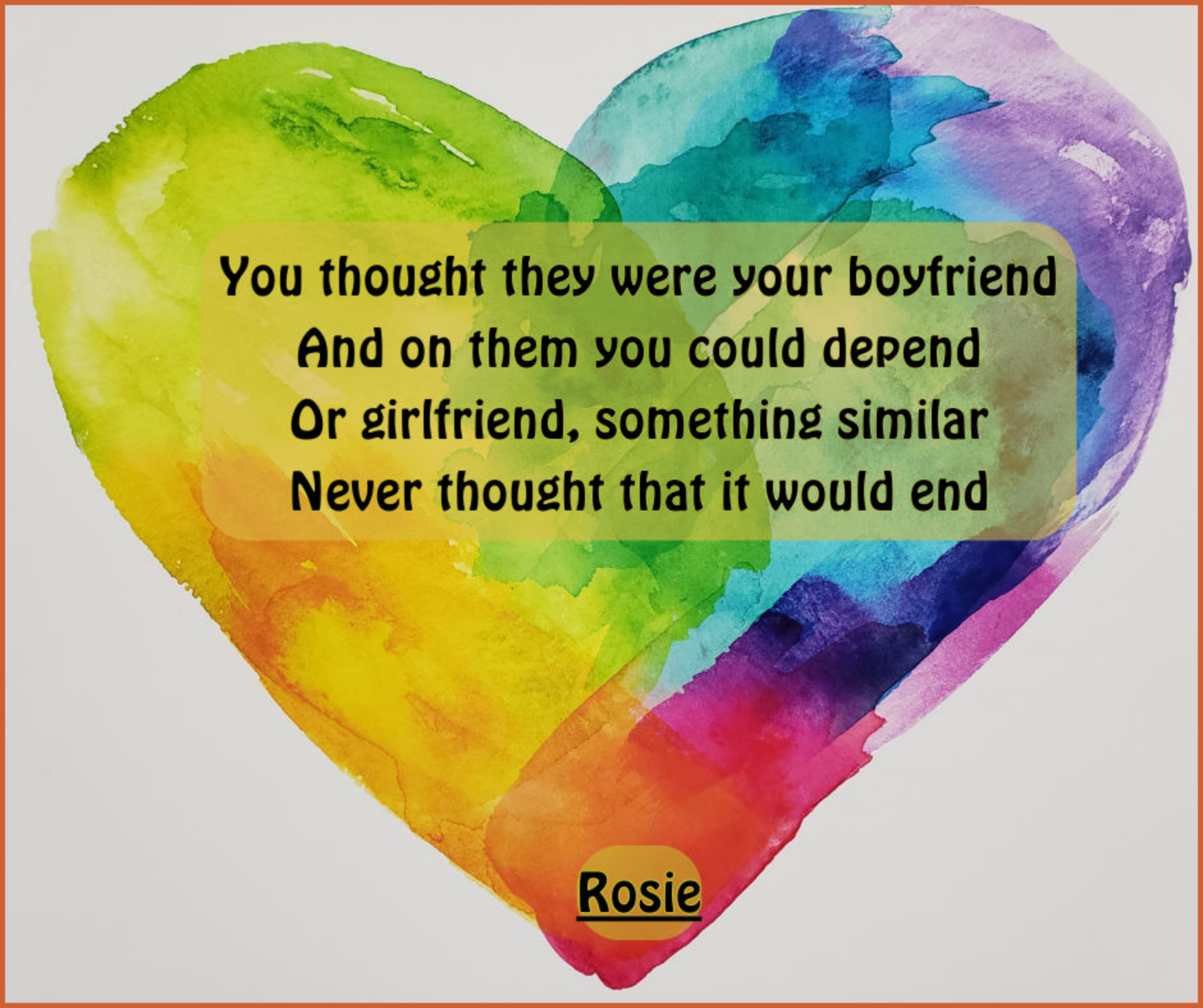
**You told them very clearly**  
**But they won't leave you alone**  
**They'll bombard you on 'Insta'**  
**Or be blowing up your phone**

**Rosie**

**With texts, voicemails or photos  
To convince you they still care  
But this communication  
Leaves you feeling really scared**



**Rosie**



**You thought they were your boyfriend  
And on them you could depend  
Or girlfriend, something similar  
Never thought that it would end**

**Rosie**

**IF YOU DECIDE IT'S OVER  
IT WON'T MATTER WHAT THEY SAY  
YOU'VE EVERY RIGHT TO MOVE ON  
AND RESPECT SHOULD GO BOTH WAYS**



**ROSIE**

**Don't change to suit another  
Seems you've done ok so far  
If they're meant to be with you  
They'll accept you as you are**

**Rosie**

So learn to love yourself first  
Then behaviours won't repeat  
You'll find you don't need others  
Just to make you feel complete



Rosie

**Being intimate's a big step**

**You might question if you should**

**Discuss it with your partner**

**Make your feelings understood**

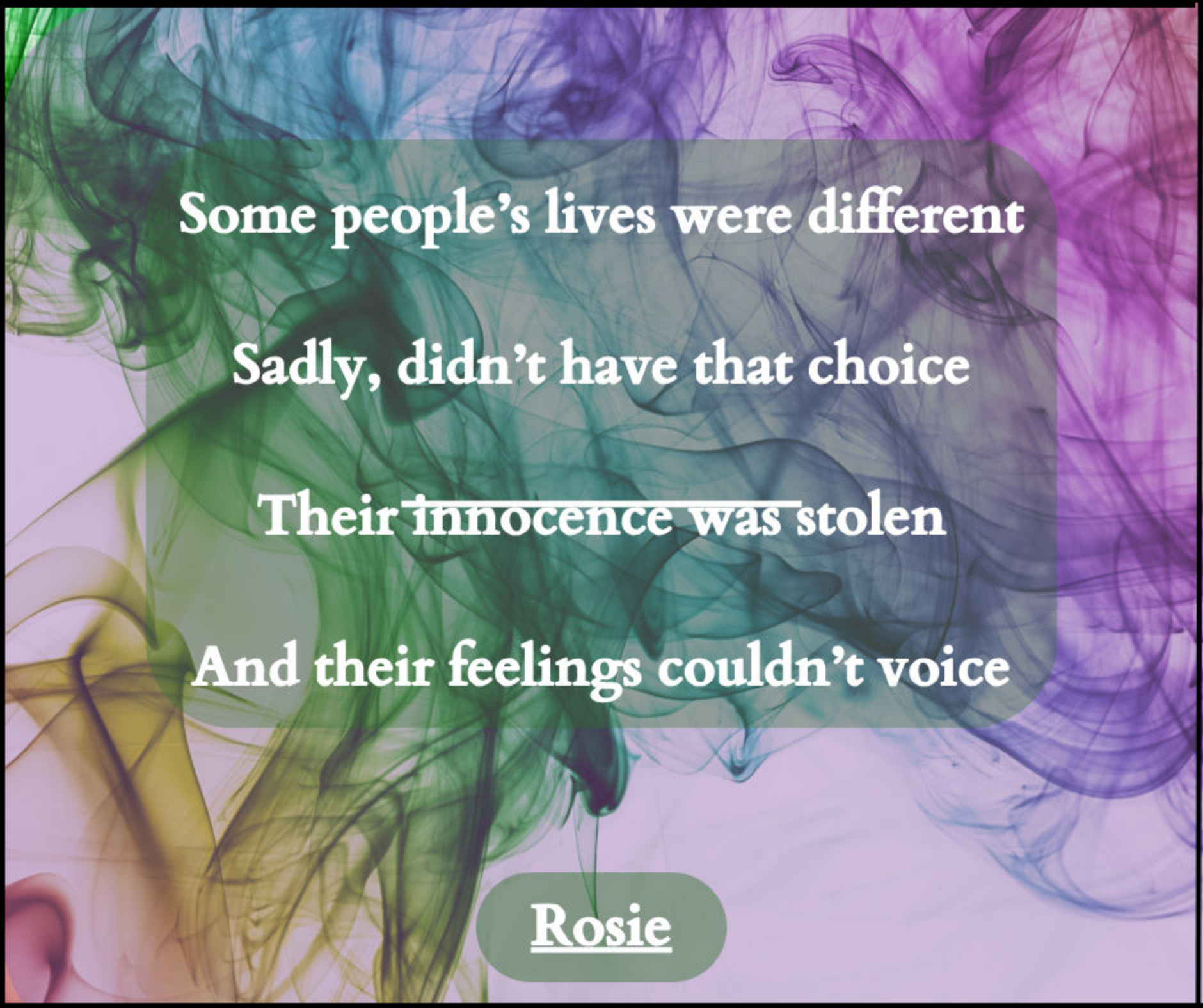


**Rosie**

**Now here I have to mention  
That for some, that's not the case  
Some things that happened to them  
Can be really hard to face**



**Rosie**



Some people's lives were different

Sadly, didn't have that choice

Their innocence was stolen

And their feelings couldn't voice

Rosie

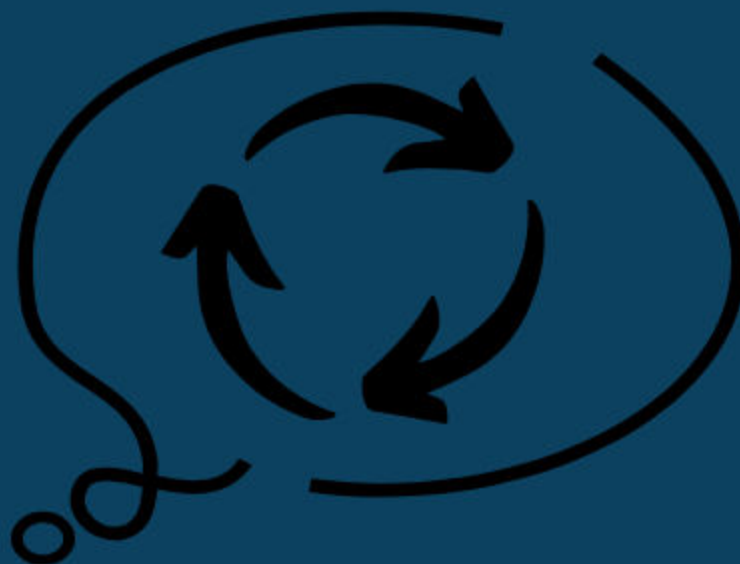
**THE PERPETRATORS BLAMED THEM  
AND IMPLIED THAT THEY'D DONE WRONG  
BUT SUCH A HEAVY BURDEN  
CAN BE CARRIED FAR TOO LONG**



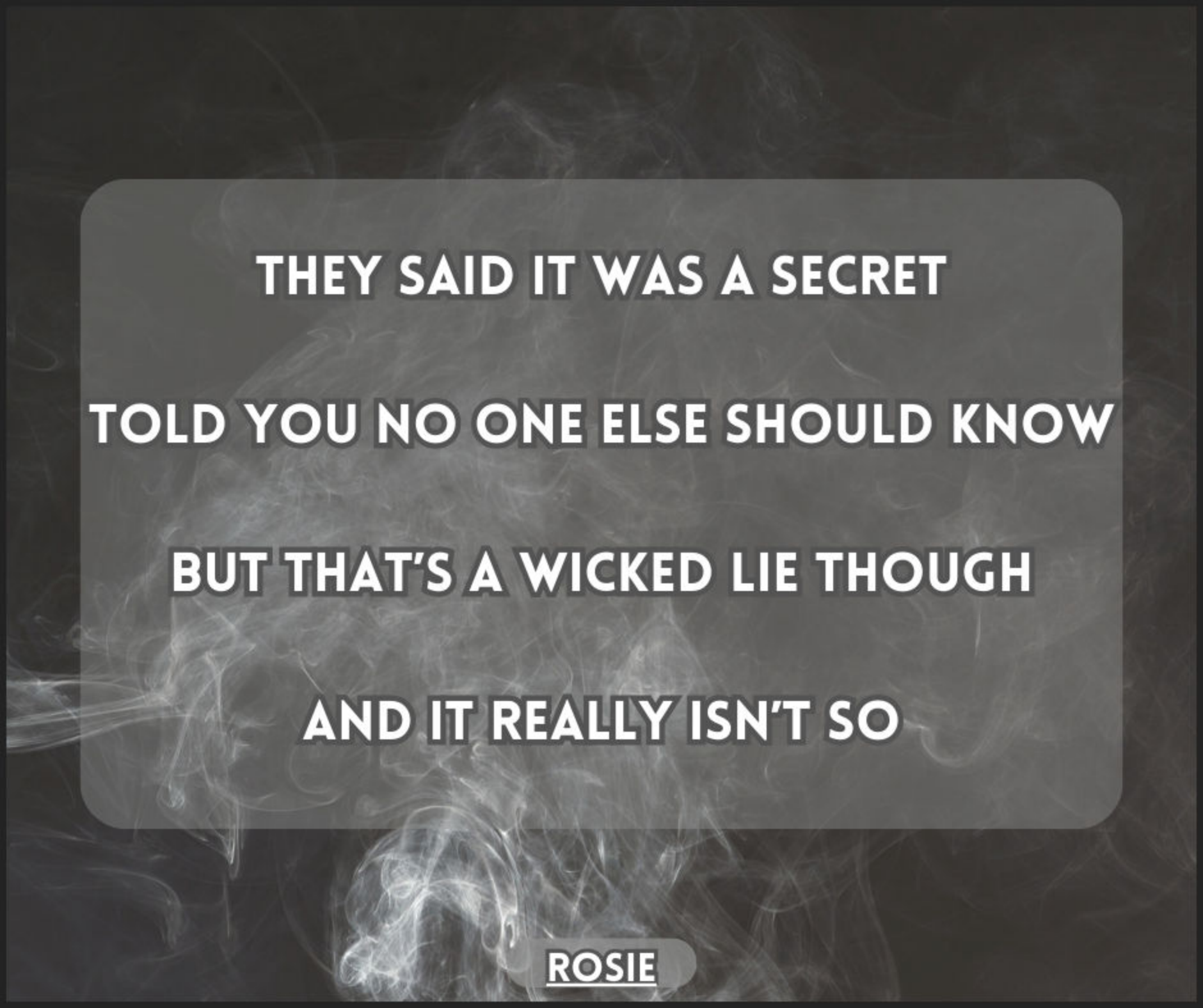
**It's your fault!**

**ROSIE**

**THEY CRUELLY TOOK ADVANTAGE  
IN THE WORST POSSIBLE WAY  
AND MEMORIES OF WHAT HAPPENED  
IN THEIR MINDS OFTEN REPLAY**



**ROSIE**



**THEY SAID IT WAS A SECRET  
TOLD YOU NO ONE ELSE SHOULD KNOW  
BUT THAT'S A WICKED LIE THOUGH  
AND IT REALLY ISN'T SO**

**ROSIE**

**But all's not lost believe me  
There are people who can help  
They're trained and you can trust them  
Please don't keep this to yourself**



**I need to talk  
to you....**

**Ok, take your time.**

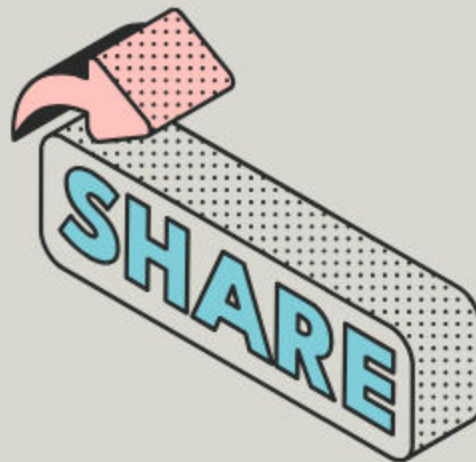
**Rosie**

And don't think that you'll shock them

Or they'll show some disbelief

It's no longer a secret

Sharing's such a huge relief

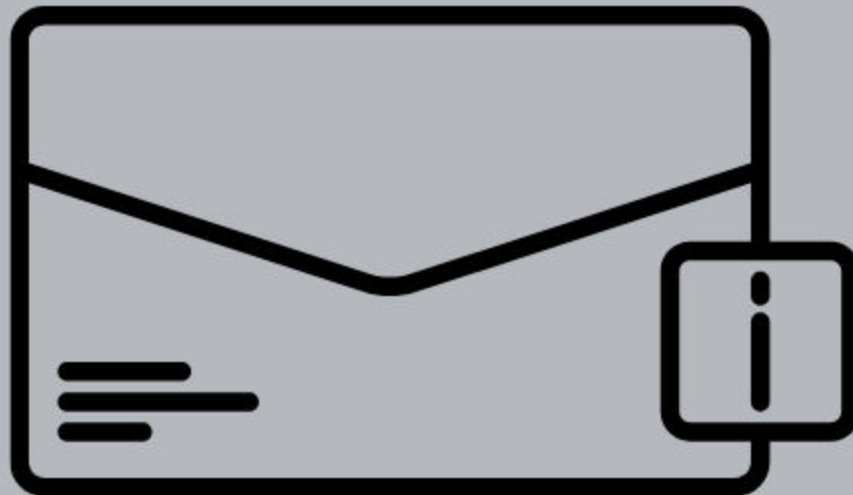


Rosie

The background is a complex, abstract composition. It features a dense network of thin, bright blue lines that crisscross the entire frame, creating a web-like or neural network effect. Interspersed among these lines are numerous small, white, star-like specks. The overall color palette is dominated by deep blues and greens, with some lighter, hazy areas that suggest a nebula or a distant galaxy. The lighting is uneven, with brighter patches at the top and bottom edges, giving it a sense of depth and cosmic scale.

online

**Another thing to mention  
Is your safety when online  
Don't give out information  
You don't want people to find**



**Rosie**



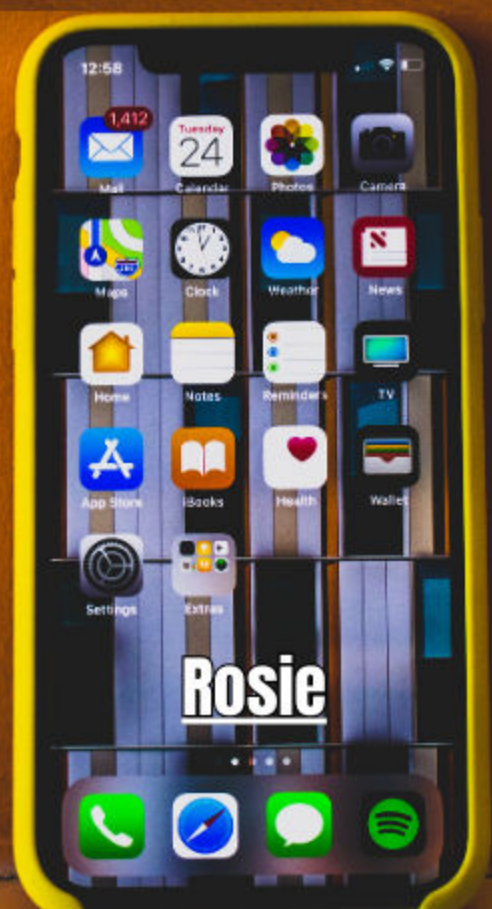
**Beware on social media**

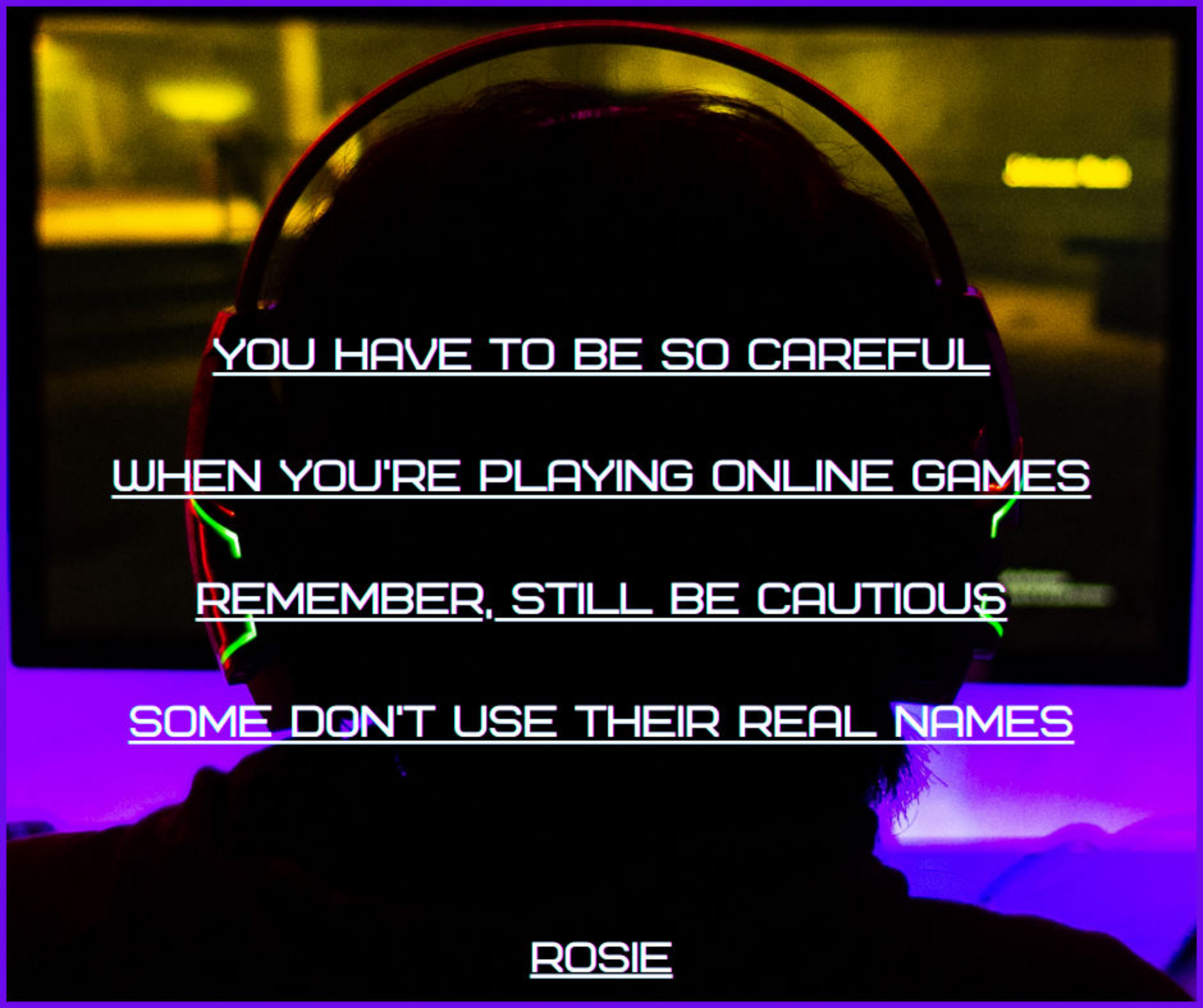
**And restrict the things you show**

**Think twice before you're adding**

**Friends of friend's that you don't know**

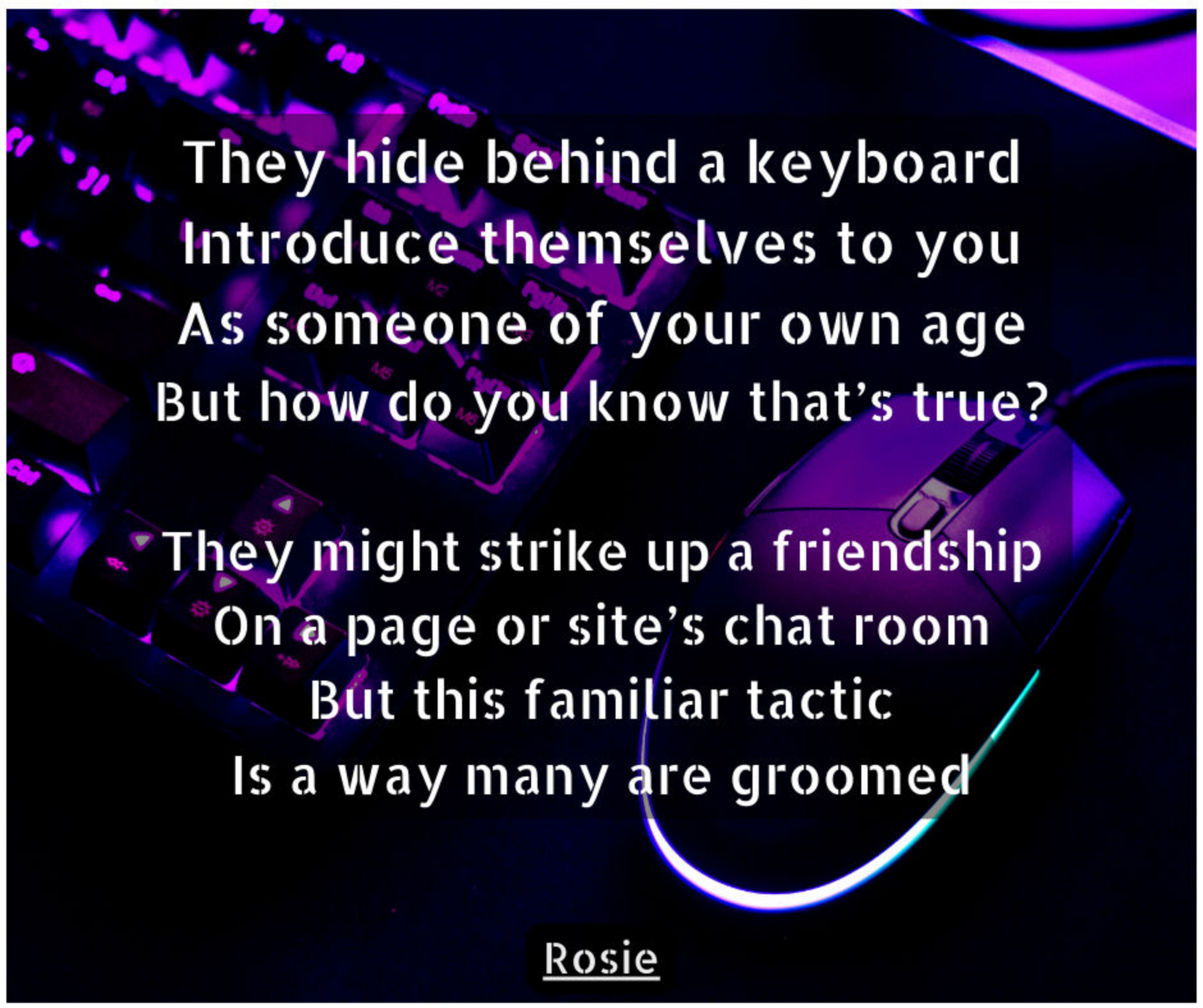
**If you don't really know them  
You must treat them as a stranger  
For online platforms these days  
Can present all kinds of danger**





YOU HAVE TO BE SO CAREFUL  
WHEN YOU'RE PLAYING ONLINE GAMES  
REMEMBER, STILL BE CAUTIOUS  
SOME DON'T USE THEIR REAL NAMES

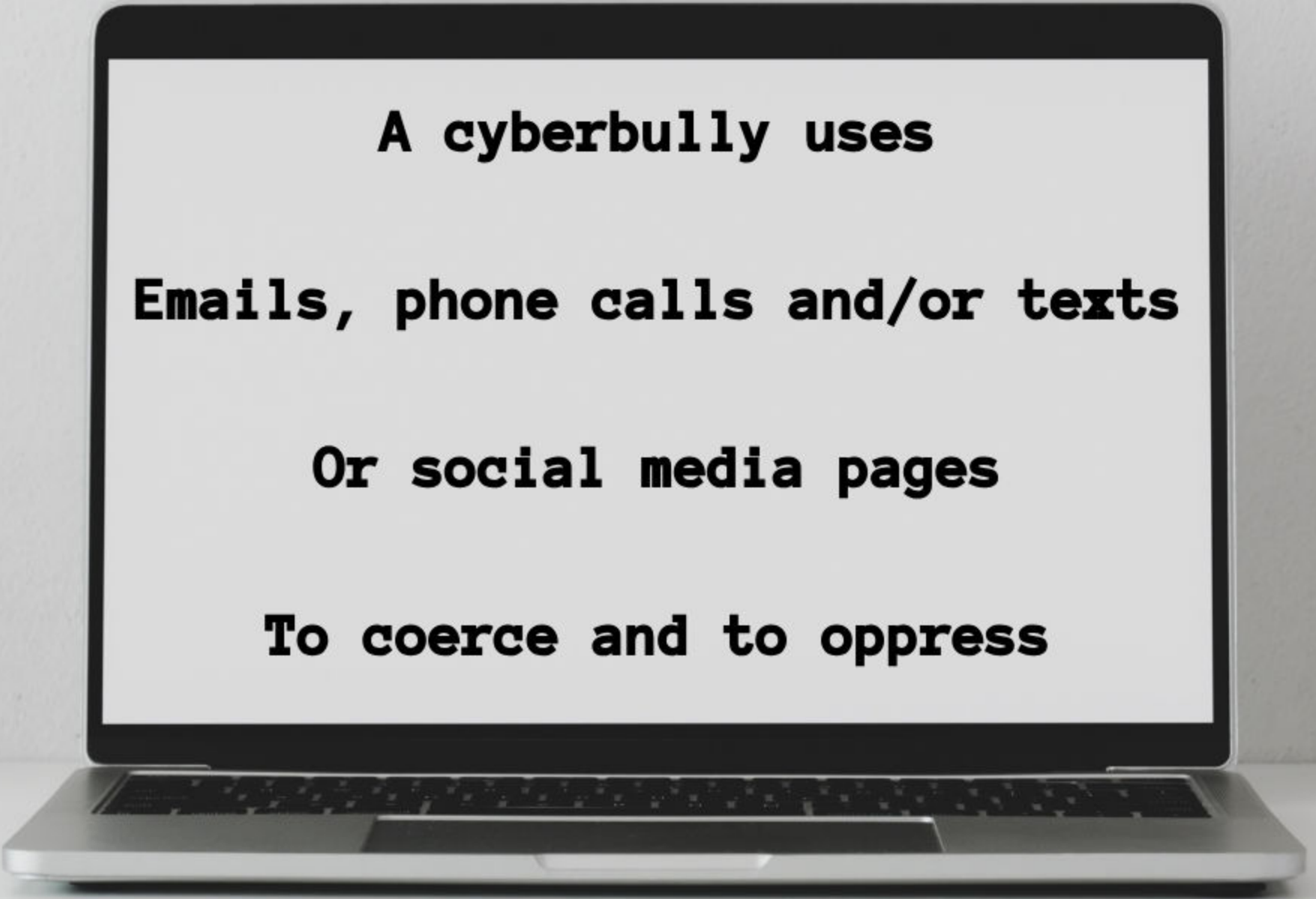
ROSIE



They hide behind a keyboard  
Introduce themselves to you  
As someone of your own age  
But how do you know that's true?

They might strike up a friendship  
On a page or site's chat room  
But this familiar tactic  
Is a way many are groomed

Rosie

A silver laptop is open, displaying a white screen with black text. The text is centered and reads: "A cyberbully uses", "Emails, phone calls and/or texts", "Or social media pages", and "To coerce and to oppress". The laptop is on a white surface.

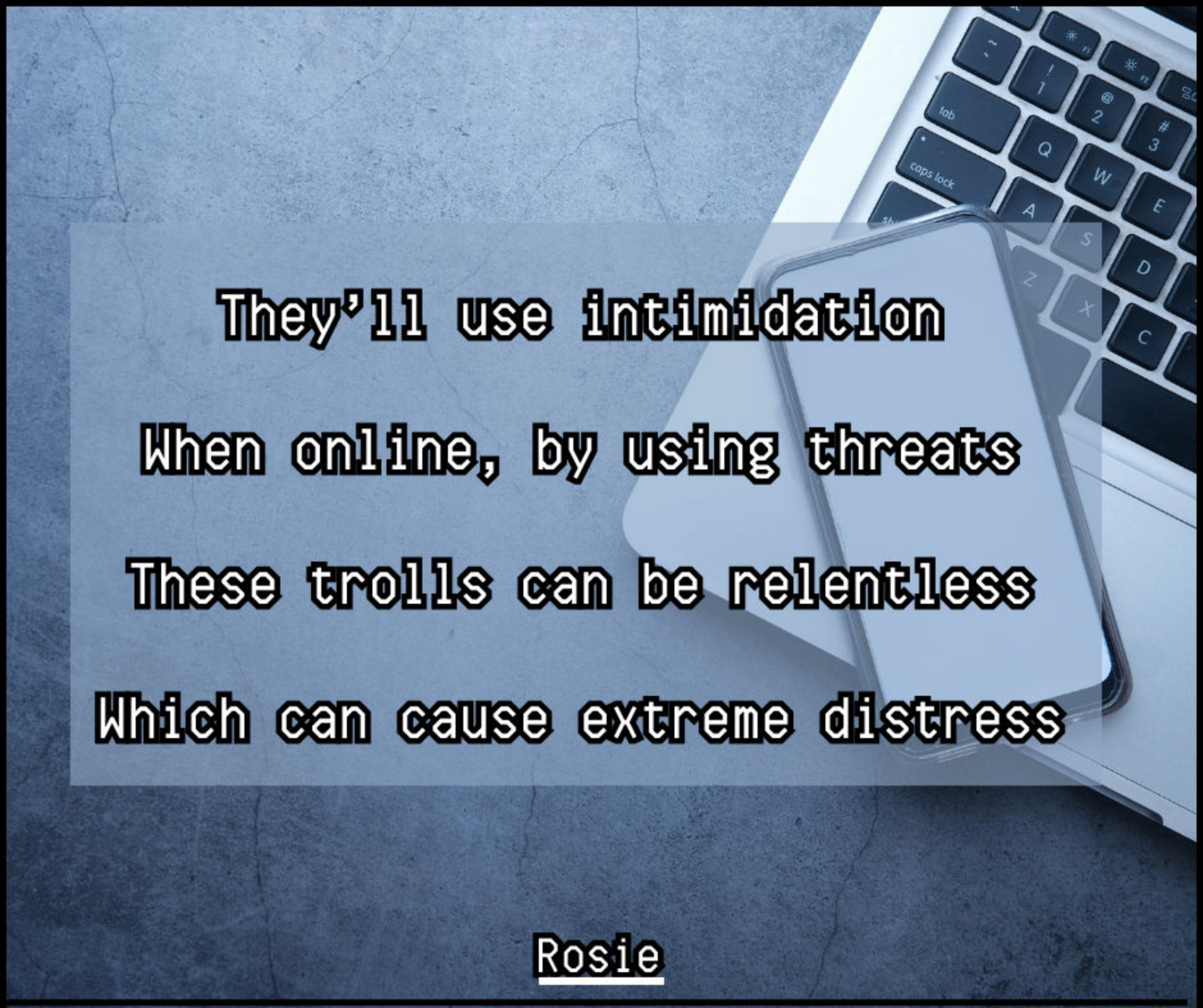
**A cyberbully uses**

**Emails, phone calls and/or texts**

**Or social media pages**

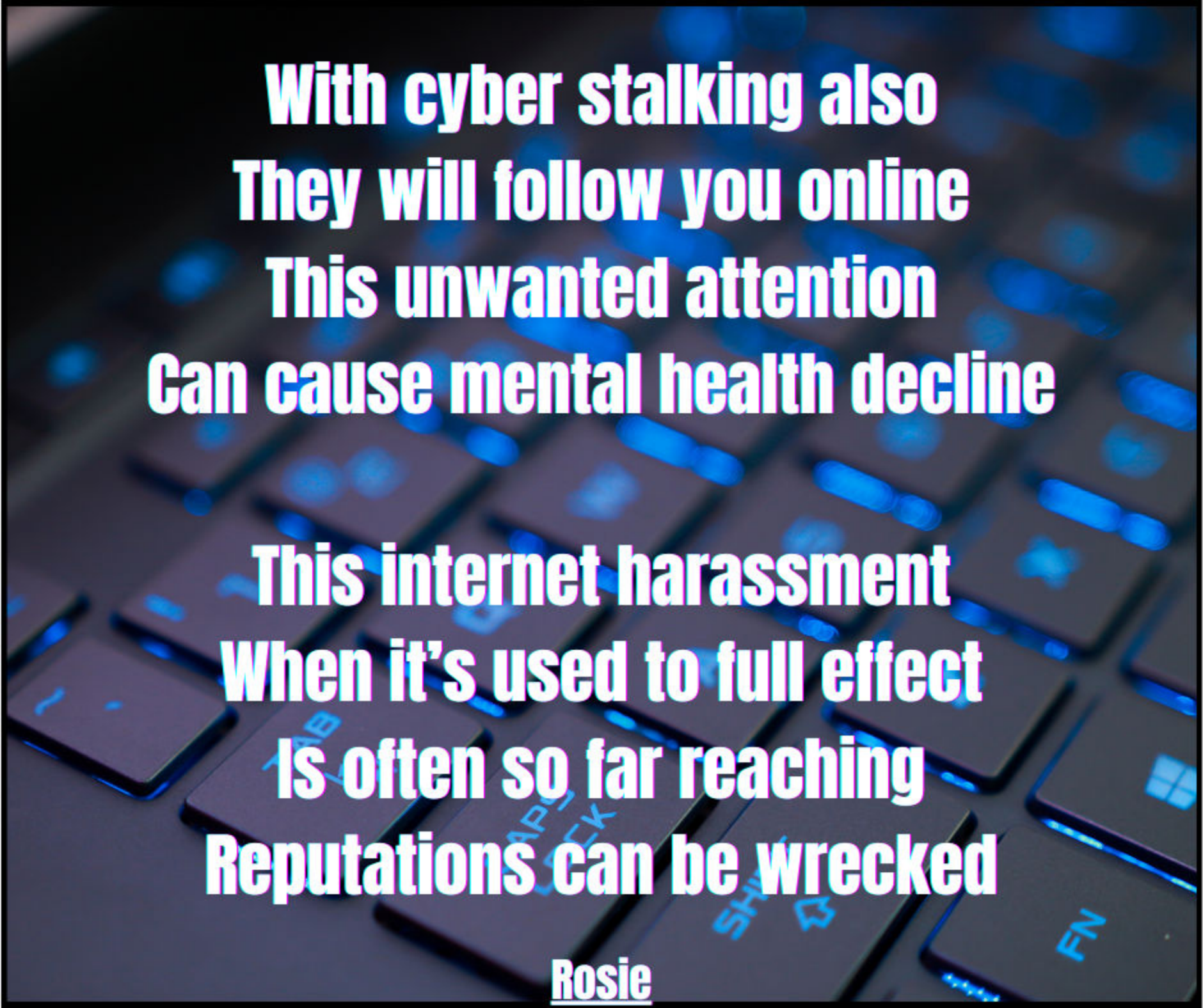
**To coerce and to oppress**

Rosie



**They'll use intimidation**  
**When online, by using threats**  
**These trolls can be relentless**  
**Which can cause extreme distress**

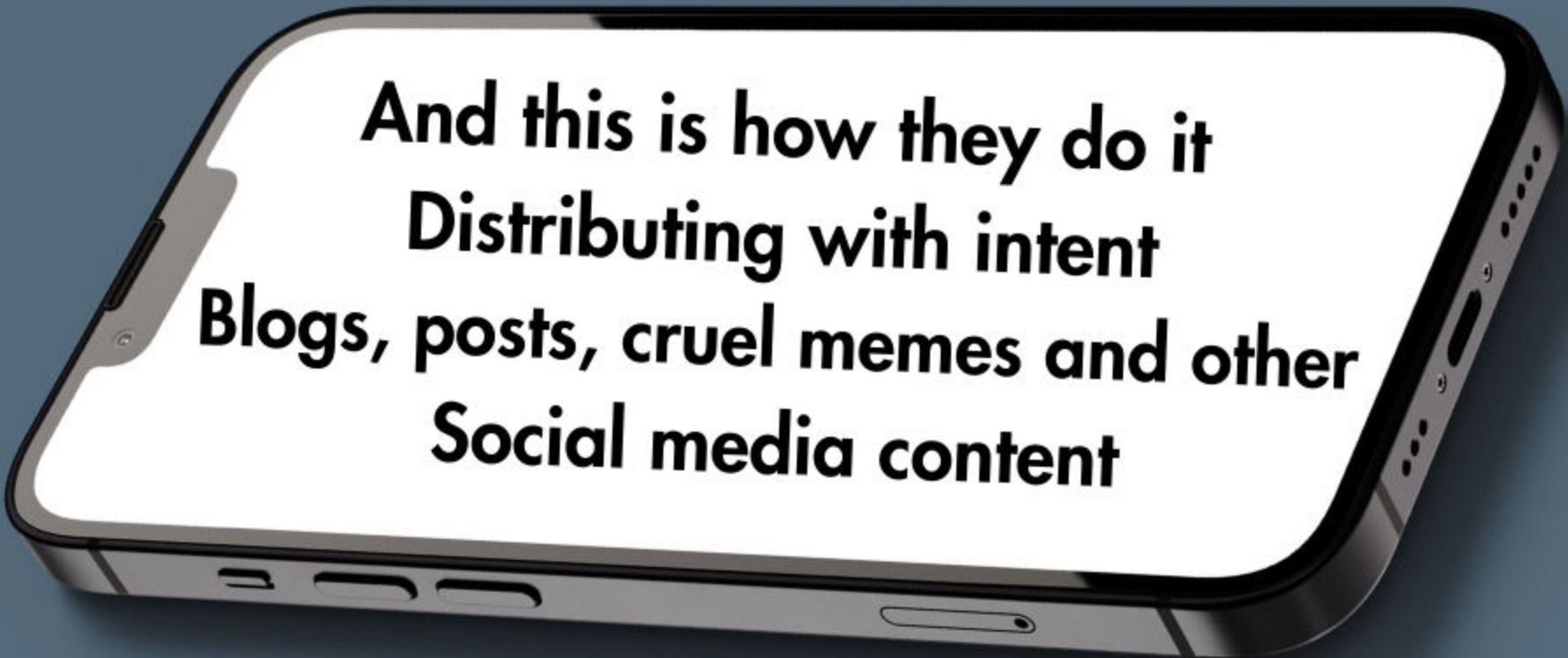
**Rosie**



**With cyber stalking also  
They will follow you online  
This unwanted attention  
Can cause mental health decline**

**This internet harassment  
When it's used to full effect  
Is often so far reaching  
Reputations can be wrecked**

**Rosie**

A black smartphone is shown at an angle, with its screen displaying text. The phone has a black bezel and a white screen. The text on the screen is in a bold, black, sans-serif font. The background of the entire image is a solid dark blue-grey color.

**And this is how they do it**  
**Distributing with intent**  
**Blogs, posts, cruel memes and other**  
**Social media content**

**Rosie**

**By spreading nasty rumours  
Sharing photos and much more  
This really has an impact  
As I mentioned just before**



**Rosie**



# **Mental health**

**Anxiety, depression  
And low self-esteem result  
For some, with this behaviour  
From the taunts and cruel insults**

**You may be committing a criminal offence  
if the bullying is causing  
'alarm and distress' to the victim  
(under the Harassment Act 1997).  
Or can be considered 'grossly offensive'  
(Malicious Communications Act 1998  
and the Communications Act 2003)**

**Rosie**

**Whilst some are posting selfies  
On both TikTok and Facebook  
There are so many others  
Who despise the way they look**

**Rosie**

**Their confidence is shattered  
By a bully's nasty words  
There's no excuse for cruelty  
It's completely undeserved**

**'Name-calling'**

**Definition:**

Abusive language  
or insults

**Rosie**

**It can appear to others  
On the surface all is well  
But looks can be deceiving  
There is so much more to tell**

**You'd never know they're hurting  
Some can hide it very well  
'You're happy if you're smiling'  
Is a myth we must dispel**



**Rosie**

Quite often we're pretending  
When we say that we're just fine  
But that just causes problems  
For us further down the line



**I'm  
ok!**

**Rosie**

If you have hit rock bottom

Well don't think you're on your own

And share your thoughts and feelings

Please don't deal with this alone

Rosie

**Speak up, please tell somebody  
There are things that they can do  
Some name-calling is brutal  
It can take its toll on you**

**Don't hold back, it's important  
Say exactly how you feel  
If mental health's affected  
Then the struggle can be real**

**Can I talk  
to you?**

**Rosie**

**Can I tell you  
something?**



Summary.



Rosie

We've covered quite a lot here  
So I'll recap what's been said  
And if you learn just one thing  
This will stand you in good stead

# BELIEVE IN YOURSELF!

DON'T CHANGE TO SUIT ANOTHER

IT'S OK JUST BEING 'YOU'

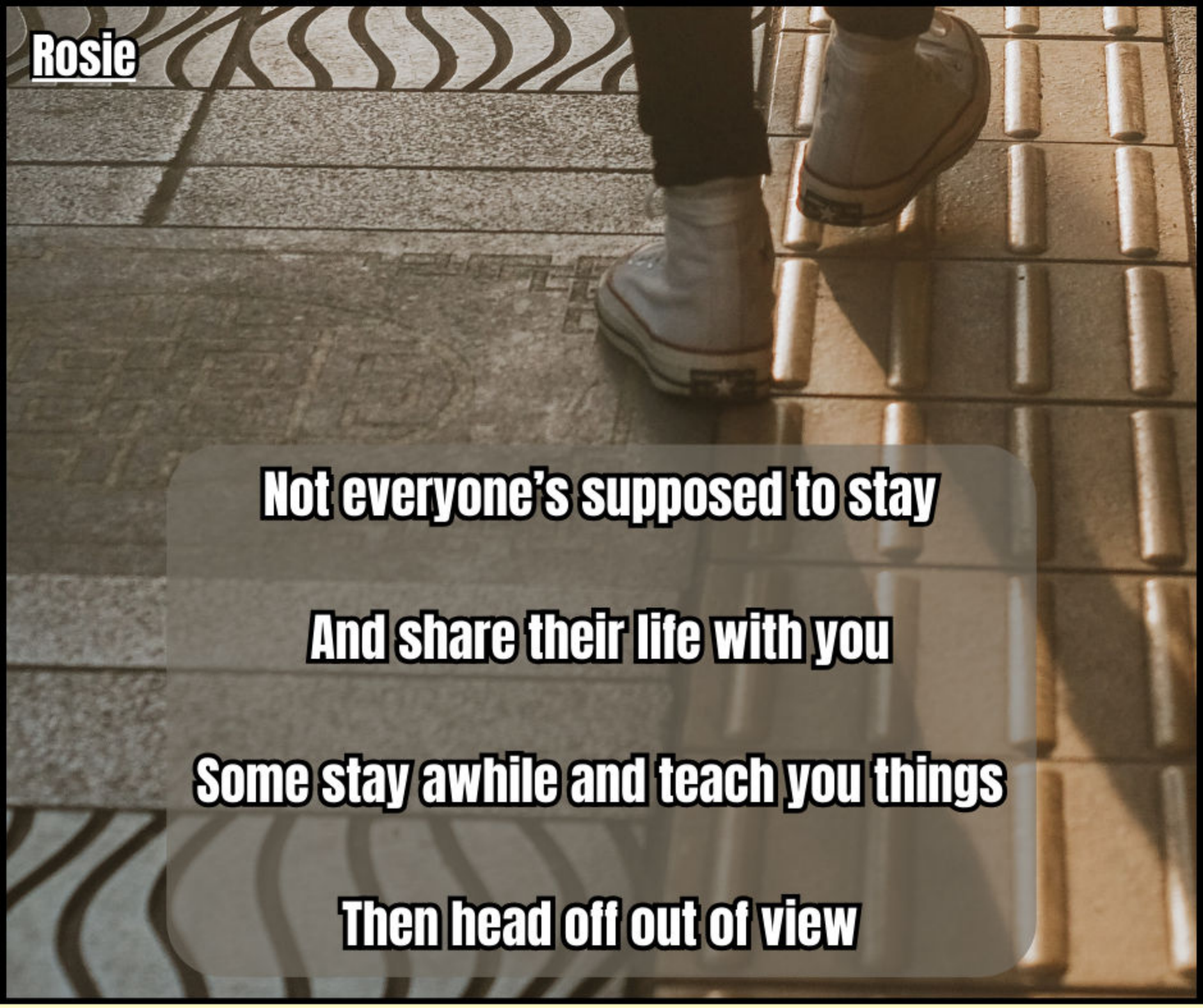
EMBRACE YOUR QUIRKS COMPLETELY

AND 'TO THINE OWN SELF BE TRUE!'

ROSIE

**Intrusive thoughts or worries  
Can be challenging it's true  
But sharing thoughts and feelings  
Helps you work all that stuff through**



A close-up, low-angle shot of a person's legs and feet as they walk on a sidewalk. The person is wearing white sneakers with dark laces and dark pants. The sidewalk is made of concrete slabs, and a metal grate with raised rectangular bumps is visible on the right side. The lighting is warm, suggesting late afternoon or early morning. The text "Rosie" is in the top left corner, and a large block of text is centered in the lower half of the image.

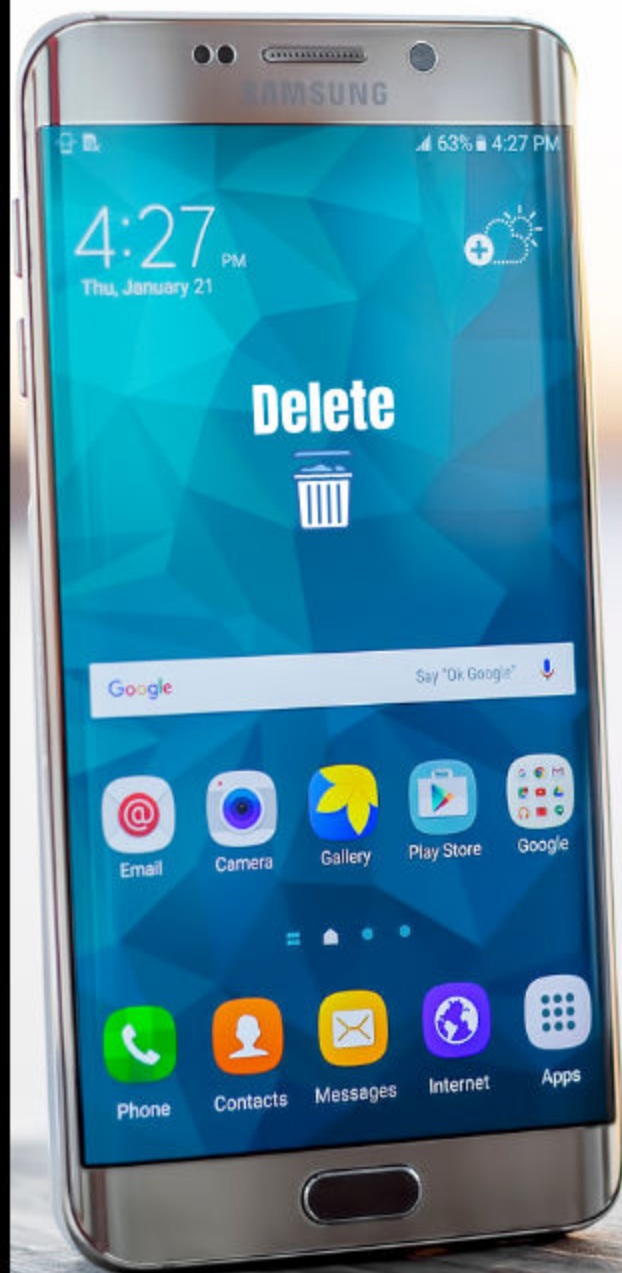
**Rosie**

**Not everyone's supposed to stay**

**And share their life with you**

**Some stay awhile and teach you things**

**Then head off out of view**



**And sadly, there are numbers  
That you really should delete!  
To make room for the people  
In this life still yet to meet**

**Rosie**

**You might have high school friendships**

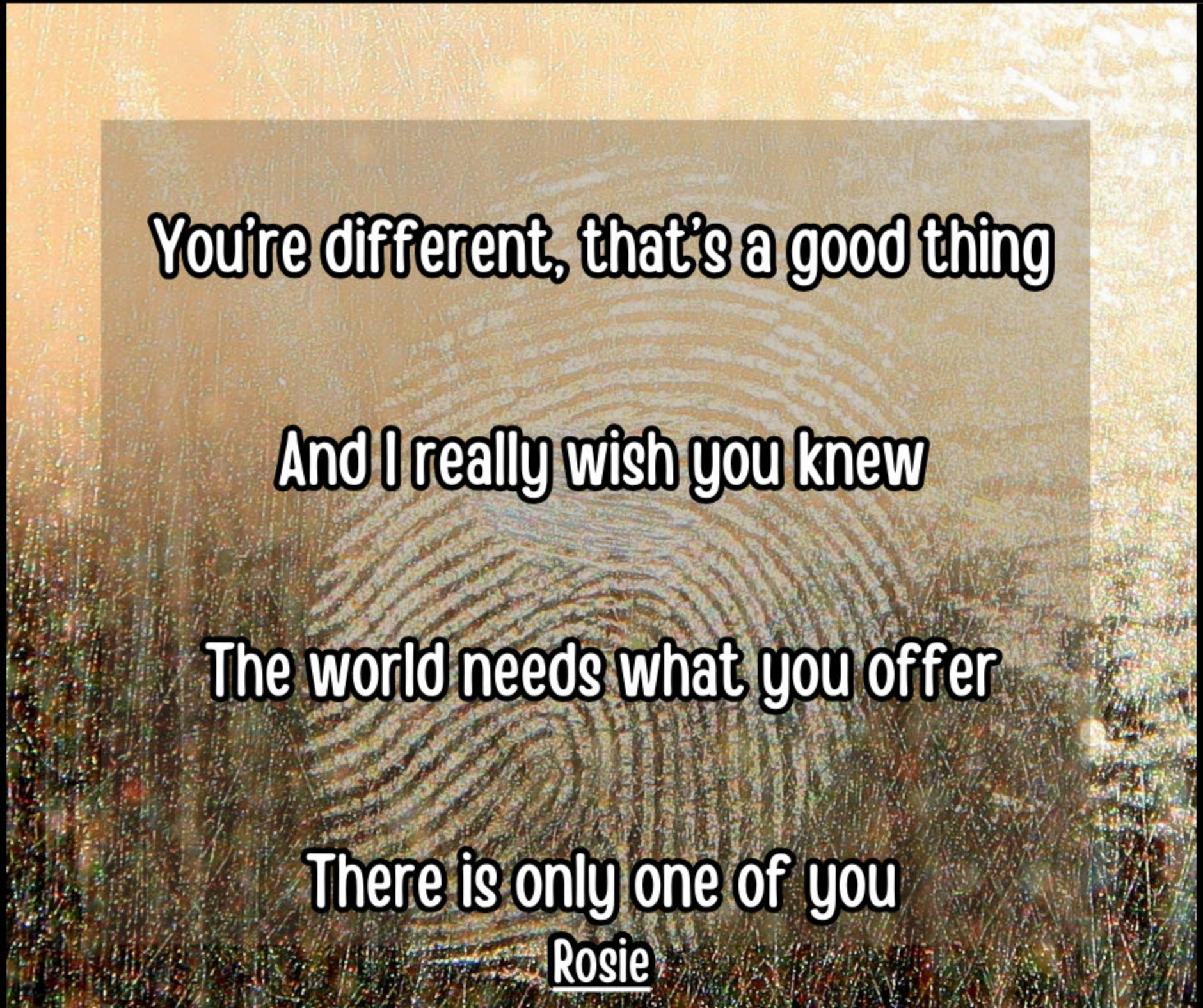
**That survive the test of time**

**And you'll remain connected**

**Years and decades down the line**



**Rosie**



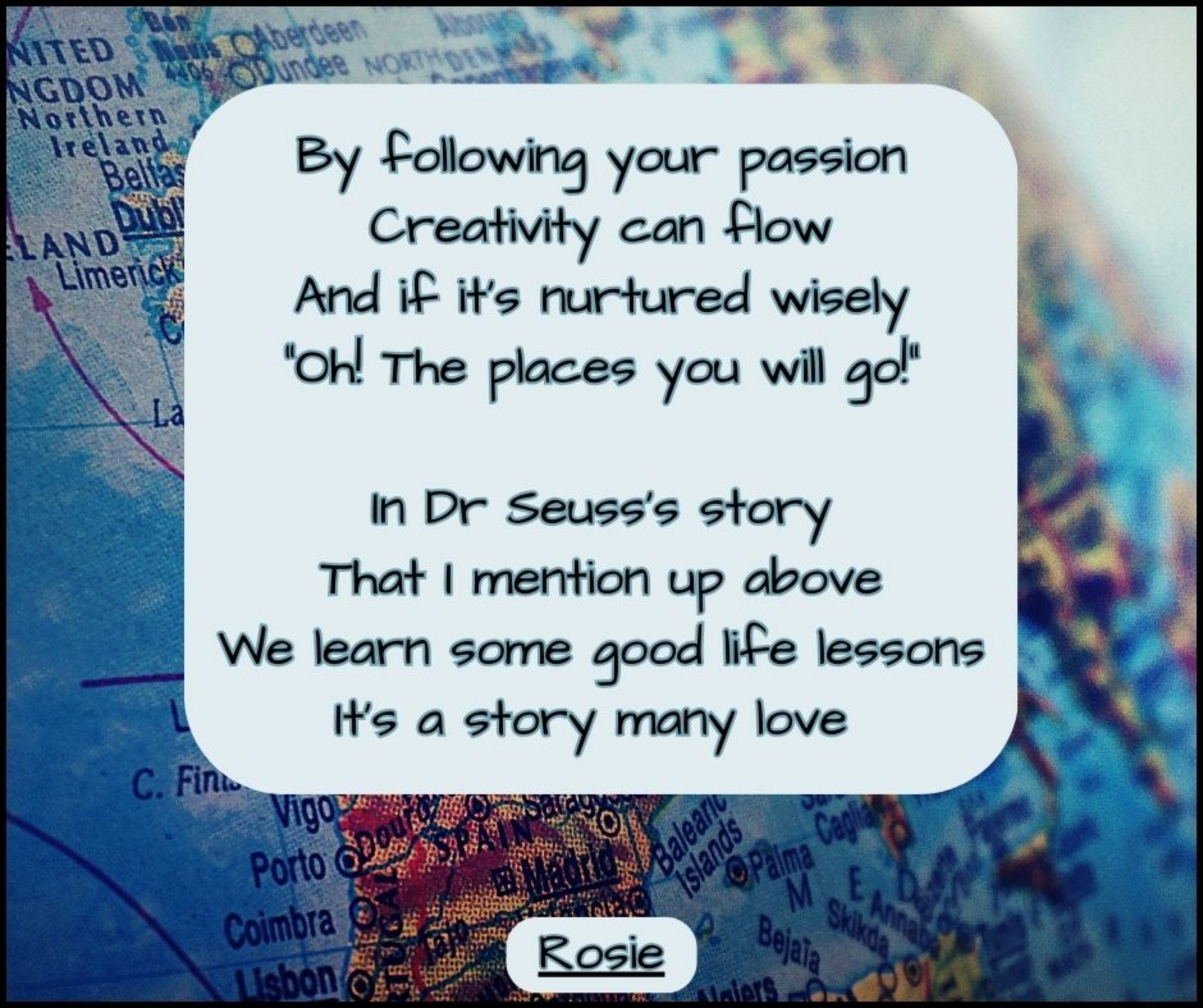
**You're different, that's a good thing**

**And I really wish you knew**

**The world needs what you offer**

**There is only one of you**

**Rosie**

The background is a colorful map of Europe and North Africa. The text box is white with rounded corners and contains the following text:

By following your passion  
Creativity can flow  
And if it's nurtured wisely  
"Oh! The places you will go!"

In Dr Seuss's story  
That I mention up above  
We learn some good life lessons  
It's a story many love

Rosie



**Don't limit your potential**

**And work hard, then you'll succeed**

**You're capable of great things**

**So much more than you believe**

**Rosie**

# **Resources**

**[www.youngminds.org](http://www.youngminds.org)**

**[www.happymaps.co.uk](http://www.happymaps.co.uk)**

**Recommended resources endorsed by CAMHS  
(Child and Adolescent Mental Health Services)**

**[www.kooth.com](http://www.kooth.com)**

**Online mental wellbeing community**



Always be yourself

Copyright © Rosie Philomena 2021  
Cover photo & design by Aimee Jacobs