

Drugi teden dela na daljavo se zaključuje. Upam, da ste vi in vaše družine zdravi. Pošljite kakšno povratno informacijo o delu (napredku, težavah, dobrih stvareh,...).

Naslednji teden načrtujem naše delo preko Vox konference. Podrobna navodila sledijo.

Pregled zadolžitev v tem tednu:

TOREK, 24. 3. 2020

Začel se je drugi teden dela na daljavo. V tem tednu bomo zaključili 3. enoto.

Današnja tema je nadaljevanje petkove. Po vašem mnenju - so opisane težave mladih aktualne ali ne? So vam blizu ali ne? Ali bi svetovali drugače? Kako? Ali poznate kakšen slovenski časopis, kjer je kolumna z nasveti? Ali bi tudi vi pisali za nasvet? Če bi, bi se tega nasveta tudi držali?

ADVICE COLUMN <https://www.merriam-webster.com/dictionary/advice%20column>

Definition . of *advice column*

US

: an article in a newspaper or magazine that offers advice to people who write to ask for help with a problem

Naloga:

Preberite dane težave. Izberite eno in svetujete (lahko tudi v slovenščini). Odgovore mi pošljite po e-pošti (lahko tudi slika).

1

So I'm starting middle school this year, and I want to make an excellent first impression. I want to be a person who includes others and is kind and smart. I want to be someone who is looked up to by other kids. The problem is, I'm quite shy and introverted. I'm not sure how to overcome this, and I want to do so that before I start middle school. I'm also concerned that other people might make fun of me if I'm shy. Some kids at my current school say middle schoolers are way meaner than elementary students, and I feel like I'm going to have a bad year because of that. Should I try to be the kind of person I want to be, or should I stay out of people's way, so I don't get bullied?

— Mia, 11

ADVICE

Middle school can be challenging as everyone is figuring out who they are and trying on different "faces." The self-consciousness that comes with shyness can be very painful, but give yourself a chance to get adjusted to new people and a new environment. If there is a guidance counselor or social worker at your new school, they may be able to teach you some techniques to help you with your shyness. Start with small steps, like talking to someone who's alone or joining an after-school club so you'll be with other students who share your interests. From your question, you already seem like a kind and caring person—so be yourself. Others will notice your positive qualities and want to spend time with you.

— Mrs. B.

2

I have recently started middle school and have made a few friends in my class and have now become “good” friends with two of them. Recently I have begun to notice that they are being particularly mean and excluding certain people that as far as I know haven’t done anything to them. I don’t want to be horrible to certain people, but I feel like if I stick up for them, the two girls in my class won’t like me. They have also started to exclude me, and I realize that they used to be really nice to me when we first started school. I think they are fake friends, but I don’t know what to do about it.

— *Liz, 12*

ADVICE

It sounds like the two girls you have become “good” friends with are not worth your time and attention. Think about why you would want to stay close to classmates who are mean to others. And you’ve already noticed that they’re starting to exclude you. If you have to be “horrible” to some classmates to stay friends with these girls, then you need to end your friendship with them. You have everything to lose and nothing to gain by hanging out with them. Instead, seek out classmates who are kind and caring rather than cruel and manipulative.

— *Dr. M.*

3

I have a BIG problem. I have a "best friend" who I don't really want to be friends with anymore. Let's call her "B." Well, B has been really rude lately and calls me things like “a stick” and frequently makes fun of my short height. B has also caused me physical damage, by pushing me and kicking me. She also says weird things and that sometimes makes me uncomfortable. I have told her to stop, and she says “ok,” but continues the all the same the next day. I can't just tell her I don't want to be her friend because my parents and B's parents are good friends. Also, we have been friends since we were maybe 2 or 3. I have talked to my mom about how I feel, and she says that I should give her a chance, and I have. I sometimes feel like my mom doesn't really understand how I feel. She continues to invite B to places and events when I don't really don't want to hang out with her. Also, all my other friends are all her friends, too, and I don't want to abandon them because of how one person treats me. B doesn't treat them the way she does me for some reason. A lot of those friends are short and skinny just like me, but she targets *me*, and I'm insecure. She always finds a way to make fun of me in some way. My mom doesn't want me to unfriend her, and I don't know why. Some friends have tried to help me in this situation, but their advice just isn't working. Please help me!

— *Desperate for Advice, 12*

ADVICE

I went through a similar situation to yours when I was your age. My best advice is to ask your mom nicely to stop inviting B to a lot of events and allow you some space away from her. Sometimes our friends pick on us as a teasing way of expressing their affection, but no one deserves to feel insecure around someone all the time. I know the feeling of being worried about what someone will say or do to you, particularly in front of other people. A friend should not be hitting and kicking you, or making you feel bad about yourself—that's bullying, not friendship. Continue to hang out with your other friends who don't make you feel uncomfortable. You are allowed to hang out and not hang out with whomever you want. If you know B will be at a particular event, that doesn't mean you have to spend time with her as you can just quickly say “hi” and then go about your day. If she continues to bully you, stand up to her, using a loud, clear voice, showing her how strong you are. Throughout your life, you will probably go through

episodes of 'friendship drama,'" so continue to surround yourself with people who make you happy and comfortable. They can act as a buffer against those who bully.

-Emily

SREDA, 25. 3. 2020: Kulturni / tehniški dan

PETEK, 27. 3. 2020: Advice column

K vsaki težavi sem pripela še originalne nasvete. Preberite si in premislite, koliko se z njimi strinjate in koliko so vaši nasveti podobni / različni. Sporočite mi vaše odgovore.