

## "helped me with school work" - Male, aged 12

I thought counselling was all about you being a special child or there was something wrong with you 'cause there usually was going to counselling. Basically I met the counsellor when I started doing all my things right, 'cause if you are wondering why it helped me its 'cause I was never at school. And yesterday, and this is a true story, I was complaining to my Mum that I didn't want to come to school, and she was about to tell me to get my school trousers off and get back up to my bedroom and play on the computer and do what I want, but I remembered I had a counselling meeting, so I have been coming to school a lot more.

I get a chance to play games and express myself because I express myself through laughter and kind of just random things. Games help because then you get to know the people. When I play a game with someone, I get to know them better, because they laugh and start talking. Like the counsellor, I have only got 10 minutes and I know half the stuff about her 'cause I played a game with her. But then I tell her about the kind of things like mind over matter and the things I can do like a dream. Well in my dream, if I am having a nightmare I can manipulate it, and that's basically the first thing I told her the first time I came in.

The benefits are actually knowing that there is somebody there to talk to, if there is something bad going on my life, I can just wait for my next meeting. I've not missed it but I skipped a meeting, 2 meetings actually, she sent me a note saying hope to see you soon, here's another appointment, and I felt like I can't exactly just skip this because she is wanting me to come so from there on I continued to come.

I've told some people that I'm in counselling, because I am not fussed, I've been brought up to think, to show whatever people find out is not a secret. You are what you are and you can change that.

It would make the people that are being bullied express themselves, 'cause that's basically one of the reasons counselling is for.

So basically that's about it, it's helping me with school work and actually being at school. Its making me looking forward to my next meeting and I am actually appearing at school, doing my work, going home. And the days are going along a lot faster.

I was very abrupt and I was always aggressive. But you know people going through puberty are usually aggressive. I am more sociable, better behaved, sometimes when I'm angry and I express myself by laughing.

That's about it, it's fine, but you need to be more like, less serious and be like normal, like the counsellor is with me. She knows that just being serious isn't going to get anywhere 'cause I already told her that. I said don't try and be serious with me 'cause you wont get away with it. Don't even try it.