

## **HYPER SELF-HELP RESOURCES**

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# **BEING AT A TRANSITIONAL STAGE OF LIFE**

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Presented by The Rural Hub

Your teenage years are full of difficult transitions. Relationships are changing and we experience pressure from different sources. Things that were once simple and reliable now seem complex and uncertain. Family, school, friendships, relationships, work, self-image and isolation all bring with them a different type of stress.



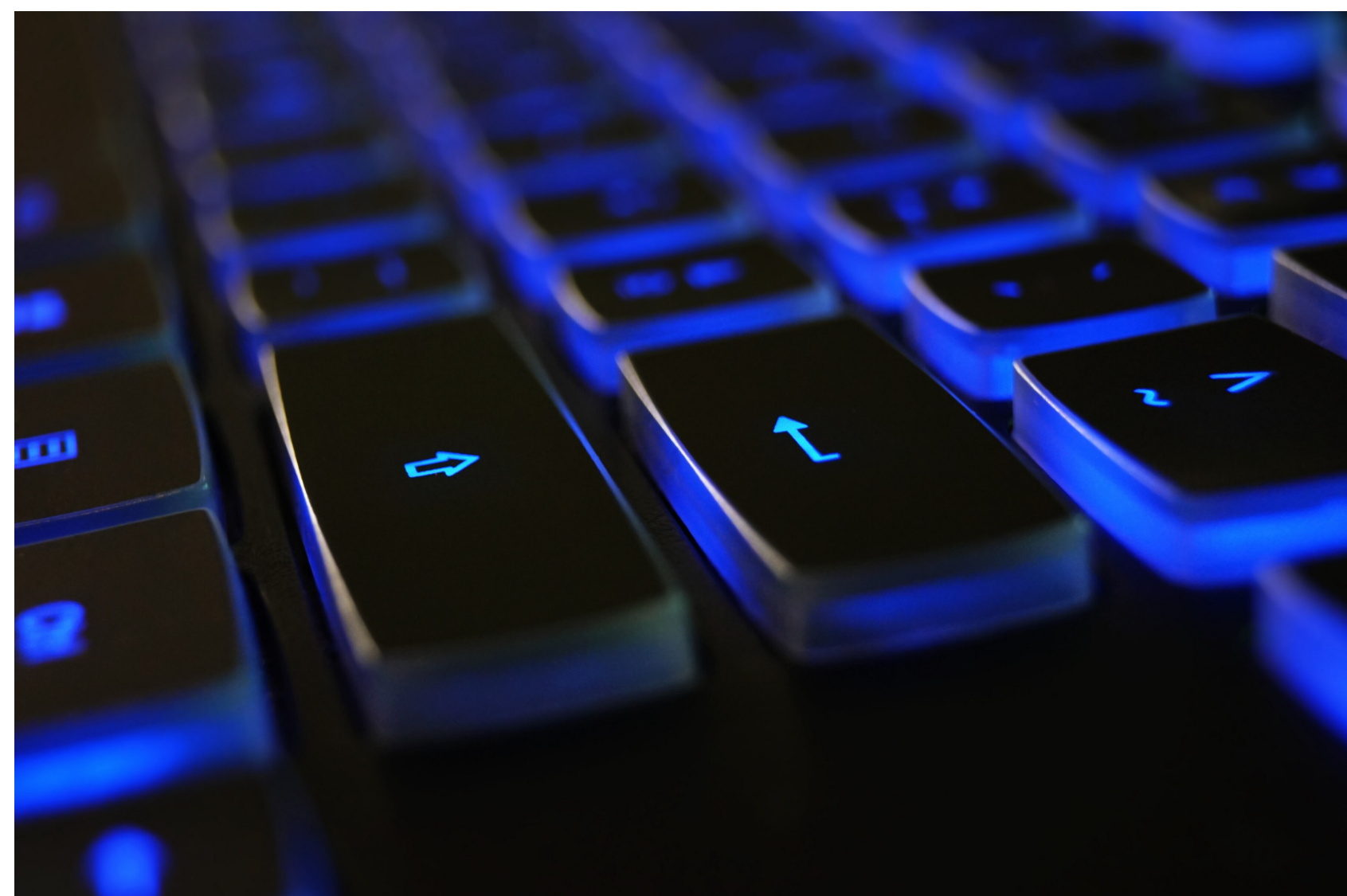
You want to be independent and to meet your own needs. You want to be brave and engage with new and bold ideas. But all the while, so much of your daily routine is outside of your own personal control.



This can feel  
overwhelming and  
sometimes all we  
really want is to feel  
connected and  
stable and to be seen  
and accepted.



Worryingly, the emotions and uncertainties that you feel at this time can make you vulnerable to online threats, some of which you may not even be aware of. The circumstances described above can make you an ideal target for dangerous people who you may encounter online. These can include groomers, radicalisers and recruiters for extremist groups.



These individuals and groups prey on young people at this transitional period by offering a shared vision, the opportunity to be part of something bigger, to play a valuable part and to be given a voice. This can be very appealing in a world that isn't paying attention to you or appreciating you.



But these groups are dangerous, and it is important to remember that they do not have your best interest at heart.

There is always someone better you could speak to.

Here are some tips to effectively deal with the pressures associated with these transitional times in your own way so that you can protect yourself from online threats and dangers.



## No.1

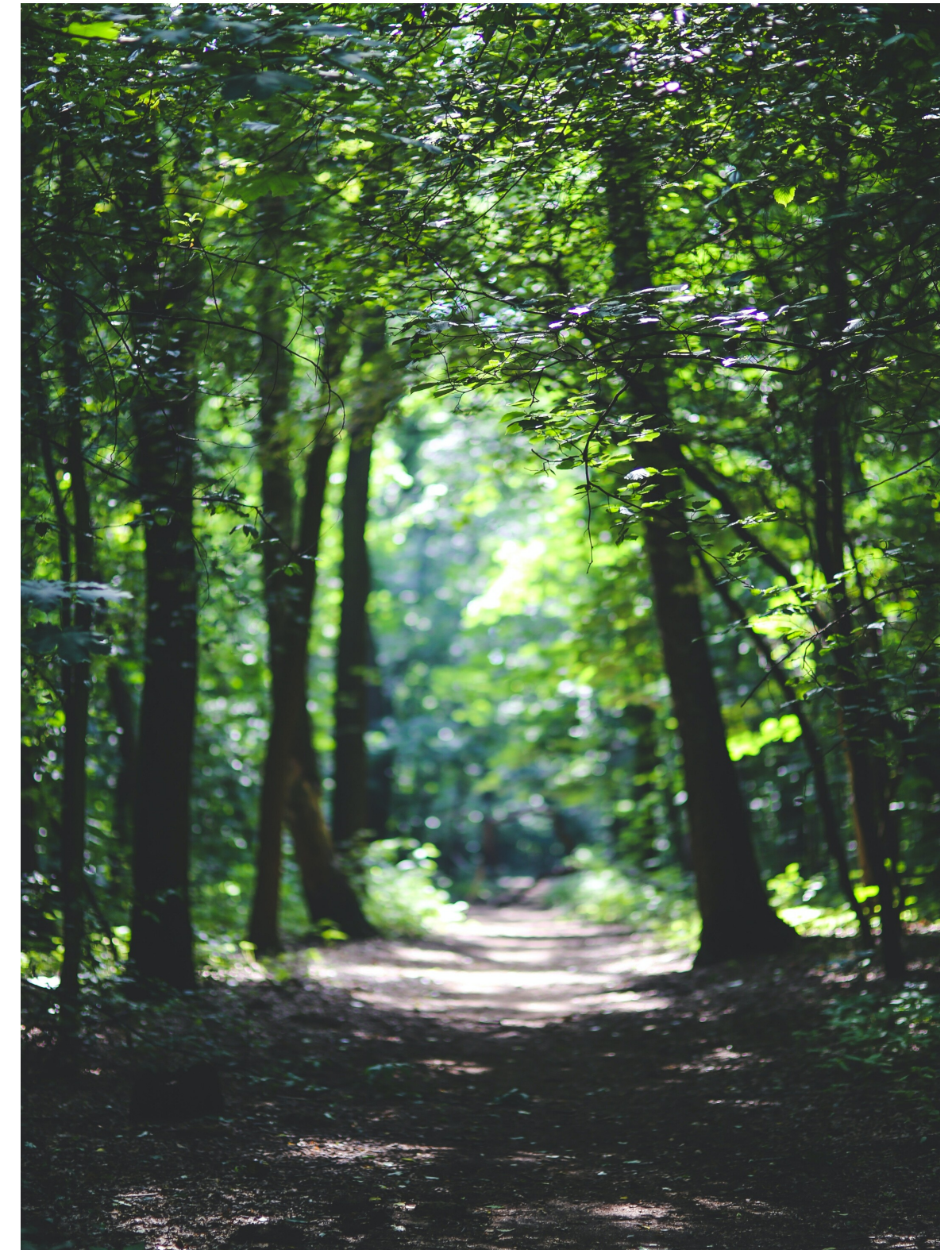
**Talk to someone.** Find someone who you can speak to, free of judgement. It can be a family member, friend, teacher or counsellor and then try to be as open and honest with them as possible. Sometimes even just putting your feelings into words can make it easier for you to make sense of them.





## No.2

**Unplug.** Get offline and go outside. Living in the digital world of information can be a very positive thing but we all need a break sometimes. Algorithms are designed to keep our eyes on the screen for as long as possible and they do this by showing us more of what we like but gradually more sensational. Don't allow yourself to be brainwashed, limit your use and take back control!



## No.3

### **Acknowledge your feelings.**

Emotions are complicated and sometimes we rush to label

our experience or assume where a feeling came from. Oftentimes the best thing to do is to try and figure out exactly how we are feeling and precisely what caused us to react in this way. Taking some responsibility for your reactions and finding patterns in your behaviour can make it easier to manage how you respond to difficult emotions.



# DON'T LET ANYONE CONTROL YOU

## HYPER

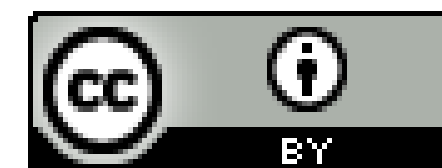
How Young People are Engaged by Radicals



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