

# PROBLEM

## PAGE

**GOT A PROBLEM? THE GIRLS FROM KINGSNYMPTON  
ARE HERE TO GIVE YOU SOME EXPERT ADVICE.**

From left to right, Venice, Becky, Jamie, Leighianne, Cecille



### I can't stop smoking

I have been smoking for 4 years. I am now 15 and I need to stop smoking. I have been offered acupuncture but I'm scared of needles, please help.

There is lots of help out there for giving up smoking. You could go and see your GP or doctor, visit your local pharmacist or see your school nurse. The Magic Roundabout will be able to offer you support or contact the Information Dealers in Kingston (see details in contact section below).

If you find it difficult to stop smoking there are aids like gum and patches that can help giving up be a bit easier and you need to find the best treatment for you. You must persevere and quit now, as smoking is highly addictive and attempting to give up when you are older may be harder. Good luck with it.

### My mum gets beaten up by her boyfriend

I'm 17 years old and my mum and dad have split up. My mum has got a new boyfriend and he hits her every time I go round. I always wish that he would stop but he never does. My mum always tells me to go to my room so I don't see her get hurt. When I go to my room I cry for hours in bed.

In this situation you firstly need to talk to your mum about how worried and unhappy you are about this. If she does not take action then you need to talk to someone at school or another family member. Try phoning Childline on 0800 1111 for advice and support. Locally you can go and talk to the Magic Roundabout (see details in the contact section below) and if you live near a youth club go and see a youth worker who will be able to help point you in the right direction. You must not ignore this problem as your Mum's safety and possibly yours are at risk.

### My drinking is out of control

I have been drinking since I was 12 and I am now 14. I feel like I need a drink every day and when I get the money I buy alcohol, drink continuously and feel ill the next day. I feel like I can't cope without alcohol. What should I do?

You need to work out why you feel the need to drink so much. It may be that you are having problems at school or at home and you feel that drinking helps you to cope.

However in the long term this is not the answer to your problems. You need to go and see your doctor or visit a counselor at the Magic Roundabout or at Kaleidoscope (see details in contacts section). Binge drinking, which is what you are doing, is very damaging to your health and you must attempt to stop as soon as possible.

### I'm overweight

I'm only 13 but I'm a size 22. I've tried to diet but I always end up eating even more. I am getting very depressed and I worry that I will never have a boyfriend.

I am also being bullied at school. Please help.

It may be that you are comfort eating because you are unhappy or upset about something in your life. The fact that you are being bullied is obviously making it harder.

Your doctor can help you to look at your diet and suggest changes to what you eat. If you are being bullied at school you must tell someone. Talk to your parents or a teacher or go and see a counselor at the Magic Roundabout (see details in the contact section) and they will help you sort the problem out.