

Print and cut out all eight cards. Match stressors with coping skills to reveal the code. Enter it into the form at <https://bit.ly/HYBpuzzle2>



**A** You start at a new school and feel overwhelmed by all the CHANGES. You write a letter to your friends.

**5** You start at a new school and feel overwhelmed by all the CHANGES. You write a letter to your friends.

**B** You take part in an after-school activity but feel like you have to learn new skills. You write a letter to your friends.

**3** You take part in an after-school activity but feel like you have to learn new skills. You write a letter to your friends.

**C** You must give a big presentation TOMORROW to a group and you feel nervous about it. You write a letter to your friends.

**6** You must give a big presentation TOMORROW to a group and you feel nervous about it. You write a letter to your friends.

**D** You join a new group and meet many new people. You help a friend who is having a hard time. You write a letter to your friends.

**8** You join a new group and meet many new people. You help a friend who is having a hard time. You write a letter to your friends.

**E** You are a diver and you give something valuable to hold onto but you can't find it now. You write a letter to your friends.

**7** You are a diver and you give something valuable to hold onto but you can't find it now. You write a letter to your friends.

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**A** You start a new school and feel overwhelmed by all the CHANGES. You wish you could go back to the way things were.

**5** You know your friends are going to be interested in what you have to say about your conversion therapy. You want to share your story with them.

**B** You take part in an after-school activity but feel like you aren't as skilled as others. You wish you were better at it.

**3** You have a plan. Make a plan. Then, get friends to help you SEARCH for the item. hcmwip in by this world ear

**C** You must give a presentation TOMORROW to a group, and you feel nervous about it. You wish you had more time to prepare.

**6** You know you'll get better with time. Practice regularly to build your ABILITIES. You wish you had a coach to help you.

**D** You join a new group and meet many NEW people. You wish you had more time to get to know them.

**8** Ask trusted adults for close friends for support and advice on ways to adapt to CHANGE. You wish you had more time to get used to it.

**E** Your caregivers give you something valuable to hold onto, but you can't FIND it now. You wish you had more time to look for it.

**7** Get a good night's sleep so that you feel energized and focused TOMORROW. You wish you had more time to rest.