

# Arrows

(and how to deal with them)

By Charlotte, 12yrs

There is going to be times in life when people don't understand.

That may stop us from feeling happy and we may feel sad.

We may be caught into a battle that we didn't begin.

Instead of locking our feelings away we can share our experiences to help people be aware.

People could judge you for losing someone special to you, because they haven't been in your position, or they haven't thought about how you are feeling. You could ask: *Why would someone hurt a person more than they have already been hurt?*

Social Media is a place where most of this happens, because people hide behind a screen.

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When it happens you could feel sad and like you've been hit by an Arrow.

You feel *shattered* and people saying nasty things *again and again* keeps breaking you down, until it gets *worse and worse* until you just

completely

*break.*

You may wish for Peace.

You feel locked into a situation you wish had never started.

You can feel shocked and question: *Why today and Why ever?*

It can make you feel sad and shocked. You wish that you were in a better place where there are no bad thoughts and negativity around you.

After all these thoughts and hurtful words, you could think that there is no one around you that cares. But **really there IS** and **THERE ALWAYS WILL BE** people that are close to you and making you smile.

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Here are some things you can do to reduce the Arrows and get through them when they come.

- **Reduce** the amount of social media you use everyday
- If it's going too far, **ask** the person to stop and remind them it's not okay to say mean and hurtful things
- It can feel like you're fighting a battle. Talk about it instead of fighting. **Share** how you are feeling, but if they don't listen, talk to someone who WILL listen
- **Talk** about it to an adult who can help you fix the problem
- Also, **talk** to a friend who can help you feel happier. You may have some friends that make you laugh, and check that you are okay
- **Do** your favourite hobbies like dancing, write songs, or listen to music
- **Take the time** to let your emotions out
- **Write** how you feel to make people aware
- **Know** that you are always loved and there are people to help you
- **Ask for help** from safe adults like parents, aunties, uncles, older friends, teachers or a school chaplain
- **Don't** keep your feelings hidden and locked away. It can cause you to feel stressed and you won't realise that you are getting hurt and hurt continuously
- You can be muddled up in so much drama that you forget to take care of yourself. **Take the time to Self-Care:** hang out with friends, do hair and makeup, play games, go to the park or the zoo, play with or walk your pet, do some drawing or painting . . .

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I wish that people can understand that there is *Always someone there to help you and to love you. You just need to find who they are.*

I wish that others could understand that saying hurtful stuff about people who have died can affect someone's feelings in a big way.

I wish we could have a world where everyone could be nice to each other and support each other.

If you ever said the nasty things, please take time to appreciate the good things in your life.

If you have ever had these things said to you, please remember: *You are AMAZING and special in your own way.* This is not your fault and what that person said to you is not in your control.