

How am I me?

Our families can be large or small, nearby or far away. They can be wonderful or weird, embarrassing or complicated...

Whatever they are like, they help make us who we are.

Understanding your family history can help you understand more about yourself. Sharing and celebrating positive family stories can help to create connections and build resilience.

If you need help understanding difficult things that may have happened in your past, talking to a trusted adult will help you to get things clearer in your mind and better understand your story and where you are now.

