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**She Helped After the Hurricane!!**



After the hurricanes made a *huge* mess this year, a lot of people helped others by sharing what they have. I want to tell you about one young lady who helped out too. Her name is Imani and she is 8 years old. Imani met a family who had to move because of the storm. Imani went through her own toys and shared them with this family so that their daughter would have toys to play with. Her big heart is just one thing that makes Imani special. Imani has a beautiful smile that can light up the whole house! She's also a little mischievous and loves to play jokes on people!

Imani has been treated for bipolar disorder for three years. The beginning of each school year is a real challenge! All those changes make things very hard but Imani is making great progress. She is learning to identify problems and discuss these with her school counselor. Imani's mother is making sure that her needs are met in school. This makes Imani's grandma so proud of her girls! We are proud of you too, Imani. Keep helping others!

**[Tell us about a special child with BP!!](#)**

**Teen Talk: Become a "Self Advocate"**



Do you like to do things on your own? Well you may not like to clean your own room but you probably like being independent. One way to show your independence in a positive way is to become a **Self Advocate!** What is a self advocate? When you speak up to help someone else you are called an "Advocate." When you speak up to help yourself you are becoming a "Self Advocate." Learning this skill will help you for the rest of your life. How can you become a "Self

**Featured Tip!**



"I try to stay close to my family when I get scared."

Imani 8 yrs old

Do you have a tip to share?

[Write to us!](#)

**Helping Your Teen Become a Self-Advocate**

[Self-Advocacy](#)

[Self-Advocacy: A Valuable Skill for Your Teenager](#)

[Helping Students Learn Self-Advocacy](#)

[Four Simple Steps to Self-Advocacy](#)

**New Free Printable Brochure!**

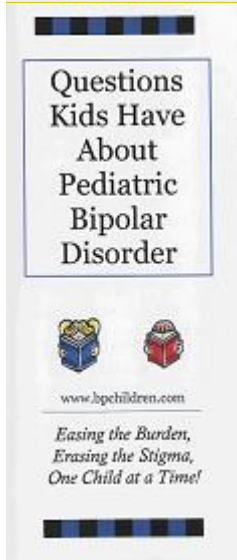
Advocate?" Here are three steps that will help you:

1. Learn about yourself and how your illness affects you.
2. Know what you need to succeed.
3. Learn how to ask for what you need.

Each of these steps is important to becoming a great self advocate. You probably already know more about yourself than an outsider. Take time to list your strengths and weaknesses. Nobody else has to even see your list. Think about how your illness affects you the most. Next, take that list and write down what you think would help you be more successful. This can be on the job, at school, or even at home. Lastly, speak up for what you need. This is the tricky one. You probably learned early in life that getting what you ask for may depend a lot on **how** you ask for things! It's good to be confident but don't be cocky. Let the person you are asking know that you want their help to succeed. It may take some practice but it's worth it!

### [Advocating for Yourself in Middle School and High School](#)

#### Questions Kids Have About BP



Read our new informational brochure just for kids with bipolar disorder. The new brochure answers the questions

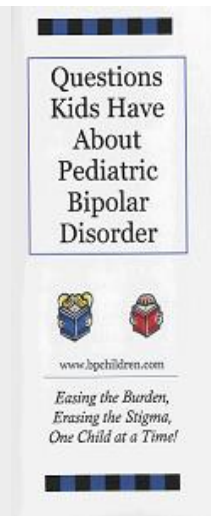
1. What is bipolar disorder?
2. How can I cope?
3. Can I be successful?

This new brochure is available as a free download from our site. It can be printed as a hand out for support group meetings and waiting rooms. Enjoy our latest edition to the site and share it with others!

### [Questions Kids Have About Pediatric Bipolar Disorder](#)

[www.bpchildren.com](http://www.bpchildren.com)

email: [tracy@bpchildren.com](mailto:tracy@bpchildren.com)



### [Questions Kids Have About Pediatric Bipolar Disorder](#)

## ***Sticker Mood Chart***



### **I'll Chart My Moods 31 Days**

(Editor's Note: The mood chart book is no longer available. Please see our [free downloadable mood charts](#).)