



## Rebelling after ABI

"I was rebelling just before my ABI. After I had my accident though, I had to use all of my energy to focus on getting better and there wasn't any time for me to rebel.

I used to stay out really late and I'd started drinking with some lads in the park. Dad wasn't pleased and I got grounded for a few weeks. I used to sneak out when no-one was looking.

I've had to calm down a bit now. I've got to focus on adjusting to my head injury. There will be time for me to do what I want in later life.

Asserting your independence is a normal part of being a teenager. Sometimes, it is more important to focus on getting well than it is about dyeing your hair purple!"

