



Coping with labelling after ABI

"I don't cope with being labelled very well. One day some kid at school called me a 'spaz'. I was feeling tired and cross that day so I turned around and punched him.

I got really annoyed when I then got into trouble! It seemed so unfair that I was getting punished because someone called me a name.

I've spoken to my teacher about it since and I understand a little bit more about why people call me things. It really is their problem not mine but it is still hard to hear.

Now, if I hear anyone else calling me names or saying things that I don't like I've got to go and tell someone who will deal with it for me. I don't want to punch anyone and get into any more trouble.

The hard part is, I still feel I was right! I guess we can't go around getting into fights with everyone who gets on our nerves though!"

