

# Talking helps

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**This is the story of how I found out that my mom had cancer, and what I learned from this experience.**

## **Sophia's story**

One day at school, the counselor called to see me and told me that my mom had cancer. I was really upset and started crying.

Life was quite a bit different during my mom's treatment. I still did okay in school, but it was hard to focus. The counselor told my friends that my mom had cancer, so they all knew. That made things easier. But I was still really sad to see my mom go through treatments.

Talking to my friends helped me get through this time. They were a great support and being with them made me happy. Listening to music also helped.

My advice to other teenagers is to not be afraid to tell people what's going on in your family. At first I was afraid that if I told people they would think differently of me. Then I learned that being open about my mom's illness was so much easier.