



★ CBBC presenter Katie Thistleton solves your problems ★

Send me your dilemmas.



FLAMINGFOOTBALLER
My friend tells me really big secrets but I find it hard to keep them. Do you have any tips?

Katie says...

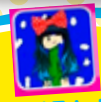
It can be really hard not to gossip but people can get hurt when **secrets are shared**. Why don't you keep a diary and write down how you feel about the secrets? Make sure you don't let anyone else read it! And if your friend is telling you other people's secrets, say that you'd rather not hear them and talk about something else instead!



GOONIE_MEGAN
My mum keeps telling me to tidy my room but I'm terrible at being tidy. It's impossible! Got any tips?

Katie says...

Tidying can be really boring, so I find I enjoy it if I put on some music or listen to an audiobook. Sometimes I tidy when I'm on the phone. Multi-tasking is key! Tackle your room one corner at a time. Start with **making your bed**, then organise your drawers, pick up anything on the floor and put it in its rightful place. A tidy room is a tidy mind - you'll feel great when you've done it!



AWESOMEAJANDCN
My best friend changed schools and I'm worried we won't stay friends. What should I do?

Katie says...

Tell your friend how you feel. They will probably feel the same! **Arrange a set time** to keep in touch by phoning or video calling. Your friend will be super busy if they are moving schools, so don't be upset if you miss a week. Spend time with your other friends too and if you want to make new friends, join a new club. There's no reason you and your bestie can't stay BFF's!



TSUMTSUM_MADDNESS

I'm worrying about my maths tests because my friends get higher scores than me and I'm stressing out. I'm worried I'll get a bad score on the day. Please help.

Katie says...

Don't worry about your friends getting higher scores than you, because we are all good at different things. There is no one else like you on the planet! It's normal to worry about school tests, but don't let it make you unhappy. The best way to improve your confidence is to **work as hard as you can** so that you know you have done your best. Chat to your teacher about doing some extra lessons, having a tutor or perhaps taking home an extra book to work from in your own time. Put in an extra hour of maths every day, then reward yourself afterwards by doing something you enjoy!

Got a dilemma?

Send us your question and we'll ask a special guest to answer it!

Email

hello@girltalkmagazine.com

Write to

Girl Talk, Vineyard House,
44 Brook Green,
London, W6 7BT.

Katie is looking for reader problem letters to feature in her new book. Check out www.dearkatie.co.uk to find out how to get involved!

Remember! Always talk to an adult if something is really worrying you or call ChildLine on 0800 1111. www.childline.org.uk