



Dear Khala Zaitoona

Khala Zaitoona replies...

youth_observer@moe.om

Dear Khala Zaitoona,

Hi! My name is Mohanned and I am 16 years old. My problem is my friends. I don't know who is right and who is wrong! I can't trust anyone. I always find them selfish and childish.

— Mohanned

Dear Mohanned,

You didn't write enough details about the problem, but you need to know my dear that we all have our faults.

Nobody is perfect. Your friends may be right in some situations and wrong in others. You should judge according to your beliefs and what you feel is right.

Take care.

KHALA Zaitoona would like to thank all the students in Oman for all their letters. She is off to the UK to do her doctorate in counselling. She is very sad to be leaving the *Youth Observer* as she has loved every minute of her time working with students to help them find solutions to their problems.

The YO editorial team would like to wish her every success. We are so sad to see her leaving, but understand her need to aim for stars. We look forward to hearing all about her new life in the UK.

Khala Asia will be replacing Khala Zaitoona.

But who is Khala Asia?

She is a wonderful, companionate lady who is full of life. She has worked extensively as a counsellor in schools both in Oman and abroad and she looks forward to hearing all about your life, your ambitions, the challenges you face and she will do her best to help all those who get in touch.

Dear Ahmed,

I am happy that you realise how serious your problem is. This is the first step to solving it.

We must all have objectives (short term & long term) and accordingly we decide on our priorities. If one of your objectives is finishing school with good grades, then you will definitely not spend the whole day on the Internet. However, if your future means nothing to you then you can enjoy your Internet.

Time management, my dear, is very important to all of us. Divide your day correctly. Keep time for family, friends, studying, Internet and sports. You could study with some friends, until you feel you are able to study by yourself.

Take care.

Keep in touch

Send your questions to Khala Zaitoona on any subject regarding school, family, friends, etc. Please include your name, school & wilayat.

My e-mail address is:

youth_observer@moe.om

Hello! My name is Moayad and I am almost 16. My problem is that I am underweight. I only weigh 41 kg and I feel very uncomfortable. I started to notice my problem when I was 14. I eat healthy food and I play sport. My friends started to make fun of my small body. Therefore, I need your help, please.

— Moayad

Dear Son,

I can imagine your position and feelings when your friends are harsh with you, but don't let this bother you too much. If you are eating healthy food, perhaps you need to increase the amount. Visit a doctor for a check-up, to make sure you

are medically fit. If you are, then just try to accept yourself as you are.

Be happy about who you are and what you do. Live a good life and be good to others. Your friends will soon realise that people are judged by their character and behaviour and not by their looks and they will accept you as you are.

Take care.

Hello! My name is Ahmed and I am 16 years old. I have a serious problem; I use the Internet for the whole day. I can't stop it and I can't study. I don't know what to do.

— Ahmed



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