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CUT STRAIGHT TO YOUR NEWS

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My parents decided I should move back in with my dad, which annoyed me. I developed a negative attitude and became rebellious. I had no self-control and didn't care about anything. I climbed out of windows to escape class, wore the wrong uniform, talked back to teachers, didn't do my work, and came to school looking like a mess. Despite my wild behaviour, I was suffering on the inside. I'd lost my self-belief. Nobody understood me.

Nothing changed for almost a year, until I turned 15 and entered Year Nine. I'd been referred to a counsellor who knew about a

FROM TROUBLED TEEN TO TV STAR

Lyndsey Fay, 18, has turned her life around.

I can't say I had the most depressing childhood, but it's been one hell of a roller-coaster ride. I'm the middle child and the oldest girl in my family. I got a lot of attention when I was little, until my younger sister was born and my parents were busy with her. I felt a little left out and confused, so I turned to my grandma for affection.

Most of my early childhood memories are shaped by my grandma. We would bake, look at old photos, and she even helped me write a little book. We had so much in common, and she treated me like I was the most important person in her life. When I was four years old, she passed away. I remember feeling confused and lonely; I didn't understand why she would just "disappear" all of a sudden.

Within a year, my mum and dad separated. I'd already lost my grandma and didn't want to lose my dad (her son), so I stayed with him. I still visited my mum and sister on the weekends, but grew up not knowing them very well. My dad was there for me through thick and thin, but it's awkward talking about girly things with a man. Sometimes you need a female role model.

When I started high school, I made friends with ease. Still, some people judged me because I'm quite daring. I felt a lot of negative vibes, so I moved in with my mum and sister and went to a different school the next year – but I was picked on and got into even more strife there. I'd get in to trouble for having too much fun! For example, I got put on detention for wearing purple socks, and was suspended for letting a fart bomb off on the bus.

program called Sister2Sister, which helps girls who want to make a change for the better. It was exactly what I needed. I had an opportunity to have a "big sister", Kathy, and finally felt accepted.

With Kathy's guidance, I began finding myself again. Surprising everyone, I became the school representative for my year, but I still didn't feel satisfied. Kathy suggested transferring to a senior college, believing it would be good for me because of its flexibility and the fact that you can be yourself without the fear of judgement. I applied and got accepted. Everyone was so proud of me – especially my mum.

The new school opened my eyes. It made me closer with my mum because she began to understand what type of person I was and how hard I was willing to work to achieve success. I became a role model for my little sister. My life was mending itself.

Since being involved in Sister2Sister and changing schools, I've been in a Nivea skin campaign with Kathy and also became one of a dozen students to be a part of Channel Ten's *Class of...*, a show about how teens handle school. I've also done some extra work, taken acting and modelling courses, and even presented motivational speeches to other teens.

I can proudly say I've turned my life around. I'm passionate about performing and want to eventually move to the United States and pursue a career in acting.

I'm happy and have gained what I've always longed for – self-belief.

THE *freebies* ISSUE



30 TO WIN! Welcome to *Shadows*, where no-one is safe and humans may be the worst of the monsters. Brace yourself – this terrifying follow-up to the hugely popular *Ashes* will have you on the edge of your seat!

CODE WORD: SHADOWS
See page 6 for deets on how to enter.