

Ethan's Story

Ethan is a fictional character we've created to help us use the Charting the LifeCourse tools for the "Advocacy & Tools for a Meaningful Holiday" webinar.

All About Ethan

Ethan is a 15-year-old who loves technology, cooking, and spending time with his cousins. He's curious, creative, and enjoys helping in the kitchen — especially when he can make a dish of his own. The holidays are a special time for him, filled with family traditions and laughter. But they can also bring challenges. Changes in daily routines, loud family gatherings, and new or unpredictable environments can sometimes feel overwhelming for Ethan.

Challenges During the 2024 Holidays

In 2024, Ethan's family noticed that while he was excited for the holidays, he often felt anxious about the busy pace and constant activity. Large gatherings and noisy rooms made it hard for him to relax or stay engaged. The unpredictability of schedules — such as when dinner would start, who would visit, or what activities were planned — sometimes led to stress or frustration.

These moments could be especially tough when Ethan was tired or when plans changed suddenly. His parents and cousins wanted him to enjoy the holidays as much as everyone else but weren't always sure how to balance his needs with family traditions.