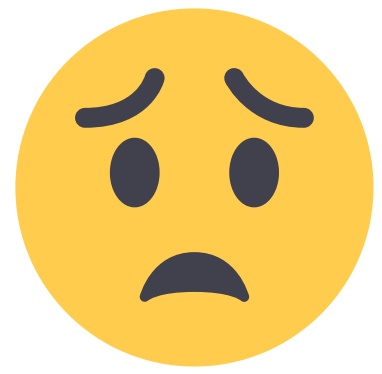


Feeling worried?



Speak to us



Talk to a school adult

If you or someone you know has a worry, tell a safe grown-up. It might be your teacher or another adult at school. You can always ask a friend to help you talk to them.



Write it down



If it's hard to talk about your worry, you can write it in a note and give it to a teacher, another safe adult, or put it in a worry box.

Safe adults

There are lots of responsible adults, in school and out of school, who will help you with your worries. For example, you can talk to:

- Parents or carers
- Sports and club coaches
- Doctors & nurses



METROPOLITAN POLICE

In an emergency, call **999**

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111