

We all need a little help sometimes...

If you are worried about something or have a problem,
there are **lots** of people to help you!

A problem shared is a problem halved!

You could.....

- ⇒ Talk to your mum, dad or another adult that you live with.
- ⇒ Use your Think Book to share your worries with your teacher or another member of staff who you trust.
- ⇒ Talk to your friends at school and see if they can help.

If you don't feel that you have anyone to talk to you could try some of these websites and phone numbers for advice...

Contacting ChildLine is confidential - you can talk about whatever you want to and we won't tell anyone else, unless you want us to, or you tell us you are in extreme danger.



www.childline.org.uk

Kidscape is a great website with loads of advice if you think you are being bullied or an adult is hurting you.

www.kidscape.org.uk



Think U Know will help you when you are on the internet. It has loads of games and fun stuff, but if you are worried about something which is happening online you can go there for help.

www.thinkuknow.com.uk