

Things you could do:

- Tell a parent/carer or family member



- Tell a trusted grown-up in school



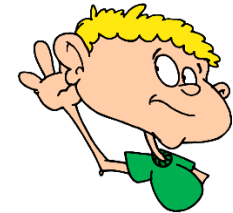
- Write it down and put it in the worry monster



- Ask someone to write it down and put it in the worry monster

We will:

- Always listen to you



- Find out what has been happening



- Do everything we can to sort it out



- Keep you safe



NEVER KEEP IT TO YOURSELF