



Who could your trusted adult in school be?

→ ANYONE

→ Maybe a teacher

→ Maybe a teaching assistant

→ Maybe Mrs Clough



If you feel:

Unhappy or sad about school

Unhappy or sad about something

Unhappy or sad about something happening at school

Unhappy or sad about someone at school

Then this booklet will tell you what you can do.



Things you could do:

→ Tell a parent / carer or family member



→ Tell a trusted grownup in school



→ Write it down and put it in the worry box



→ Ask someone to write it down and put it in the worry box

NEVER KEEP IT TO YOURSELF

We will:

→ Always listen to you



→ Find out what's been happening



→ Do everything we can to sort it out



→ Keep you safe

