

WHAT TO DO IF YOU ARE WORRIED



What do you do if you are worried and just want to talk to someone?

TALK TO SOMEONE



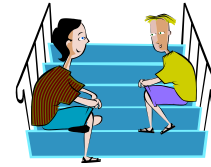
Your Friends

Teaching Assistants

Principal

Responsible children

Teachers



What should you do if you are worried or unhappy about something?

- 1) The first thing you should do is to speak to a member of staff whom you trust such as your Class Teacher or Teaching Assistant. You can even take a friend with you if you wish to help you to explain the problem.
- 2) If you are still worried after having spoken to an adult, go and see Mrs Smith or Mrs Matthews.
- 3) If you are still worried, talk to your Parents when you are at home or to anyone you can trust outside the School.

We know that these are some of the things that might make you unhappy:

- You find it difficult to make friends.
- You are being bullied.
- You feel that no one understands the difficulties you are having with your work.
- Someone has hurt you and you are frightened and do not know who to ask for help.
- Someone has taken something of yours and has not returned it.
- Someone is making fun of you.
- You feel that you have been treated unfairly.
- You seem to be getting into trouble a lot.
- You think you are being discriminated against because of your colour or physical appearance.
- OR ANYTHING ELSE THAT IS WORRYING YOU.



Our school is a 'TELLING' school



Remember, we are a 'telling' school. This means that if something or someone is troubling you, you should SPEAK UP and TELL a teacher or a responsible pupil. Also, if you feel that someone you know is unhappy or being treated unfairly you should SPEAK UP and TELL someone. Then, we can help them.

If you are worried, try not to be afraid; tell someone about it.



All the staff in our school are here to help you!

