Learning and caring together, 
building a firm foundation for the future
What if I’m worried?

We are here to help!

Sometimes people treat us in a way that makes us feel scared or hurt. It is important to tell an adult when we are scared or hurt.

DO NOT KEEP IT A SECRET!!

Some of the things that may be making us frightened are:

When someone (including adults) hits, kicks or pushes you or someone else.

When someone touches your body in a way you don’t want them to or ask you to touch them. It may be touching your private parts or making you watch things you don’t like.

When someone says bad things to you, bullies you or threatens you or someone else.

When the people who are supposed to care for you do not look after you, such as give you enough food or sleep, help keep you warm and clean or take you to the doctor if you need to go.
Where can things go wrong for me?

It could happen:

- In the street
- At home
- At a friend’s house
- At school
- Somewhere you spend your free time
- On your computer or mobile phone
Some of the people who can make me frightened can be:

- A relative or someone in my family
- Someone at school
- Someone at church
- Someone where I live
- A friend
- A neighbour
- A stranger

Someone hurting you is always wrong! You being hurt is not your fault.

If you are feeling worried or are being hurt you need to tell an adult you trust, even if you are told not to.

DO NOT KEEP IT A SECRET!!
These are some people you can tell:

- Someone in your family
- A family friend
- An adult at school
- A doctor or nurse
- The Police

If you tell someone and they do not help you, tell someone else!

YOU MUST TELL SOMEONE!

You can also contact Childline. These are safe adults too!

Anytime!!!
LEARN THE UNDERWEAR RULE

- Talk
- Pants

And you’ve got it covered!

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help