

If you feel:

- Unhappy or sad about school
- Unhappy or sad about something happening at school
- Unhappy or sad about something you see at school



### This leaflet will tell you what to do

Things you could do if you are sad or unhappy:

- Tell a parent, carer or a member of your family
- Tell a trusted adult
- Write it down and pop it in the **Worry Box**
- Ask someone to write it down for you and pop it in the **Worry Box**



### NEVER KEEP YOUR WORRIES TO YOURSELF

We will:

- ALWAYS listen
- Find out what has happened
- Do everything we can to sort it out
- Keep you safe
- 



### Who could your trusted adult be?

#### Any adult in school

Speak to whichever adult you feel comfortable with and trust