

My Trusted Adults

My TAs?

My Teachers?

Mrs Taylor?

Mrs Surch?

The Office Ladies?

Think about the adults in school.

Who could you tell your worries to?

Sometimes we can feel down or worried about something. It is very important to talk to trusted adults about this.

Can you think of five people who are there for you and who will listen to you?

Think of the adults in school.
Who could you share your worries with?



Remember to
speak out and
stay safe!