

S

SPEAK

Are you worried about plans that are being made amongst friends?
Has someone said or done something that you feel worried about?

Speak with a trusted adult and they can help you. Always speak with a trusted adult about any plans you make, and make sure they always know where you are.

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ADVICE

Ask for advice from a Parent/carer, teacher or Childline.

Are you being asked to do something that makes you uncomfortable? Is there something that doesn't feel right? Everyone needs advice sometimes. You're not by yourself and help is available. Speak to a trusted adult or contact Childline on 0800 1111.

F

FRIENDSHIP

Friendships should be positive, caring and respectful. Friends should be there to support each other.

A certain amount of conflict in any friendship can be normal, and disagreements do happen even with really close friends. But if your friends are taking part in an unsafe situation and asking you to do the same, this is not something a friend should do. Speak to an adult you trust straight away and get some support.

E

ENVIRONMENT

Everyone has the right to a safe environment.

If you're out with friends, or in an environment that seemed positive, but now may not be safe, make contact with a trusted adult. Make plans with your trusted adult in advance so you know what to do if you need help.