

Who can I speak to if I am scared, worried or need help?

It's hard to know who you can speak to when school is closed.

But there are some numbers you can call for help.

No one will know you have called unless you tell them.

**Add the safeguarding contacts (email, text or phone) for school here.
The school may be closed but your teachers are still here for you.**

Childline

If you need someone to talk to about anything you are worried about you can call anytime and speak to a safe adult on **0800 1111** or have a look at their website.

The hideout

This is a cool website made for kids by kids. It has lots of stuff on what to do if you are scared because of adults fighting or yelling too much at home.

Childnet

This is another cool website that has lots of stuff on how to use the internet safely at home. It even has stuff on how to report something you don't like online.

Remember, if you are scared and need help straight away call 999 and ask to speak to the police.

