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**What makes me feel bad? What does this feel like?**

HINT: Has something happened to make you feel this way? What do you currently feel?

**How can I keep myself safe right now?**

HINT: Do you speak to someone for some help? Are there things around you that makes you feel unsafe? Can being somewhere else make you feel safer?

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What helps me to feel good?

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**If I need help, who can I ring?**

HINT: Can you ring an adult, a friend or helpline?

**What do I love right now and what are my hopes for the future?**

HINT: Who is important to you in your life? Who do you look up to? What would you like to achieve?

* HOPELINEUK 0800 068 4141
* ChildLine 0800 11 11

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**If I can’t stay safe, who will**

 **I tell?**

HINT: Who do you trust? Who is suitable to help you?

**What helps me to feel good?**

HINT: What activity do you like to do? What is your favourite food? Who or what makes you laugh