

HELP is At HAND

HELP LINE -->

PHONE CHILDLINE
ON
0800 1111

WWW.CHILDLINE.ORG.UK

WWW.NSPCC.ORG.UK

SPEAK 2 SOMEONE
ABOUT IT -->>>

THIS COULD BE
A TEACHER
YOUTH WORKER,
SCHOOL NURSE



WEBSITES -->

WWW.THEHIDEOUT.ORG.UK

THE DESIGN OF THIS LEAFLET WAS LED
BY THE YOUNG PEOPLE OF CYP OUTREACH
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Home is where
the hurt is



Leaflet 1

DOES 1 Parent bully The other?

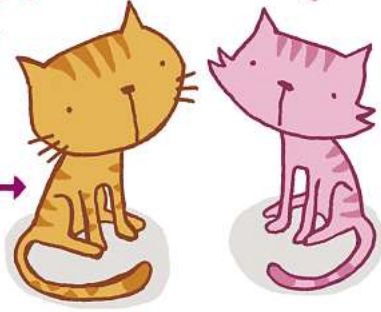
Does 1 parent do things like...

- * Call the other hurtful names
- * Hit or kick them
- * Get angry and break things

Remember

- * It is NOT UR fault → sometimes people make excuses or blame others when they are behaving badly
- * UR NOT ALONE → there is always someone u can talk 2 about it

- * It's OK 2 talk → there R heaps of people u can talk 2



SAFETY TIPS



IE

there are lots of arguments

- Talk 2 someone about it
- If it makes u feel better, move away from the arguments. For example.... go 2 a friends house or 2 ur bedroom.

IE

there is violence in the home →

- Find a safe place 2 go
- If someone is being hurt don't get involved. Go and find a safe place 2 go
 - Phone the police on 999
- If you feel ok 2-say to the person being bullied about getting help.
 - Call Childline if u need 2 chat