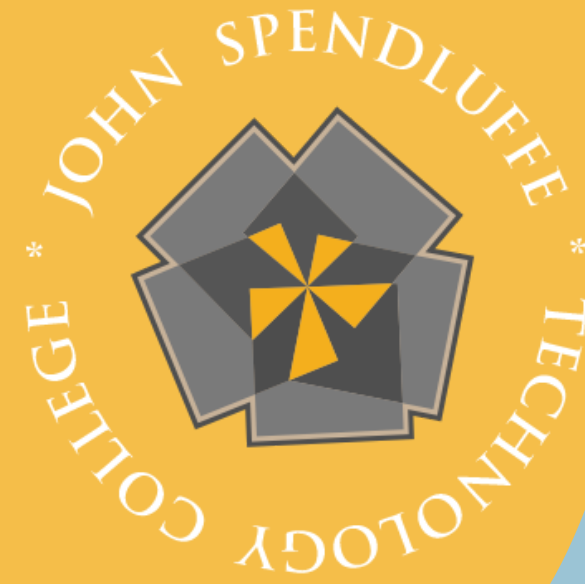


DO YOU NEED TO SPEAK TO SOMEONE?

SPEAK TO YOUR TUTOR OR THE PASTORAL TEAM!
(BUT ANY ADULT CAN HELP!)



FRANK

www.talktofrank.com
- Information and advice on drugs.



www.theproudtrust.org
Advice on LGBT+ issues, including relationships

ChildLine

0800 1111



- Advice on a variety of topics - friendship, bullying, puberty and relationships.

www.childline.org.uk

Sexwise

www.sexwise.fpa.org.uk
- Advice on relationships and sexual health.

carerstrust

www.carers.org
- Advice and support for carers, including young carers.

THINK U KNOW

.co.uk

www.thinkuKnow.co.uk

- Advice about staying safe online.

betty for schools

www.bettyforschools.org.uk

Advice on puberty and periods for girls.

shout 85258

here for you 24/7

www.giveusashout.org

Advice on mental health and free support.

Kooth

www.Kooth.com

Free support for mental health and online counselling.

YOU CAN FIND LOTS OF USEFUL INFORMATION ON THE WEBSITES ABOVE!