

Need to talk?

Talking about a problem can often make you feel better. If you keep your worries secret they can grow and grow inside.

It's a lot easier to solve a problem when there are two heads working together on it. But, it's not always easy to know how to start the conversation.

Often we don't talk to friends about things we'd really like to talk to them about because we feel embarrassed, shy or ashamed.

The thing to remember is that whatever it is you're embarrassed about, a good friend isn't going to laugh at you, judge you or put you down, they'll listen, try to understand and try to help you feel better or find a solution. And that's why people find that talking to a good friend about a problem usually does help.



Childline

Childline is a free helpline for children and young people. You can contact Childline about anything. No problem is too big or too small. Whatever your worry, it's better out than in.

Childline is a private and confidential service. Confidential means not telling anyone else what you've said. This means that whatever you say stays between you and Childline.

They would only need to tell someone else if:

- You ask them to
- They believe your life or someone else's life is in immediate danger
- You are being hurt by someone in a position of trust who has access to other children like a teacher or police officer
- You tell us that you are seriously harming another young person

Call them on **0800 1111**. The number won't appear on your phone bill.

You can also visit www.childline.org.uk/get-support/ to speak to a counsellor online.



Computer



There are things that happen that can be really difficult to talk about. Things that feel scary and out of our control.



One of these things is sexual abuse.

Abusive relationship

Some people form relationships with others, including young people, to take advantage of them or to abuse them.

Abuse in relationships can take many different forms, but it is mainly when someone tries to control, intimidate or hurt the other person in the relationship.

Abuse in a relationship can be:

- Emotional – Putting the other person down or making them feel stupid
- Physical – hitting, kicking or slapping someone
- Sexual – forcing someone to do anything sexual that they don't want to do

Whatever form the abuse takes it is NEVER okay.

Abusive behaviour in a relationship can be really harmful by destroying a person's self-confidence, leaving them feeling isolated and lonely, and putting their health at risk.

It's easy to lie online

Even if you've been chatting to the same person for ages and you feel like you know them, you need to remember it's very easy to lie on the internet. There is no way of knowing if someone is telling the truth.

It's a fact that there are some people who use the internet to chat to young people because they want to hurt them or make them do things they don't want to.

So, if you are going to chat to people you meet online here are some tips to help you do it safely.

REMEMBER – if someone makes you feel uncomfortable, worried or even frightened online you should tell an adult you trust, or report to [CEOP](http://www.ceop.police.uk). Whatever may have happened you won't be in trouble.



<http://sd.keepcalm-o-matic.co.uk/i/keep-calm-report-to-ceop.png>
<http://sd.keepcalm-o-matic.co.uk/i/keep-calm-report-to-ceop.png>
<http://combi boilersleeds.com/image.php?pic=/images/stop/stop-2.jpg>
https://pixabay.com/p-1130493/?no_redirect
<http://sd.keepcalm-o-matic.co.uk/i/be-cool-and-follow-e-safety.png>
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