

ARE YOU UPSET ABOUT SOMETHING?



You can talk to someone you trust

1

GET SUPPORT

Are you unhappy with something?
You can talk to someone you trust.

2

FIND OUT HOW

Sometimes it's hard to talk about what upsets us. You can talk to your classroom teacher or Mrs Schokman. You can go and see her or write your issue on a piece of paper and give it to her.

3

PLAN WHAT YOU WANT TO SAY

Write down what you are not happy about and how it makes you feel. This will help you know what to say to your teacher or Mrs Schokman.



4

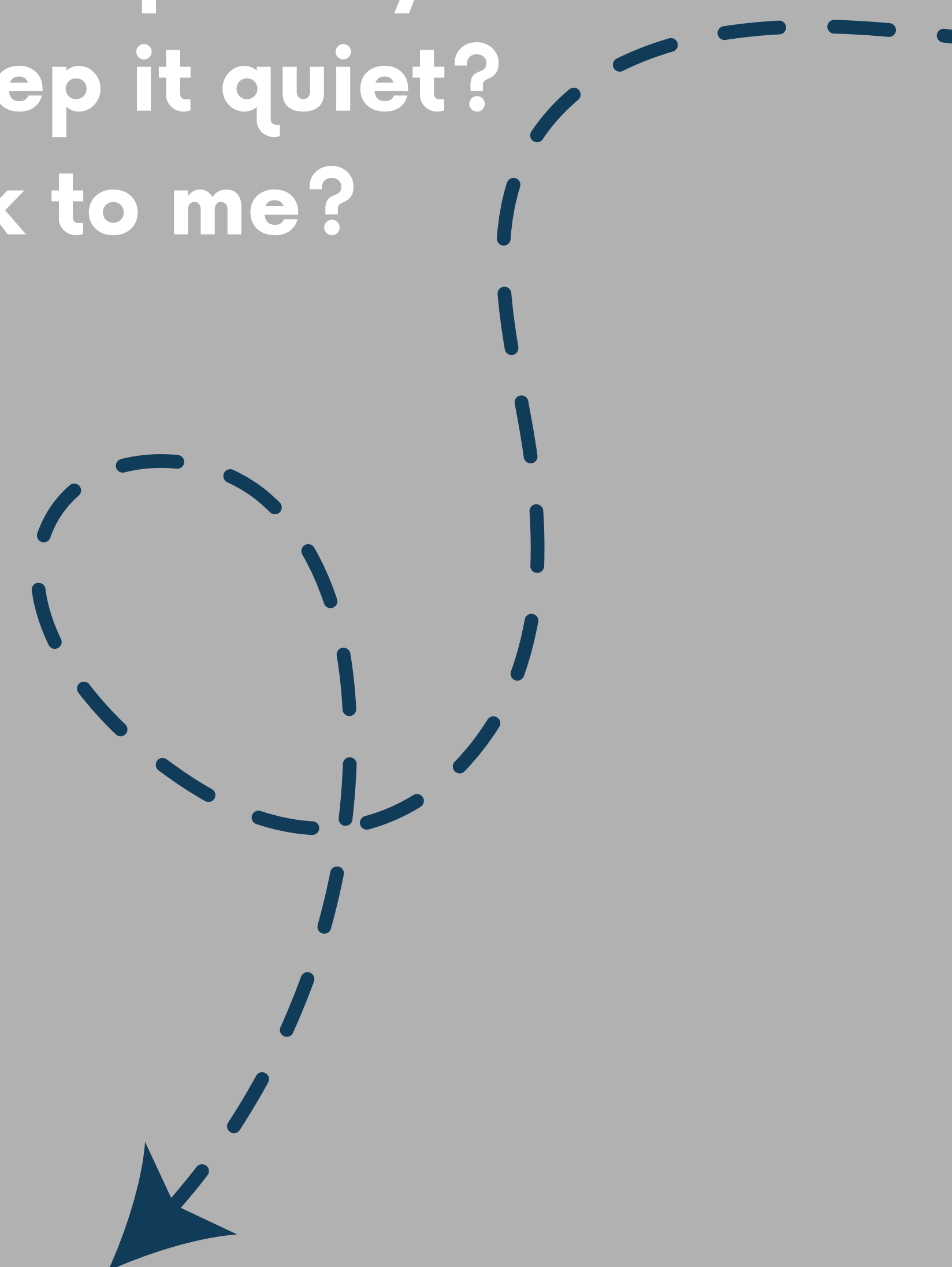
BE CALM & ASK QUESTIONS

Be calm and polite when you talk about what upsets you. Ask questions if you like such as: Can you keep it quiet? What happens next? When will you get back to me?

5

KEEP NOTES

Write down who you talk to and what they say. Write down how you feel about what they said. This will help you keep track of it all.



6

KEEP AT IT

If you're not happy with what happens, you can talk to Mr Chisholm or anyone else who you trust. Keep trying, especially if you don't feel safe or you don't think it's fair.

