

ARE YOU UPSET ABOUT SOMETHING?



You can talk to someone you trust

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

1

**GET
SUPPORT**



2

**FIND OUT
HOW**

Sometimes it's hard to talk about what upsets us. You can talk to your classroom teacher, Mr Sobejko or Mr Speldewinde. You can go and see them or write your issue on a piece of paper and give it to them.

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, Mr Sobejko or Mr Speldewinde.



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.

