

Do you need help or support?



Who can help me?

ANYONE! However the person who knows you best is your tutor and they are always there to help. They may ask Mrs A. O'Donnell or Mrs A. Johnston, for help.

What about my friend who is self harming?

There are many reasons why a person may self harm but they need support straight away to help them with this. Support your friend in telling a teacher as soon as they can. The teacher will help your friend to get any support they need.



All my friends are saying they are having sex but I am not ready. My boyfriend wants me to go further with him but I don't feel ready.

You must not feel pressured into having sex or performing any sexual acts if you do not want to. Talk this through with your parent/carer if you feel you can or speak to the school nurse for advice. Remember that lots of young people will say they are having sex when they are not.



I am being bullied but don't know what to do. I do not want to make it worse. Please help!

All bullying must be stopped. You must tell your teacher or parent/carer so we can help you. We will work with you to try to make sure that you can feel happy and safe in school again.



Useful Numbers & Links

Childline
www.childline.org.uk
0800 11 11

NSPCC
www.NSPCC.org.uk
0800 800 5000

Sunderland Mind
www.sunderlandmind.co.uk
0191 565 7218