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SEPTEMBER 2024 - SEPTEMBER 2025





If you feel...









Unhappy or sad about school













Unhappy or sad about something that is







happening at school

















Unhappy or sad about someone you see









Things you can do...









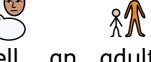




Tell your parents or someone in your















an adult you trust at school

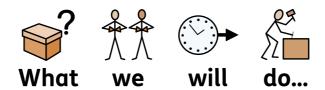


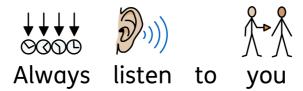






Use your help card





















Who can your trusted adult be?

















An adult you have chosen on your help

