

Talk to an adult family member you trust, face to face. This could be your mum, dad, uncle, aunt or grandparent. Talking to someone else, sharing worries will help take a weight off your mind.

Talk to your teacher. You can always send a message on Seesaw. Teachers are online from 8:30 to 3:30.

If you want to speak to a different adult, send a message and they will get in touch.

Do you have a worry?
No matter how big or small, there is always someone here to listen.

Plaistow
Primary School
& Children's Centre



If you have been or are Currently being bullied online or on social media tell a teacher on Seesaw. You can also contact:

<https://www.nationalbullyinghelpline.co.uk/> or ring 0845 2255 787/ 0300 323 0169.

If you need urgent help or support you can call:

Childline - 0800 1111

If you are in immediate danger call:
Police - 999

