## Who Can I Talk To?

At times, we can all feel worried or upset.

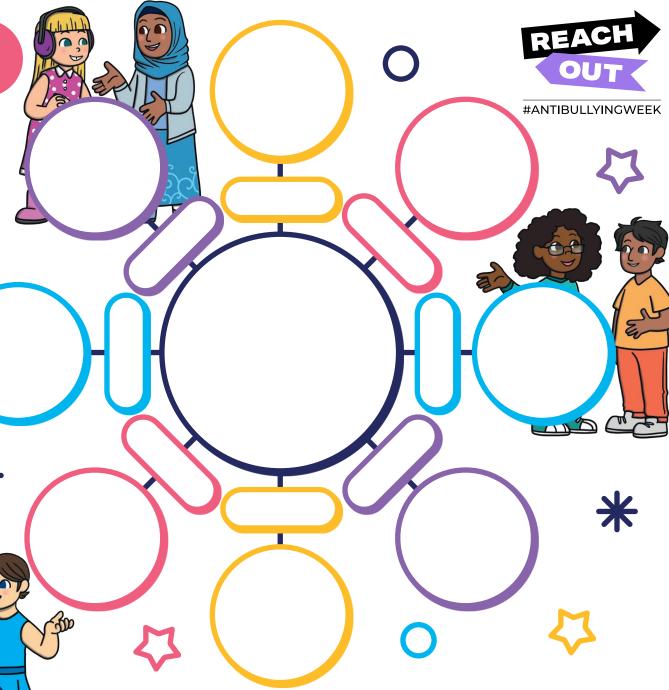


It is important to know who you can talk to and who you can trust.

Please draw a picture of yourself in the middle circle.

Take a few minutes to think about who you can speak to if you are feeling worried or upset.

Once you have done this, please draw a picture of those people into the circles around the picture of yourself. You can add their names as well if you would like.







· CPD anti-bullying online training courses

on their website. ABA also have free anti-bullying resources available for schools:

• Become a United Against Bullying School and enroll on ABA's free whole-school anti-bullying programme today

The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week