



Points to consider:

- **Who could that person speak to?**
 - Parent/carer, guardian, teacher, another trusted adult
- **What should a person 'look out for' in themselves and their own feelings?**
 - Anything that makes us feel anything apart from 'safe'
- **What should a person 'look out for' in their friends?**
 - Changes in their behaviour, changes in how they think, their friend actually doing things they should not do or that are not safe
- **When should we get help?**
 - This should be at ANY point if we do not feel safe or if our friends are not safe

