



Key messages

- If we think something is wrong, even if we have done something we should not have, we need to have courage and speak up for ourselves and get help
- If we think our friends are in trouble, we might need to help them to get the help they need
- To help a friend we may need to tell an adult what is going on with them. Our friend may not be 100% happy about us doing this, but sometimes we need to do this to keep them safe
- Why should we do these things – simply it is to protect ourselves and those we care about
- Never forget, we are being superheroes by getting help for ourselves and others

