





# My Personal Network

Write down the names of 5 trusted people who you can talk to if you need some advice or if you are ever worried about anything, no matter how little or how awful it might be.

**1**

**2**

**3**

**4**

**5**

**childline**  
ONLINE, ON THE PHONE, ANYTIME

If you ever need to talk to someone you can call Childline anytime you need them.

**Call 0800 1111**

If you are ever in immediate danger:  
**Call 999**