

Speak up if...

 You don't feel safe.

 Someone is hurting you.

 You're unhappy with how you're being treated.



It's important to let a grown-up you trust know if any of these things happen.

We're here to help you!

Do You Have Something to Tell Us?

At Holyoake, we want you to feel safe and happy. If something is bothering you or if you feel unsafe, here's how you can tell us:

1.

Talk to a Trusted Adult:

Find someone you trust, like a teacher, parent, or caregiver, and tell them what's wrong.

3.

Write It Down:

You can write down your feelings or what happened and give it to someone you trust.

2.

Draw a Picture:

If talking is hard, you can draw a picture of what's bothering you and give it to a trusted adult.

4.

Use Our Special Box:

We have a special box where you can put your drawings or notes. It's safe and private.