

If there's **FIGHTING**  
or **HURTING** at **HOME**  
it doesn't have to  
be a **SECRET**...



WORRIED

SCARED



TENSION

CONFUSED

CRYING

SAD

so don't be  
**ALONE!**

Remember it's  
not your **FAULT!**

Tell someone you **TRUST**... a friend,  
relative, teacher, doctor or a garda

SCAN me



or check out

**WWW.BARNARDOS.IE**

