There are
other children
feeling this way
and going through
something the same

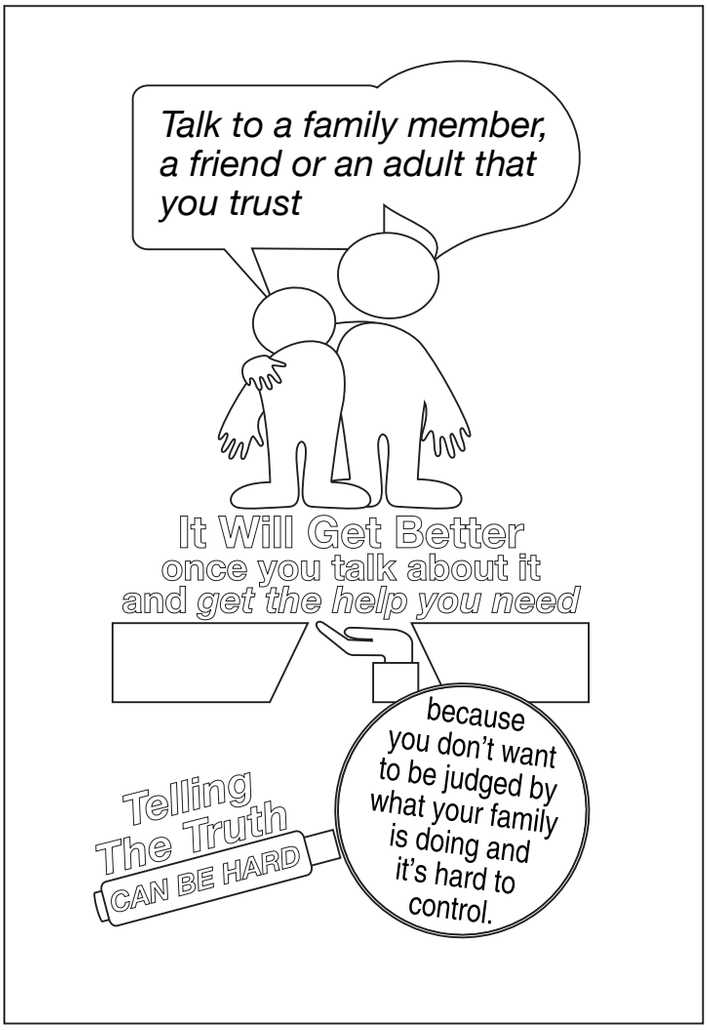
STAY CALM
+NEVER
GIVE
UP

By the **Empower Kids** Team hosted by Barnardos
(CHY 6015/RCN 20010027)

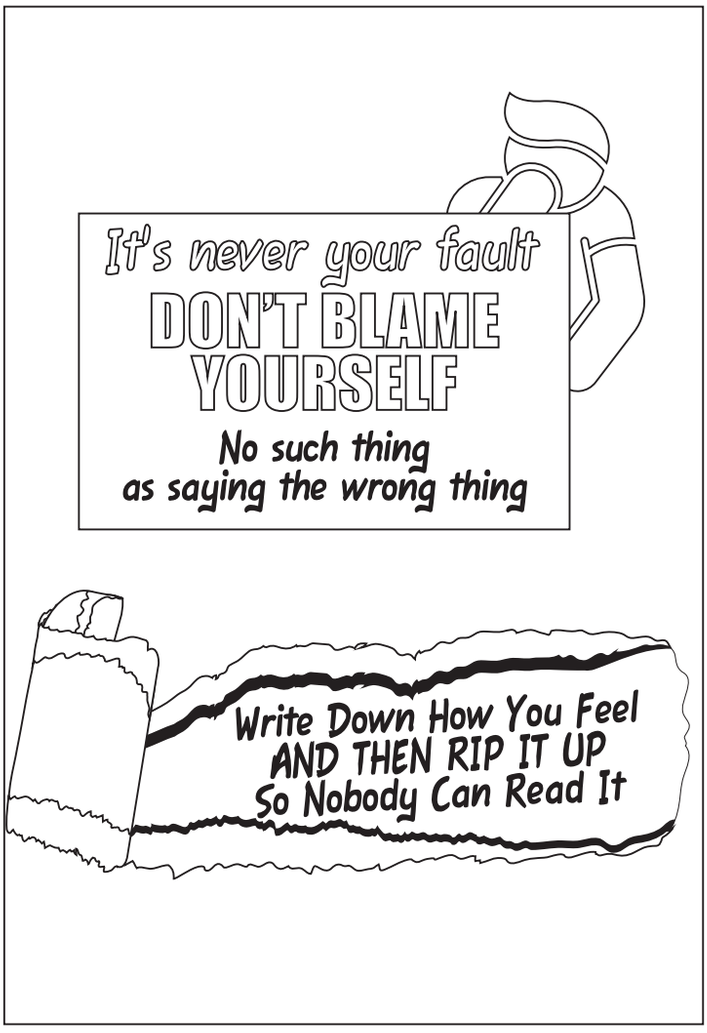
ME 2U

WHAT YOU SHOULD KNOW


It's ok to help your brothers or sisters and try to keep them safe
Get some Ear Buds Or Head Phones
So you don't have to listen


Talk to a family member, a friend or an adult that you trust
It Will Get Better
once you talk about it
and get the help you need
Telling The Truth CAN BE HARD
because you don't want to be judged by what your family is doing and it's hard to control.


If it is safe...
KEEP TALKING UNTIL SOMEONE DOES SOMETHING
BE HEARD
ask questions TEN times if you have to
Do What You Think Is Right.
Trust your Gut


It's never your fault
DON'T BLAME YOURSELF
No such thing as saying the wrong thing
Write Down How You Feel
AND THEN RIP IT UP
So Nobody Can Read It