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

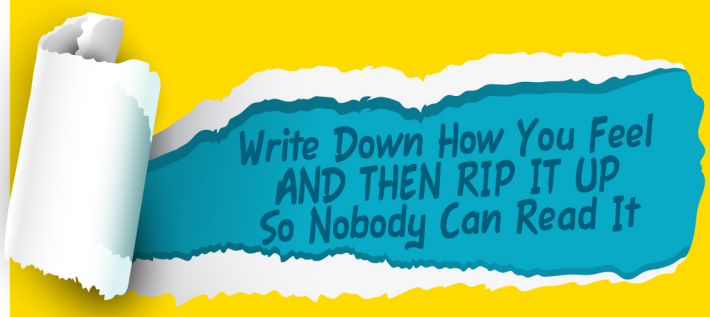
Do What You Think Is Right.

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