

Asking for help to be safe and well



My school is Brentwood
The teachers and TAs are the class staff
Class staff wear **blue** lanyards
They are a **safe person**
There are other staff in school
They do jobs in other parts of Brentwood
They are school staff
School staff wear **blue** lanyards
They are a **safe person**



All the staff care about all the students
Staff want students to be safe and well
The staff make sure that you are safe in school
The staff work hard to keep you well in school



Some things can make me unwell
I can feel worried
I might think a lot of sad thoughts
This can make me feel tired and sick
I might not want to join in
It might stop me having fun
This is when I need to ask for **help**



Some things can make me unsafe
I can feel scared
I might think a lot of frightening thoughts
This can make me feel panicked and sick
I might want to hide
It might stop me having fun
This is when I need to ask for **help**



I can ask school staff to help me

School staff wear **blue** lanyards

They are a **safe person**

When I need help I can say 'please, help me'

I can say 'I do not feel safe'

I can say 'I do not feel well'

I can tell staff my problem

I can show staff my problem

They can help me

This is **good**