

Are you unhappy or worried about something and feel that no one is listening to you?  
We feel your views are important.

Using the **ABC**  
steps can help!

**A** Ask for help

**B** Be heard

**C** Complain

You have the right:

- To be treated with respect
- To say what you think and feel about decisions being made that affect you
- To have your language and culture respected
- To have your religion respected
- To live with your family and community if possible
- To have protection from harmful treatment
- To an education and health care
- To a safe place to live

**A:** Ask for help if you do not feel safe talk to:

- Your teacher
- Other adults in your class
- Mr Hall
- Mrs Donnelly
- Ms Osei
- Mrs Durrant

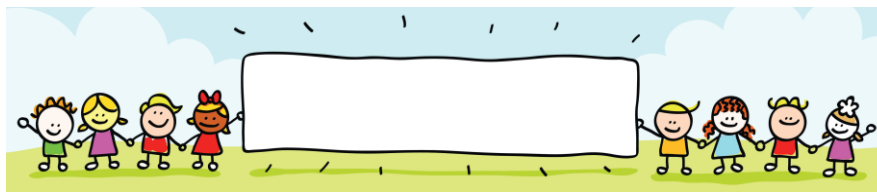
**B:** Be heard

You can also contact people outside of school. They will listen to what you say makes you unhappy and they are here to help make things better.

Childline

Call us on 0800 1111. Calls are free from landlines and mobiles in the UK. And they won't show up on your phone bill. Even if you don't have credit on your mobile phone you can still call us for free.

<https://www.childline.org.uk/>



## **C:** Complain

I am unhappy because I feel:

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Frightened

Sad

Angry

Shocked

**It's okay you won't get into trouble.**

**"Things can change for the better"**

**"Everyone doesn't have to hear about it"**

**"Things can be sorted out confidentially"**



**UNHAPPY?**

**Here's what to do.**