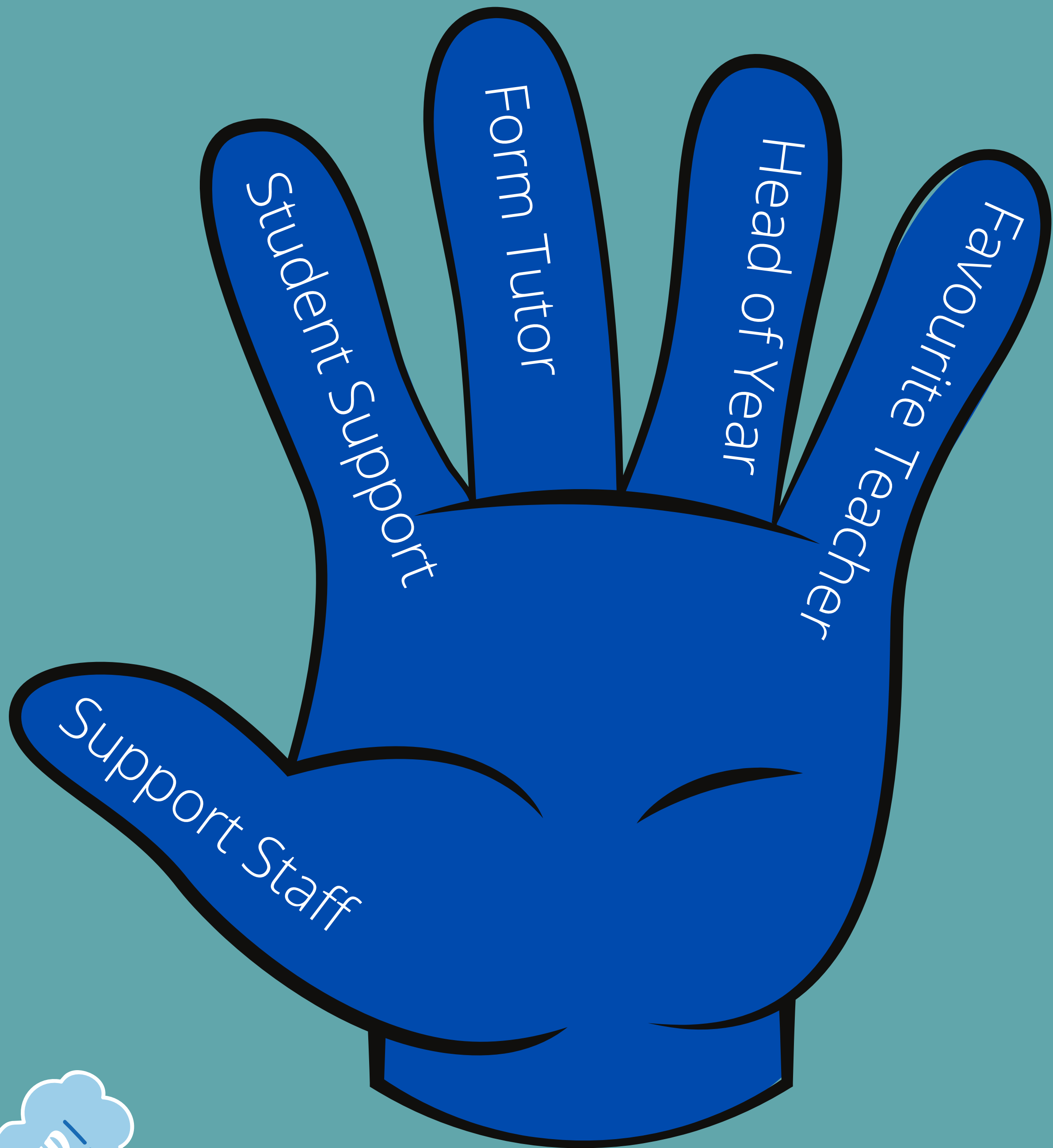




The Helping Hand @ SWR



Everyone should have five people they feel comfortable speaking to if they do not feel safe, are unhappy, are experiencing bullying or harassment.



You can also talk to a friend about any problems. They can then pass on your concerns to an adult

The adult you speak to will alert the safeguarding team to the concern and ensure support is put in place.