



UT VOCE ITA VITA

# What should you do if you are really worried about something?

## Talk to someone



Your **parents/guardians**



Teacher/  
professional

**Class Teacher,**  
**Form Tutor,**  
**Head of Section**

**For Choristers**  
Miss Bullocke (Chorister  
Tutor), a Choir Chaperone,  
Mr Noon

**Independent**  
**Listener**  
Helen Taverner  
(07760 887 283)

**For Boarders**  
Miss Bullocke (Head of  
Boarding & Chorister  
Tutor)

**The Librarian**  
Ms McConnell

**Others**  
An older pupil, your GP  
(doctor), Childline (0800  
1111), NSPCC (0808  
8005000)

**Safeguarding**  
**Lead**  
Mrs Ross

**DDSLs:** Mrs Lawford, Mr Baurance, Miss  
Hinds, Miss Bullocke

## Examples of concerns

- You are feeling really low, upset, anxious or stressed
- You are feeling scared about something
- You feel intimidated by someone or by a situation
- You or your friends are being bullied
- You are having difficulty with one or more of your school subjects
- You can't put your finger on it but something's not quite right
- You feel you are being treated unfairly because of your gender, sexuality, race, colour, religion, belief, or because you have a disability or learning difficulty
- You feel that a member of staff has treated you unfairly
- You think that another pupil is not eating properly, or may be harming him/herself
- You think you may be ill and are too afraid or embarrassed to tell anyone
- You think you or one of your friends may be a bully
- You are worried, angry, scared or hurt about something happening at home
- You are caught in a serious situation that you don't know how to get out of – this situation might be happening at school, at home, or elsewhere
- You think that another pupil has done, or is going to do, something seriously wrong or dangerous.



## Confidentiality (keeping things secret)



The School understands that you may wish to talk about a problem only if it is kept secret. In some cases this is possible, but there are circumstances where the School has a duty to pass on information to ensure that the correct action is taken and that you are kept safe. Do not let this stop you from raising concerns or saying when you are worried or upset. Most pupils who find the courage to speak up say afterwards that it helped them enormously and that the problem did not seem quite as bad once they had a chance to talk it through with someone experienced and helpful.