Having a Rough Time?

Trust your feelings, they tell you when things are not okay.

Tell Someone you trust if you don't feel safe!

Some of the people you can tell are:

- A Student Protection Contact
- The Counsellor
- A Teacher
- The Principal
- A Student

If you don't get the help you need at first, don't give up! Keep reporting your concerns until something is done and you feel safe again.

Nothing is so awful that you can't talk about it with someone!