



“Can I have a word, please?” You can always say this to a trusted adult if you need help.

Who can you talk to?

You can speak to:

- Your teacher
- A teaching assistant
- The headteacher
- A lunchtime supervisor
- Any adult in school you trust



When should you ask for a word? You can ask ANYTIME if you feel: Worried Sad Angry Confused Scared Or if: someone is being unkind, something doesn't feel right or you have a secret that makes you feel uncomfortable

What can you say? It's simple! Just say: “Can I have a word, please?” You don't need to explain in front of others. The adult will listen to you somewhere safe.

Remember You will be listened to
You will be taken seriously
You are NEVER in trouble for speaking up

★ You are important. Your voice matters. ★ If something is wrong – don't keep it to yourself. “Can I have a word, please?”

We are here to help you stay safe and happy!

