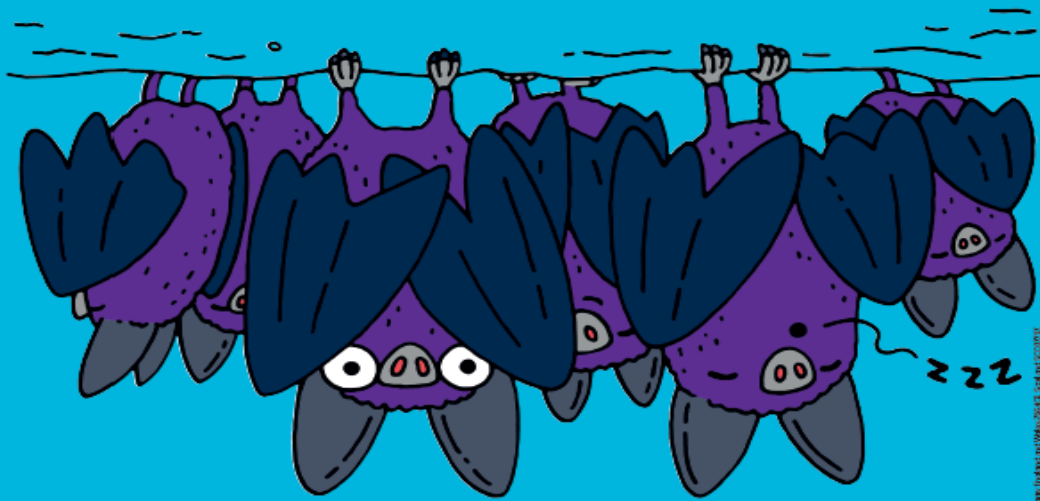


If you are a child who is worried about something that makes you feel uncomfortable, please talk to a trusted adult or call the NSPCC childline - it is open 24 hours a day, it is free and they will listen.

# WORRIED? NEED TO TALK?

Call Childline on  
**0800 1111**



**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

It's free, you don't have to tell us your name - and we're here to talk all day and night, whatever your worry.

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