



## IS SOMETHING WORRYING YOU?

Sometimes you may feel that you have no one to talk to about it, or that no one will listen to you or believe you.



This booklet will tell you what you can do.

## Things you could do:



Tell your parent / carer or another grown up family member



Tell a trusted adult at the Tottenham Foundation



Tell your teacher or another grownup at school



Call ChildLine to speak to a grownup

**NEVER KEEP YOUR WORRY TO YOURSELF**

## At Tottenham Hotspur Foundation we will:

Always listen to you



Always keep you safe



Find out what's been happening



Do everything we can to help sort it out



Sandra Barratt  
Safeguarding Manager  
On behalf of Tottenham Hotspur Foundation