

# Who Can I Talk To?

**REACH  
OUT**

#ANTIBULLYINGWEEK

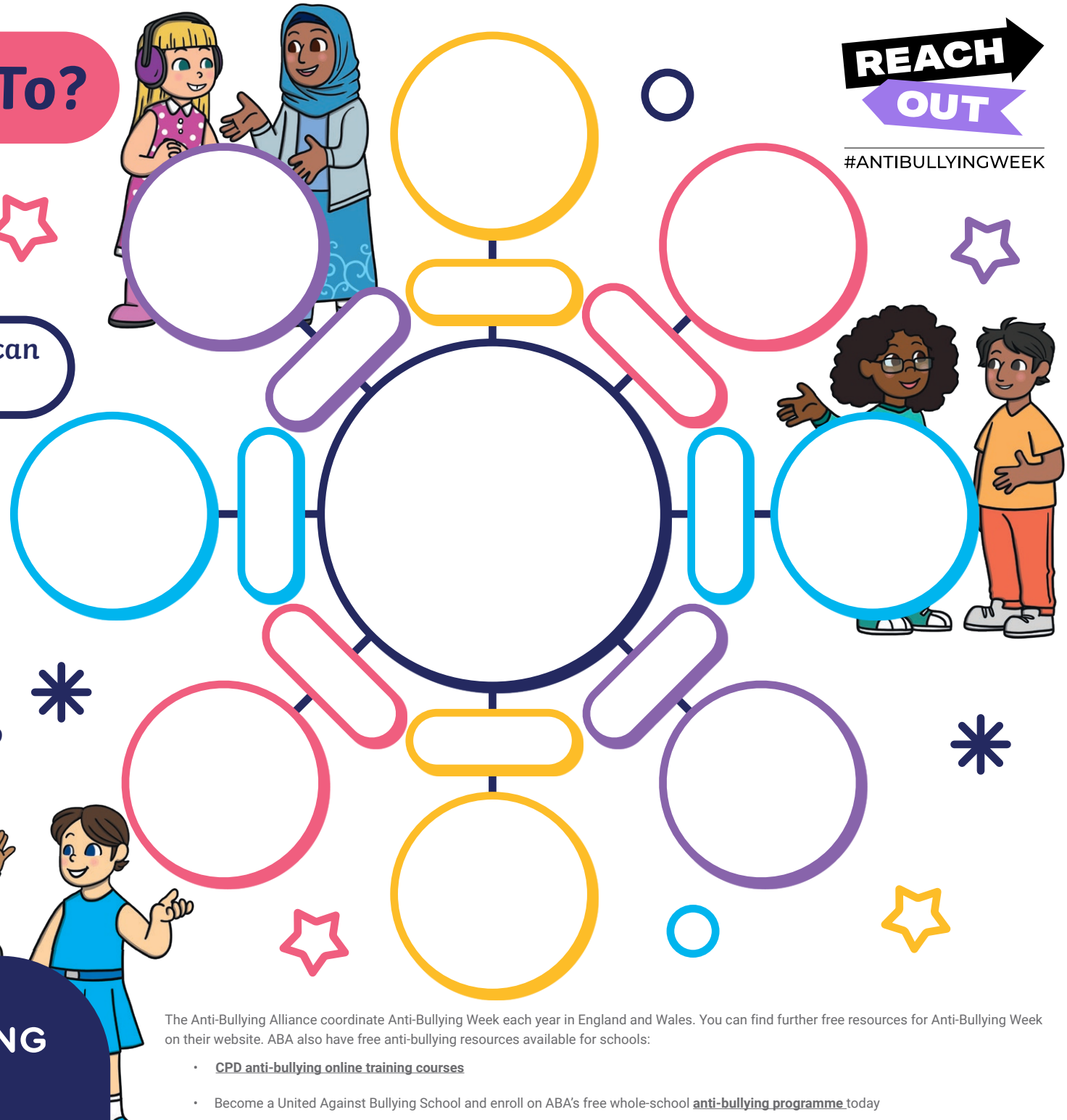
At times, we can all feel worried or upset.

It is important to know who you can talk to and who you can trust.

Please draw a picture of yourself in the middle circle.

Take a few minutes to think about who you can speak to if you are feeling worried or upset.

Once you have done this, please draw a picture of those people into the circles around the picture of yourself. You can add their names as well if you would like.



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