

## School stressing you out?

Your education is important! If you can dream it you can do it (and we really hope that you dream). Making sure that you get through school is the starting point. You need to look at whatever is getting in the way of you doing as well as you can at school.

If you are weighed down by other responsibilities like taking care of your brothers and sisters, and you just aren't getting time to study – you need to talk to someone or call Childline on 08000 55 555 and we will try figure out a solution together.

If you are finding that school is a difficult place for you because you are being bullied or are finding that your friends are putting pressure on you to do things you aren't comfortable with –you need to talk to someone or call Childline on 08000 55 555.

Bullying is a form of abuse – it can be physical or emotional abuse and it is NOT OK