Feel like you might need some help?

"The longer problems are left to linger, the worse they become and the more affected you are by them."

If you've got a problem or are worried about someone you know, deciding what to do to make things better can be difficult.

So this guide tells you about some of the sources of help and advice on how to deal with your worries.

You may be too embarrassed to talk about them. You may think others won't take you seriously or understand you. You may worry that they will tell someone else when you don't want them to. You may find it hard to trust adults. It can be very hard to talk.

But some problems just don't go away if you ignore them or try to sort them out by yourself. You don't have to manage on your own.
ChildLine is the UK’s free, confidential helpline for children and young people. You can contact them at any time of the day or night, when trained counsellors are on hand to provide help, advice, support and protection.

It’s free to call and the number won’t show up on any phone bills. You’ll be able to speak to someone who cares about your problems – so if you feel scared or out of control, that’s OK. You can tell them. Their job is to listen to you and to help.

“It is so much better out than in. You will feel so much better once you have told someone.” Mollie
Everything you say stays between you and ChildLine – unless you want them to talk to someone for you, or you are in real danger. Just ask if you'd like to talk things through.

ChildLine is a service provided by the NSPCC. The NSPCC is a charity that believes in a society where all children and young people are safe, valued and happy.

The NSPCC works to prevent abuse and help those who have been abused. The charity provides a range of services, advice and support for those affected and campaigns for children’s rights.

You can also find plenty of advice and support at www.childline.org.uk

Whether you’re after help and information for the worries that affect many young people, including those in this booklet, or you simply want space to chill out and play some games, it’s designed to help you find your own solutions to your problems.
What's worrying you?

- Experiencing violence?
- Things with friends and family?
- Abuse – physical, sexual, emotional, neglect?
- Bullying?
- Something happening to a friend?
- Family problems?
- Feeling unhappy, depressed or suicidal?
- Loneliness?
- Alcohol or drugs?
- Wanting to hurt yourself?
- Internet safety or cyberbullying?
- Exam stress?
- Sex?
- Attracted to someone of the same sex?
- Confused about gender?
- Seeing violence at home?
- Racism?

- The illness or death of someone close?
- Being looked after by a local authority?
- Forced marriage?
- Medical stuff?
- Anything else?

If you feel sad, confused or scared, you might not be sure why. But it's OK to ask for help.

"Talk to someone when you are ready. Your problem will get better." Ellie
Know your rights

They include a right to:

- say what you think, be listened to and be taken seriously in all matters that affect you
- have an education
- grow up healthily
- a good enough standard of living, including a place to live, food and clothing
- not be discriminated against
- have your cultural background and identity valued

- have your best interests put first when decisions are made about you
- be protected from harm, abuse and violence.

Do you know?
Adults and organisations should never harm you in any way. If you are hurt, adults must do something about it. The law says that some people have a responsibility for your safety. These include social workers, the police and teachers.

Anyone working with you should promote these rights.
When you watch TV or read newspapers or magazines, you may see news stories, documentaries, problem page letters and even stories in your favourite soaps about abuse. Abuse is a word that people seem to use more and more. So, we all know what abuse means, right?

No, not necessarily. Most people talk about physical or sexual abuse. But there’s also emotional abuse and neglect. So things can be a bit more complicated than they first seem.

It’s OK if you are unsure what abuse is. It’s also OK to find out more about it, so you can keep yourself safe.
You should never have to suffer abuse - it's never your choice and never your fault.

Young people may be hurt or abused by adults or other young people in many ways. Abuse can be:

**Emotional**
This includes constant name-calling, being threatened, being made fun of or made to feel small, and often seeing violence between the people who care for you.

**Physical**
This includes being kicked, beaten or punched.

**Neglect**
When you don’t have somewhere to stay, enough food to eat, clothes to keep you warm, or if you are not looked after properly.

**Sexual**
This includes being touched in a way you don’t like, being forced to have sex, made to look at sexual pictures or videos, or anything else that makes you feel uncomfortable.

Turn the page to test your knowledge of what’s abuse and what’s not...