



GUIDANCE NOTES NO:

7.5

HOW TO ASK AN ADULT FOR HELP

FOR ALL



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HOW TO ASK AN ADULT FOR HELP

If something is bothering you or there's an issue you can't fix on your own, please speak to an adult you trust. Asking for help isn't always easy but Childline have some great tips for you that may help.

Take a moment to check out the tips below or simply visit Childline [here](#).

Sometimes people have to pass things on to keep you safe, they need to tell the people that can help you. Talk to the person that you are telling if you are worried about this.

TOP TIPS FROM CHILDLINE:

- Choose someone with whom you feel safe;
- Plan what you want to say. You might want to practice saying it as well, as this might help you feel more comfortable;
- Try to find a time to talk when they aren't busy or distracted. You can also ask them to arrange a quiet time to talk, so that you have their full attention;
- Remember, you have control over how much you tell someone; you don't have to say everything if you don't want to;
- You can ask them before you say anything to keep what you've said private*;
- Try starting the conversation by talking about something else that mentions the issue. It could be anything, like something you have seen online, TV or a book. Or even something at school;
- Writing a letter or leaving a note can be a great way to start a conversation with someone you trust. Especially if telling someone in person seems difficult.

**Different professionals (like doctors and teachers) have different rules about keeping something they've been told private or confidential. Sometimes they have to pass on certain things, and sometimes it's down to their own personal decision.*

If you're worried about confidentiality and what can be kept private, you can ask someone about it before you tell them anything. Most professionals have a responsibility to tell you their policy.

If they're worried about your safety, some adults have to tell someone else. This is so they can help you in the best way.

If you want to start a difficult conversation, how about trying one of these:



The FA wishes to acknowledge that this content has been sourced from the [Childline website](http://www.childline.org.uk). W: www.childline.org.uk; T - 0800 1111



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