

A black and white photograph of a young man wearing a camouflage-patterned hoodie, sitting and looking down. He is positioned in front of a wall covered in graffiti, including large circular designs. The overall mood is somber and contemplative.

GUIDANCE NOTES NO:

**7.5**

# **HOW TO ASK AN ADULT FOR HELP**

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# HOW TO ASK AN ADULT FOR HELP

If something is bothering you, 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](#).

## TOP TIPS FROM CHILDLINE:

- Choose someone with whom you feel safe;
- Plan what you want to say;
- Make sure it's a good time to talk and that they aren't distracted;
- 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\*.

*\*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*

*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.*

*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:

*I want to tell you something, but I don't know how.*

*This is hard for me to say, but I have something important to tell you.*

*I need some advice on something I'm stressed about.*



The FA wishes to acknowledge that this content has been sourced from the [Childline website](#).



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