



# How safe do you feel?

- Do you feel unsafe right now? Are you afraid something bad is going to happen very soon?
- Have you been asked to do something illegal, or that seems wrong, but you feel you can't say no to?
- Do you feel like you have no choice but to keep doing something you don't want to do, due to pressure or threats?
- Has anyone promised you something (like money, a job, or gifts) in exchange for doing something that makes you uncomfortable?
- Have you been feeling unusually stressed, anxious or scared about someone's expectations of you?
- Do you feel trapped in a relationship or situation that makes you uncomfortable, which you can't leave or tell others about?
- Have you noticed yourself doing things you wouldn't usually do, like skipping school or work, or spending time in places you wouldn't normally go to?
- Do you feel unable to leave a situation because you owe someone money, favours, or something they gave you?
- Has someone made it difficult for you to stay in contact with friends and family, or pressured you to lie or keep secrets?

## People and numbers to contact if you are concerned about yourself or someone else:

Trusted adult or teacher, head of year, tutor, pastoral lead

School community Police Officer

Fearless [www.fearless.org](http://www.fearless.org) (Completely anonymous)

Childline 0800 1111

NSPCC Helpline 0808 800 5000

Modern Slavery Helpline 0800 0121 700