

@DerbyshireYouthFocus

IT'S OKAY TO SAY!

"Now you're all tucked up in bed it's time for a bedtime story"



"If someone has asked you to keep a secret and it doesn't feel right, telling someone you trust can make you feel better"



"But what if I get in trouble for telling?"

"You won't get in trouble for telling. Whatever it is you can tell me anything and I will be here to look after you"



"If a secret makes you feel bad or uncomfortable you can tell a trusted adult. A trusted adult is someone who will always believe you"



Shall we talk about who you feel are your trusted adults?

 **101** in an emergency
always call 999
www.derbyshire.police.uk

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