



MAKING A HELPING HAND INSTRUCTIONS



We can all have a helping hand full of people to talk with when we do not feel safe. You can make your own helping hand. Here are some directions.

- On a page draw around your hand.
- On each finger put an adult's name whom you can trust.
- In the middle finger, or palm of your hand, you can put the name of someone else or something that you like to talk to e.g. a diary, a teddy bear.
- Up your sleeve you can put the names of people or organisations that you could contact in an emergency e.g. fire brigade, police, ChildLine.
- You can keep this so that you have your helping hand with you at all times.

REMEMBER!

YOUR HELPING HAND IS THERE FOR WHEN YOU NEED IT. THERE IS NOTHING SO AWFUL OR SO SMALL THAT WE CAN'T TALK ABOUT IT WITH SOMEONE.