



A TOOLKIT FOR SAFETY, HAPPINESS & HEALTH

**Tool kit for safety
happiness
and health**

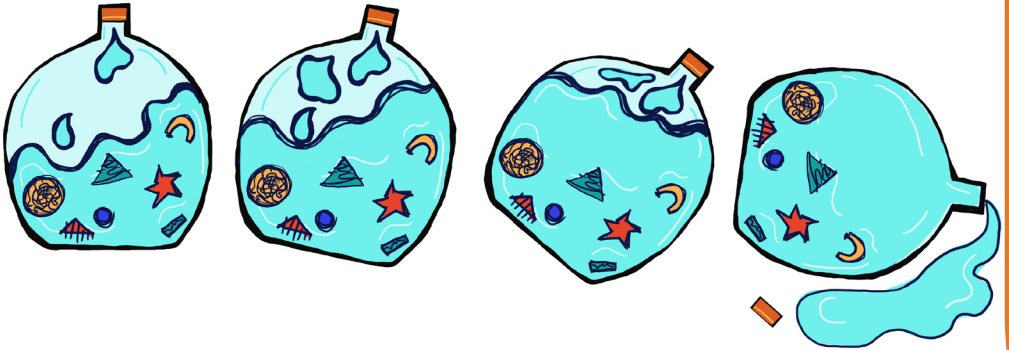


This is by young people

for young people



Why would you want it?



To stop smaller problems getting too big and overflowing

Whatever you're worried about, it's okay to ask for help

It can help those facing violence

It can help families struggling to afford food or other essentials



It can support you with your mental health

**We are all different so are the tools
we need to get us through the difficult times,
but whatever the problem
there is always someone there you can go to.**





Guidance



Self-care skills

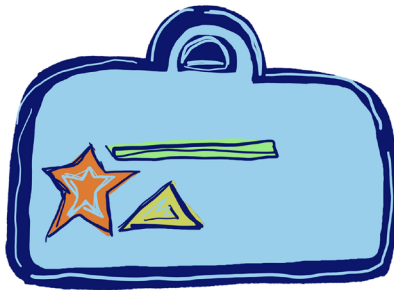


Community



Stability

What might be in a tool kit?



Education



(Mental)Health



Support

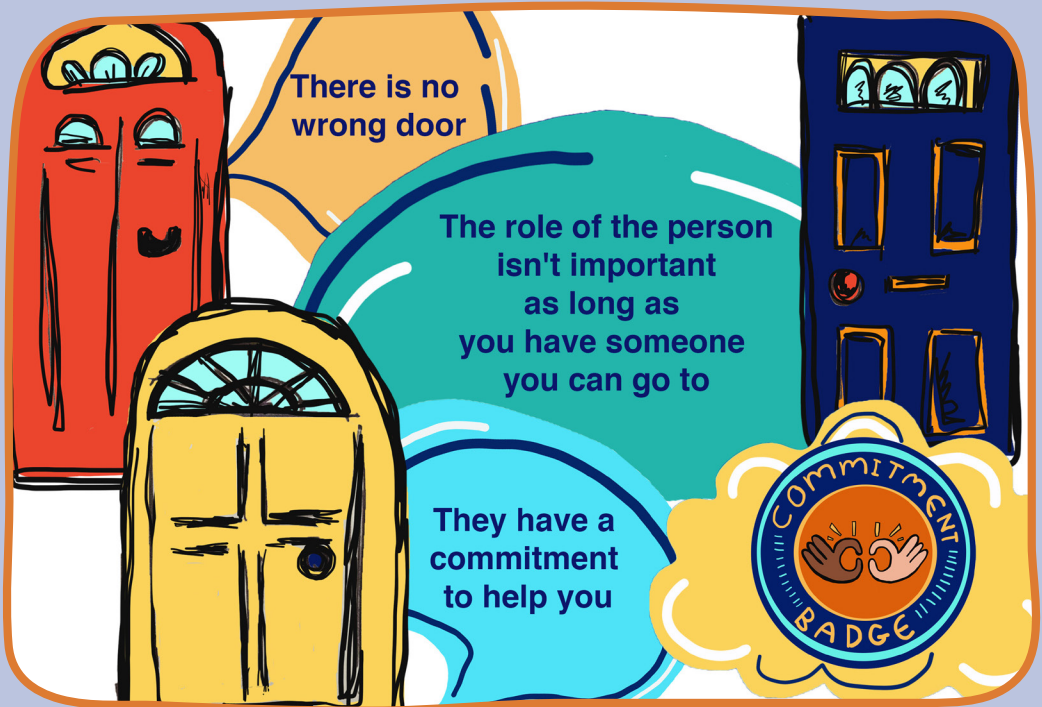


Safe Space





How can you get the tools you may need?

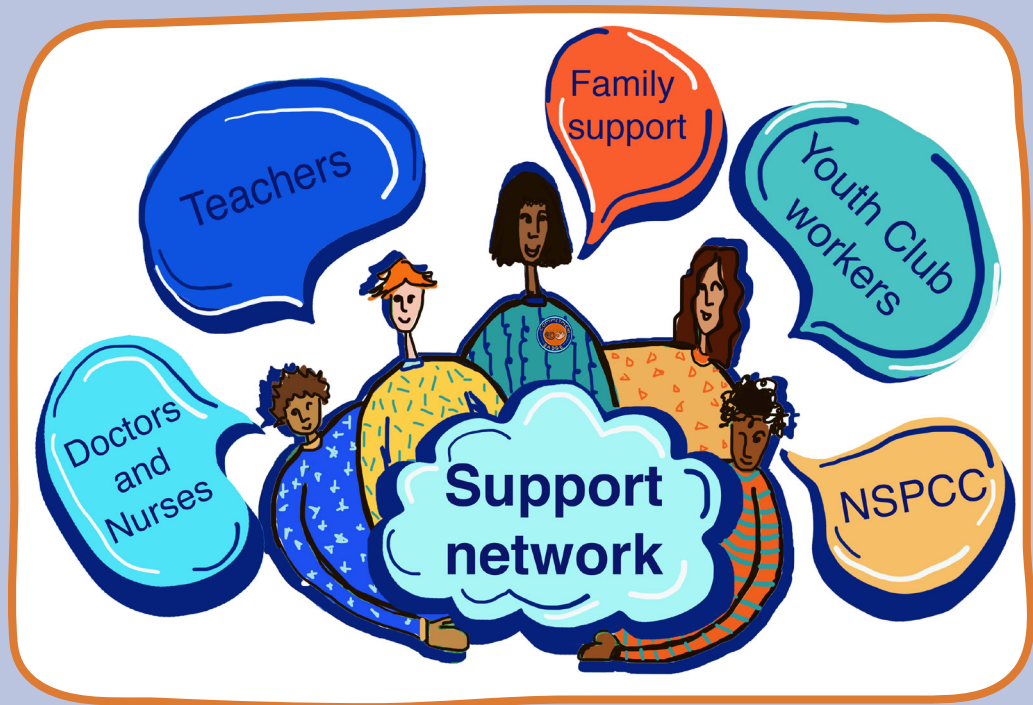


There is no
wrong door

The role of the person
isn't important
as long as
you have someone
you can go to

They have a
commitment
to help you








<https://www.cumbriasafeguardingchildren.co.uk>



For more
support
go to ...

What happens next?



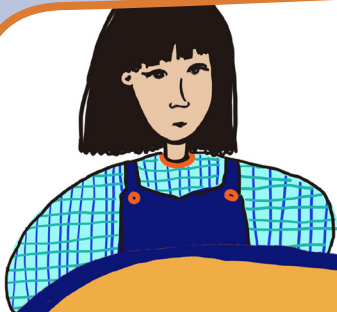


Nothing ever
changes, no-one
will listen to me.

I would be too
embarrassed, scared
and worried.

My problems will
become more
real if I talk
about them.

People will be
annoyed and
angry with
me.



I don't have the
confidence to
talk to
someone.

You can talk to someone you
trust: a teacher, teaching
assistant, youth club worker.
It doesn't matter who they
are. We are committed to get
you the tools you need.





I might be bothering
people.

You won't be, there is no
wrong door. Whatever
you're worried about it's
okay to ask for help.





Everyone will
find out.

What you say is
confidential. However, if
you or someone else is at
risk they will explain to you
who will need to be told and
how they can help.





You will be offered support.
You will not be told off.

It's okay to feel
sad, hurt or scared.
Just talking about it
can help.

If you think
no one is
listening to you,
you have the
right to
complain.

You have to be
on board
with what you need,
to get the correct
support for you.



It will stop your problems
from becoming too big.



<https://www.cumbriasafeguardingchildren.co.uk>



For more
support
go to ...

NOTES





FOR MORE SUPPORT

Please visit cumbriasafeguardingchildren.co.uk

WITH THANKS TO

Alice Burford Artist for the wonderful illustrations and all the young people at Cumbria Safeguarding: Youth Voices for collaborating with her on them.



Alice Burford Artist

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