

# My Circle of Help

It's important that children know who they can turn to if they have a problem.

Discuss with the children who they could turn to for help if they were worried, scared or needed help. Think about teachers, support staff, friends and family members. Ask each child to complete their own Circle of Help, showing who they could turn to at primary school.

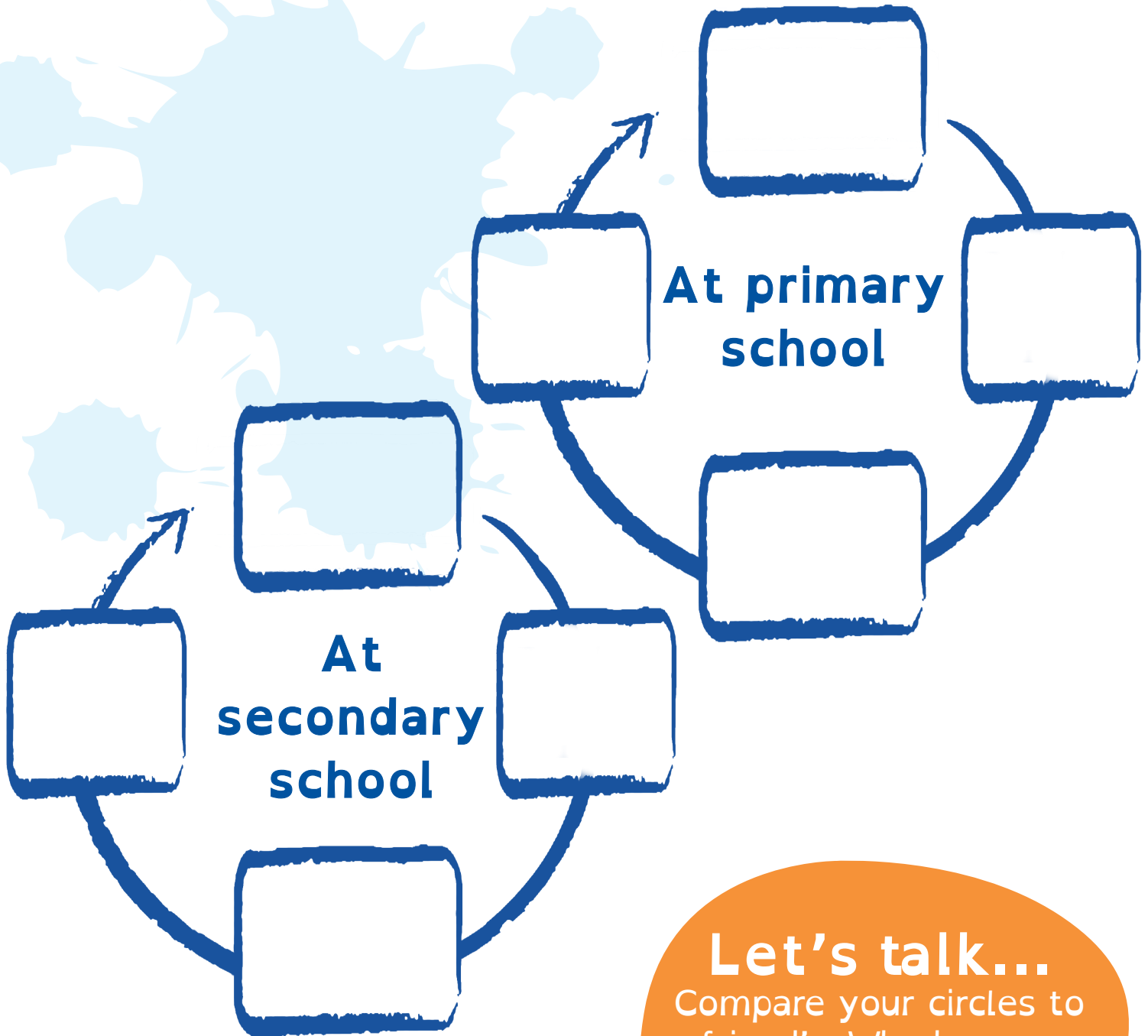
Talk about why they've chosen those people and in which situations they would turn to them.

Talk to them about who would be around to help them at secondary school. This is a good opportunity to discuss how pastoral care works at secondary school- for example they won't have one classroom teacher but they will have a form tutor. It's also a good opportunity to remind children they can still call on family and friends.

Explain to the children that they can start to complete the Circle of Help for secondary school now, but that once they've had their induction or started the new term they will be able to update it with names and additional people.

# My Circle of Help

Draw or stick pictures of people you would turn to if you were worried, scared or needed help. Who are the friends, family members, teachers or other people you could go to for support?



**Let's talk...**  
Compare your circles to a friend's. Who have you chosen and why? Which situations could they help in?