

CHECK IN WITH YOUR FRIENDS

If one of your friends doesn't seem OK, checking in on them can make a huge difference. One in every five children struggles with their mental health, so let's make sure we support each other through any difficult times.

**BE A GOOD
LISTENER**

**ASK HOW
YOU CAN
HELP**

**SHOW
EMPATHY**

**SEND A
NICE
MESSAGE**

BE KIND

★ **BE** ★
SUPPORTIVE

IF YOU ARE WORRIED ABOUT A FRIEND
**TELL A
TRUSTED
ADULT**

**I SAW THIS AND
THOUGHT OF YOU!**

**WANTED TO LET YOU
KNOW I'M THINKING
OF YOU!**

**I'M HERE WHEN YOU
NEED ME.**

**MISSED YOU AT
SCHOOL TODAY.
EVERYTHING OK?**

NOS
**National
Online
Safety®**
#WakeUpWednesday