

SOME OF THE THINGS THAT MIGHT BE WORRYING YOU THAT YOU FEEL YOU CAN NOT MANAGE ALONE

An older child has treated you badly

You are being bullied / given a hard time / someone is making fun of you

You feel you have been shouted at or spoken to in a way which you feel is unfair by a member of staff

You think you are being picked on / left out of things on purpose

A friend has told you something that makes you worry about him / her

Someone has

- ask you to do something in secret that you feel unhappy about
- asked you to do something else which you felt was wrong or made you feel uncomfortable
- taken some of your property

You are unhappy about something at home

You are having problems with your work

You are not happy with your living conditions (your bed, the food etc)

You are not feeling well

WHO TO TURN TO:

In School:

- . The Headmaster
- . Miss Rutter
- . Mrs Andrews
- . The School Nurse – Sister Emily
- . Mrs Francombe
- . Mrs Morey
- . A teacher
- . Your form teacher or tutor
- . A friend

Out of school:

- . Your parents
- . A relative
- . A friend

WHO WILL LISTEN TO ME?



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The Banda School

If you need to speak with someone because you have a problem or a worry that you cannot manage on your own, please remember that The Banda is a **listening, caring** community and we want to help you feel happy again.

WHAT TO DO:

Talk to

....A close friend

....An older pupil you respect and trust

....Miss Rutter / Mrs Andrews

....Mrs Francombe / Mrs Morey

....School Nurse

....The Headmaster

....Your form teacher, tutor or any member of staff

Talking to someone will usually solve your problem.

If you choose to speak with an adult, you are welcome to bring a friend with you to support you.



IF YOU ARE STILL WORRIED AND FEEL YOU NEED MORE HELP:

- Speak to any other member of staff or adult that you can trust. This could be the same person that you spoke to before or someone different.
- The person WILL LISTEN
- You will be asked to talk through the problem.
- You will be given some suggestions to try.
- You will then need to decide which suggestions to follow.
- You will be asked to come back to say if things are better.
- If you are still unhappy you may make a formal statement. This means that you write down on your own, or with someone to help you, what has happened, or what is worrying you.
- Take your statement to Miss Rutter or the Headmaster or any person listed in this leaflet, saying that you want more help.

Often a problem is one that you do not wish to share with more than one person. We will keep your confidence where we can but, in some circumstances, it may be necessary to tell someone else in order to help you. **ONLY** the people who **NEED** to know will be told. This will be explained to you at the time.

If you feel you cannot talk to someone, then write a letter. You can seal your letter in an envelope, put the person's name on the front that you want it to go and give it to the School Secretary to pass on for you.

