

What to do if you are worried about something

This sheet explains what you can do if you feel worried about something or about how you are being treated, and gives advice on what to do about it.

Things that might make you unhappy or upset:

- You may feel bullied or discriminated against;
- Someone may have hurt you physically or hurt your feelings;
- Maybe someone has taken something that belongs to you and not returned it;
- Perhaps you feel that someone's action or behaviour is unjust or that you have been treated unfairly;
- You may feel that nobody understands the difficulties you are having with some of your work;
- Something at home may be worrying you.
- Or there may be something else which you think is wrong.

There are many people here at Hammond to whom you may turn. Friends who may be able to help you, or an older boy or girl to whom you may feel you can turn. If it is a boarding matter then talk to a member of the boarding staff. If it is an academic or dance matter then talk to a teacher, but always remember staff from all departments are here to help whatever the problem. Any pupil who is worried about their work, activities or relationships is encouraged to seek help; any of the staff below can help.

- House staff**
- Form teacher**
- Mrs Thomas (KS3) or Mr Speakman (KS4 and post-16)**
- Mrs Evans - Principal**
- Mrs Lawn -Head of Boarding**
- For Post-16 students, Mrs Fletcher (Welfare Officer) or Mrs Starmer (Artistic Faculty Manager)**
- For Degree students, Mrs Ronald or Mr Williams, Vice-Principal Artistic**

You may feel that you wish to talk with someone else from outside school, and this is perfectly OK.

You can talk with, telephone or write to any of the following:

- Your parents or guardian
- Paul North (our Christian schools worker) 01244 311005
- Childline, Freepost, London 1111, N1 0BR 0800 11 11 11
- ISI (the independent school inspection organisation) 0207 600 0100
- Your local health centre