





It's ok to help your brothers or sisters and try to keep them safe



Get some Ear Buds Or Head Phones

So you don't have to listen

Talk to a family member, a friend or an adult that you trust



It Will Get Better once you talk about it and get the help you need

Telling The Truth IS HARD

because you don't want to be judged by what your family is doing and you can't control it.

If it is safe...



KEEP TALKING UNTIL SOMEONE DOES SOMETHING BE HEARD

ask questions **TEN times** if you have to

Do What You Think is right.
Trust your Gut

It's never your fault
DON'T BLAME YOURSELF

No such thing as saying the wrong thing

Write Down How You Feel **AND THEN RIP IT UP** So Nobody Can Read It