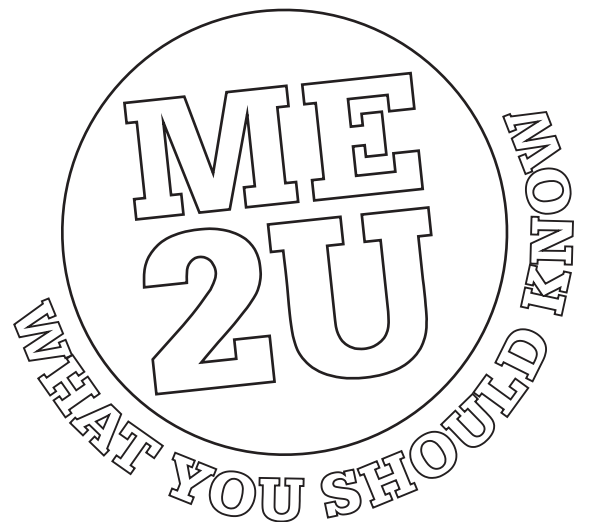
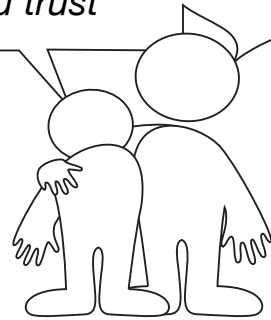


**STAY CALM  
+ NEVER  
GIVE  
UP**





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...



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

