

# 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**