

Worksheet 26: People You Could Turn To



Student name: _____

Teacher: _____ Class: _____

Make a list of between 5 -10 people you could turn to in times of trouble. You might like to include people who would be best to help you with different types of problems, e.g. health, personal, school and family. Make sure you have back-up people in case one person isn't around when you need them. Include contact details (e.g. mobile numbers and email addresses) and be sure to include the names of plenty of trusted adults who can provide you with informed and sensible advice.

Use the space provided to list the people you know.

	Name of person	Relationship to you	Phone no./ mobile	Email address
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				