

Problems? Who Can Help?

If I had a problem, I could talk to

Family _____

Friend _____

Other _____

If I needed help on the way home or I got scared, I could go to

If I was home alone and needed help I could

There are other people who can help

School nurse _____

Teacher _____

Principal _____

Other _____

Or I could phone

Kids Help Phone 1-800-668-6868

The Children's Aid _____

Police _____

Note: The Children's Aid should only be contacted if a child feels they are in need of protection because they are being neglected, abused, or they have been kicked out of the house.