

# 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**