



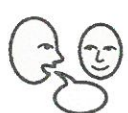


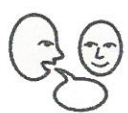


 = 
 




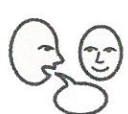



If you are sad or anxious you can;

• Talk to your parents.

• Talk to your teacher.

• Talk to an adult you trust.