

## 3.14 Getting advice and support

Draw a line between each scenario and where you would go if it happened to you. It's ok to have more than one line going to a destination, you might find that some destinations have no lines at all.

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Where would I go when...

I've had a fall out with a friend

A teacher is being really unfair to me

I'm not getting on with people at home

I'm bored

I am worried about an exam coming up

I am going out with someone and we have started thinking about having sex

Someone I know is hassling me to do something I don't want to do

I'm feeling a bit down

People I know are hassling me online

I'm not having sex yet, but thought I should check out condoms and how they work

I would go to...

An adult in my family

A brother, sister or cousin

A friend

A partner

A teacher

School nurse

A GP (doctor) or a nurse at the health centre

A sexual health clinic or a young people's clinic/drop-in

No-one

Look online