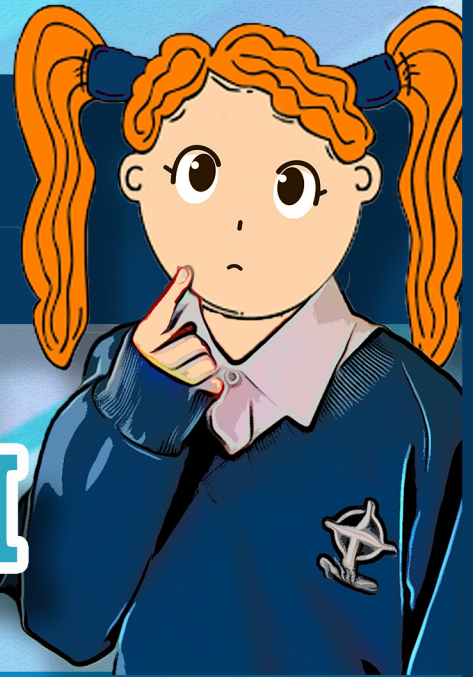




Galilee
Catholic School
welcoming • respecting • constructing

HOW TO GET HELP WITH A CONCERN OR A

PROBLEM



TRY TO SOLVE IT
YOURSELF

- Think about it
- Understand the problem
- Use an affective statement
- Walk away



TALK TO
SOMEONE

- A teacher
- Your parent / carer
- A friend
- Well-being co-ordinator
- Peer mediators
- Student executive
- Chaplain



FURTHER
HELP

- Co-Principal
- Centacare
- Kids help line 1800 551 800