



# I've got a problem...



There are lots of people you can speak to at Beath if you have a problem. The important thing is to tell someone about it. You could speak to:

- A class teacher, especially if it's something about the lesson
- Your Guidance teacher
- A friend
- Someone at home
- A House Captain or a Prefect
- Your registration teacher
- PC McDougall
- Health Zone drop in (Monday lunchtime)



In fact, you could speak to any adult or senior pupil at Beath to get some help. It's important to speak out. Try not to worry – you'll feel better once you've spoken.