

Name

Class

Tutor  
Group

# Year 11 – Personal Development

## Intro to MyChoice16



### KEY VOCABULARY LIST

<b>Ground Rules</b>	Boundaries that a class sets at the start of a Personal Development lesson
<b>Psychometric testing</b>	A way of assessing your strengths, interests and aptitude
<b>Emotional Wellbeing</b>	Phrase used to describe someone's mental state
<b>Stress</b>	State of worry or mental tension caused by a difficult situation
<b>Self-Care</b>	Taking the time to do things that help you to live well and improve both your mental and physical health
<b>Work-life balance</b>	Maintaining a harmonious relationship between your work and personal life
<b>CV</b>	An outline of a person's education and work experience
<b>Application Form</b>	A form designed to bring out essential information and personal qualities that an employer requires

# What is Personal Development?

In Personal Development lessons you will be taught about three key topics. These include:

- **Health and Wellbeing** (E.g. Healthy eating, mental health, puberty and self examination)
- **Relationships** (E.g. Healthy relationships, respect for others, consent and sexual harassment)
- **The Wider World** (E.g. The law, citizenship, anti-discrimination, finance and careers)

Sometimes these lessons are called **PSHE**. This stands for **Personal, Social, Health and Economic Education**.

In Personal Development, you will learn about **British Values**. These are:



1. Democracy
2. Rule of Law
3. Tolerance of different cultures and religions
4. Mutual respect
5. Individual liberty

In Britain, our **British Values** are protected in the law. In Personal Development, you will learn to recognise **protected characteristics** which are part of the **Equality Act 2010**. This law helps to stop **discrimination** and ensure everyone is treated fairly. There are 9 protected characteristics, these are:



1. Race and ethnicity
2. Pregnancy and maternity
3. Age
4. Disability
5. Sexual orientation
6. Gender reassignment
7. Gender
8. Religion or belief
9. Marriage and civil partnership

## Learning Objectives

- Understand what My Choice 16 is
- Know how to access your account and use the site

### Do Now:

1. What are 2 post-16 options?

2. What is the age of participation?

3. Where can you get impartial careers advice?

4. Define work-life balance

5. Three reasons why sleep is so important for the body

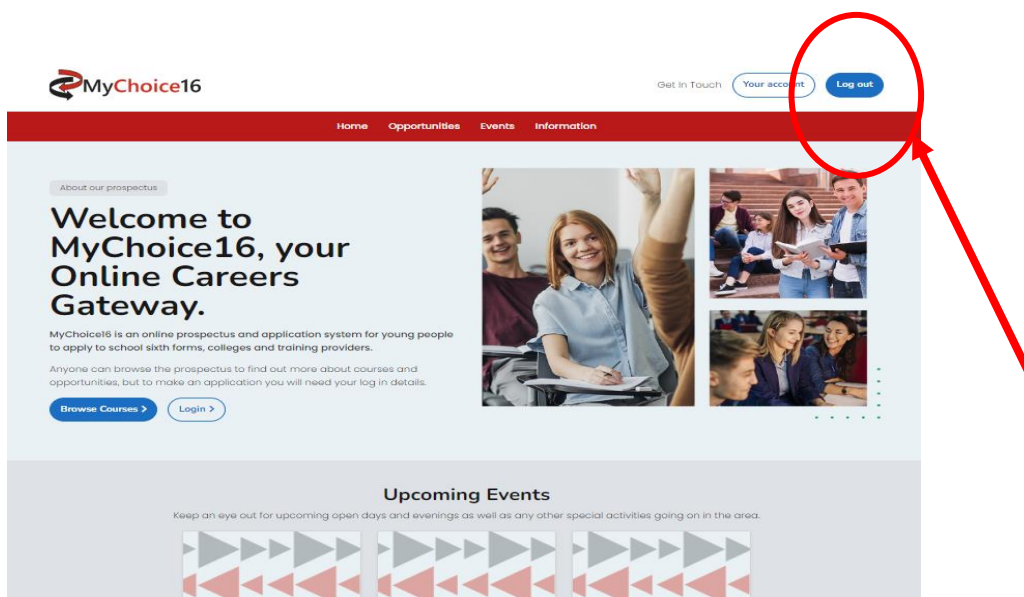
## What are your post-16 options?

The law states that you must remain in education and training until you are 18. You have a number of post-16 options that you might decide to pursue. These include:

- Full-time study in a school, college or with a training provider;
- Full-time work or volunteering (20 hours or more) combined with part-time education or training leading to relevant regulated qualifications;
- An apprenticeship;
- A traineeship or supported internship.

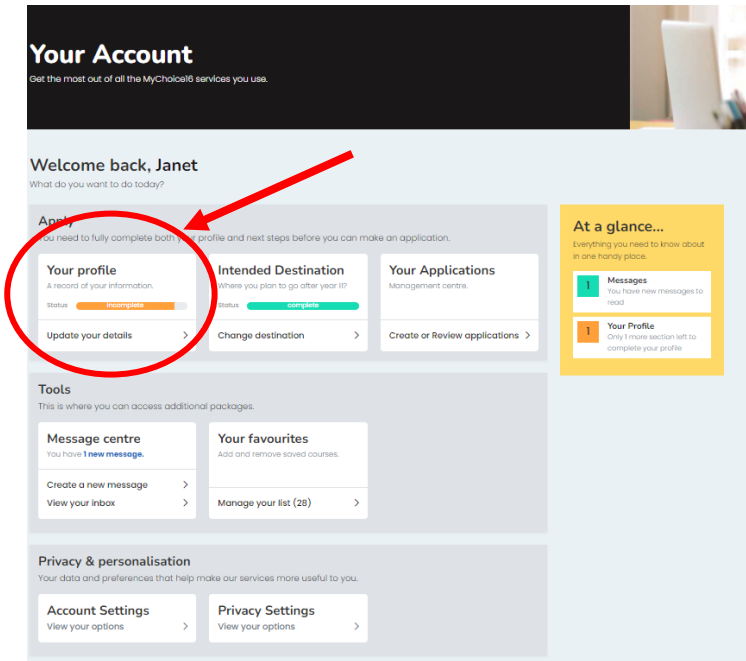
## What is My Choice 16?

- My Choice 16 is the site to use to make your applications to your post-16 providers in Cambridgeshire.
- Go to your school email and search for an email from My Choice 16.
- Follow the steps here to log in for the first time and create a secure password.
- For applications outside of Cambridgeshire, you will need to use the out of area provider option on MyChoice 16 and the complete their preferred application method. Please see a member of the Year 11 Team or Mr Powell for help with this.



**Please note:** You will need a **personal email account too**, set one up over the weekend if you don't already have one and note the address somewhere safe. **You will need it in the Spring.** \*\*

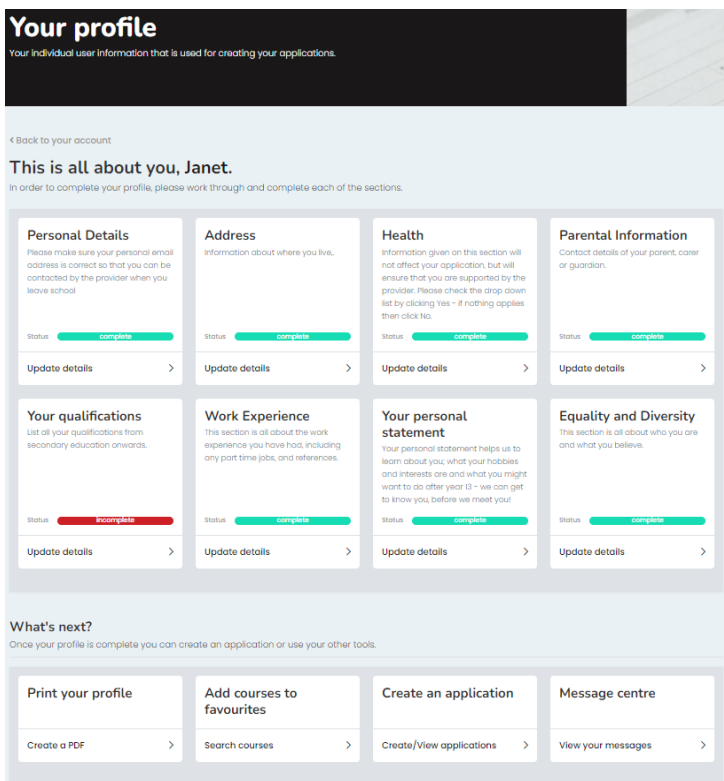
1. Once you have set up your password, you will enter the main dashboard. Here you can access all key information including your profile, intended destinations, applications, messages, favourites and other account settings. The first task you will need to complete is **Your profile.**



2. Your profile is the main part of any application and will be attached to different courses for each college application

It is **really important** that every part of your profile is completed accurately, especially contact emails and phone numbers after leaving school.

Your qualifications will be uploaded by the school, so there are 7 areas of your profile that must be completed before an application is sent on. These are shown in the screen shot opposite. They include personal details, address, health, parental information, qualifications, work experience, your personal statement and a section on equality and diversity.



3. As you work through each section of the application, the 'At a glance' section will indicate with a green tick what has been completed. A red cross will show what is left to complete. You can go back and change any part of the profile until it is sent by the school. It is important that you take your time when completing each section, checking for spellings and accuracy.

Personal Details section in My profile

Health section in My profile

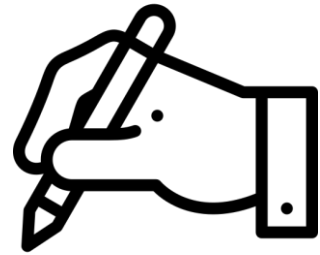
4. It is really important that you click **yes** on the health section should you need to identify any issues. Colleges need to know this information in advance so that they can support you once enrolled. This might include a dyslexia diagnosis or other difficulty, disability or health problem. This information will not influence your application in any way.

**Task 1:** Complete the following sections of your personal profile on My Choice 16

- a. Personal details - check your postcode is accurate, use google maps if necessary
- b. Parental information -
- c. Qualifications - This will be filled in by the school as a bulk upload, so please leave it empty.
- d. Work experience - Make sure you complete this section otherwise it will automatically assume you have not done any work experience. Here you can explain what you did during work experience? What skills you learnt from it? And how relevant is it to your application?
- e. **Personal Statement - Please leave this blank for now. More details on how to write this later.**
- f. Equality and Diversity

## Writing your personal statement

When you begin writing your personal statements for sixth-form applications, it's beneficial to know what elements to include. Here's a useful breakdown of the things to include in your statement to impress admissions personnel:



### 1. Start with an introduction

Including an introduction for a sixth-form personal statement is a great way to attract the attention of college admissions personnel. This section doesn't require much in-depth information. It can include such details as ;

- who you are,
- where you're studying,
- what you're applying for,
- why you want to pursue a particular sixth form course structure
- why you're applying to the particular college.

Remember, this is the first impression you're going to make, so keep things engaging while leaving your achievements and interests for later sections of the statement.

#### Sciences example introduction:

*I'm a Year 11 student at Trinity Lodge Academy in Edinburgh, studying GCSEs in triple sciences with a particular interest in chemistry. I'm keen to pursue advanced level courses in science and mathematics in my sixth form studies to prepare for a science undergraduate degree in engineering.*

#### Arts example introduction:

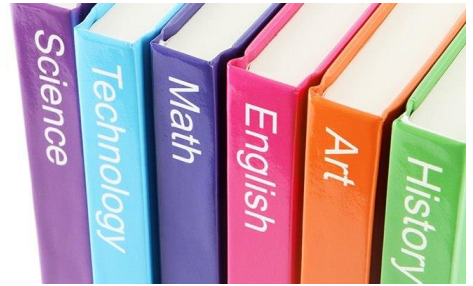
*I'm a Year 11 student at Glasgow Academy studying GCSEs in various subjects, particularly interested in English, art, design and drama. I want to pursue my passion for English literature and art history by completing A-levels at sixth form college. Your college's dedication to valuing art makes it a great fit for my goals.*



## 2. Write about your strongest subjects

Next, include a section describing your strongest core secondary school subjects and grades to help admissions personnel learn more about you and your skills. It's important to discuss your academic strengths and abilities and relate them to what you're applying for to

demonstrate your readiness to complete the sixth form programme successfully. Use examples from your lessons and mock results to support here. For example, if you're applying to study biology and chemistry in the sixth form, it's helpful to relate this to your previous achievements in science subjects.



### Sciences example introduction:

*I've always excelled at mathematics and science courses, taking a special interest in chemistry throughout secondary school. I'm going to complete four GCSEs grade six and above with expected grades of seven in maths and eight in chemistry.*



### Arts example introduction:

*I've developed a love of English literature and its connection with theatre, drama and art throughout my secondary school education. By the end of this academic year, I'm going to complete 4 GCSEs grade 6 and above with an 8 in English Literature.*

### 3. Highlight any positions of responsibility you've held

Sixth form helps students become responsible, professional individuals, so including any past responsibilities you've held in secondary school is a great way to impress admissions authorities. This demonstrates that you've already developed a strong foundation of commitment and can succeed in sixth form. These positions may include prefect, peer monitor, student leader or any applicable school volunteering experience. If you have taken part in a school council, are competing the DofE Award or have done anything where you have shown any important skills it is important to mention them here, they may cross over to work history but that is ok.



#### Sciences example introduction:

*Recently, I became a student leader in my school, serving as a role model of good behaviour, punctuality and diligence for my fellow students. Beyond this, I actively volunteer for my school's science society, providing mentorship to younger students interested in developing their skills.*

#### Arts example introduction:

*For the last two years, I've taken on the role of a student mentor for younger students with an interest in drama. I mentor them after school twice a week to develop their theatre skills. This role requires great communication, organisational and time management skills.*



#### 4. Include your relevant work history

Relating your work history, including non-GCSE-based activities in school or outside, is another way to demonstrate your ability to uphold responsibilities and highlight your professional skills. For example, you could include your Year 10 work experience, a part-time job or any auxiliary volunteering you've done within your community. Remember to highlight the skills you've learnt from these experiences, such as time management, organisation, communication skills or attention to detail.

#### Sciences example introduction:

*Outside of school, I work part-time as an administrator for a local accounting firm. This work allows me to improve my communication, attention to detail and time management skills in a professional environment. It also allows me to learn the professional application of mathematics in the real world.*



#### Arts example introduction:

*I love participating in the local theatre, and I regularly volunteer to help build sets, create advertising campaigns and perform general administrative duties outside of school. It's a great opportunity to understand art outside of the school setting.*

## 5. Mention extra-curricular activities and other experiences

Highlighting any extra-curricular activities, you've participated in can be a great way to demonstrate your suitability for sixth form. It shows admission authorities that you have important skills such as teamwork, motivation, organisation, problem-solving and time management outside of school.

Mention your hobbies or interests and relevant awards, achievements, fundraising or charitable work too. In addition, you could use the events that have been ran by the school. Use your Morrisby account to help you with this. These could include things like enterprise events, activity days, workshops like mock interviews.



**What is a skill?** A skill is something that can be developed or improved upon through training or practice. This could be in a work place or education setting. E.g. team work, organisation, planning, problem-solving, communication, time management, listening, leadership, decision making

### Sciences example introduction:

*Beyond this, I'm passionate about engineering and designing model aeroplanes from scratch, a hobby I've had since I was young.*

### Arts example introduction:

*I have been to the theatre many times with school and with family. I enjoy writing my own screenplays and short stories. One of my short stories went on to be published in a school anthology when I was in year 7.*

**What is a quality?** A quality is part of your personality. It often describes the way you interact with others or behave. E.g. Adaptability, reliability, flexibility, caring, honest, positive, thoughtful, helpful, confident, inquisitive, conscientious, proactive, diligent, dedicated, ambitious, patient

## 6. Highlight your future plans

Admissions personnel may want to know what you plan to pursue after sixth form with verifiable evidence. Including your plans allows you to relate your preferred sixth-form course structure to your future endeavours. For example, if you plan to focus on sciences, mention how this can help you achieve a position in a biochemistry undergraduate programme you plan to apply for.

### Sciences example introduction:

*My plans include completing sixth form and studying aeronautical engineering at the University of Blue Lake.*



### Arts example introduction:

*My plans include completing sixth form and pursuing a Bachelor of Arts degree in drama and English literature at Red Hills University.*

**Task 2:** Draft your personal statement. In the spaces below, write down notes and keywords or phrases you want to make sure are in your personal statement

**Introduction:**

**School subjects:**

**Responsibilities and skills:**

**Work experience:**

**Hobbies:**

**Future plans:**

**Task 3:** Converting notes. In this section, turn your notes into sentences. You can use some of the suggestions below to help you.

I am Year 11 student at.... School studying GCSEs in.....	My favourite subjects are....	I am currently....
My strengths are...	I am proud of...	I enjoy...
My greatest achievement(s) i/are....	I plan to....	I hope to...
I intend to...	This year...	Whilst at school....
Outside of school....	Alongside my schoolwork I....	Last term I....
Recently.....	During the summer....	I work hard to.....
To develop my skills....	To achieve....	It improve...
I find/have found..... challenging/difficult	In addition.....	Furthermore....





Responsibilities:


Work experience


Extra-curricular:




**Task 4:** Write up. Turn the sentences into paragraphs. Make them flow together. Then ask someone to proof-read the finished draft.

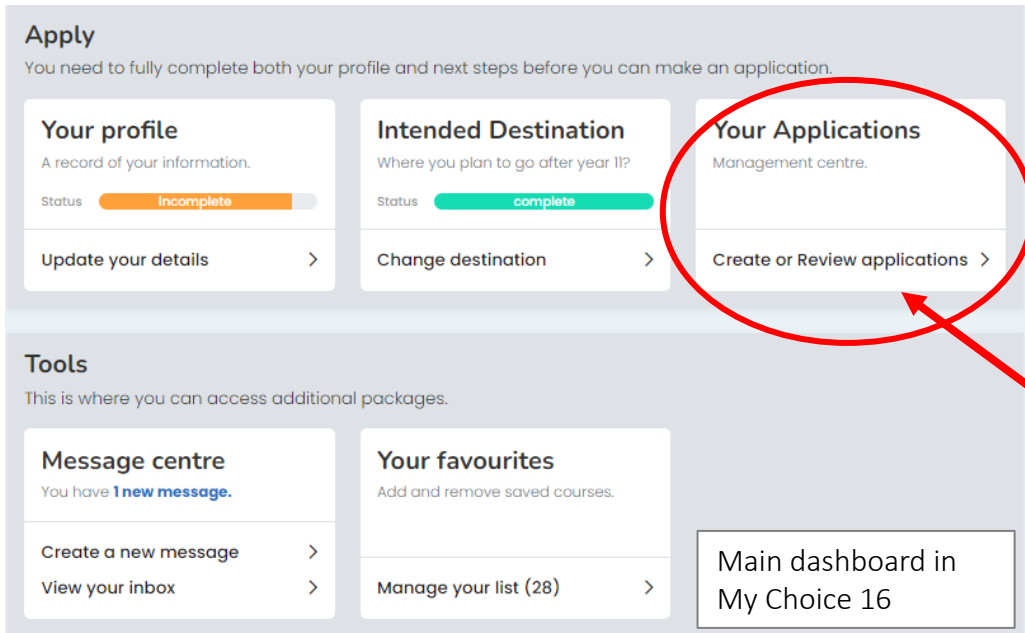
A large rectangular area with a solid black border, containing 20 horizontal dotted lines for writing.



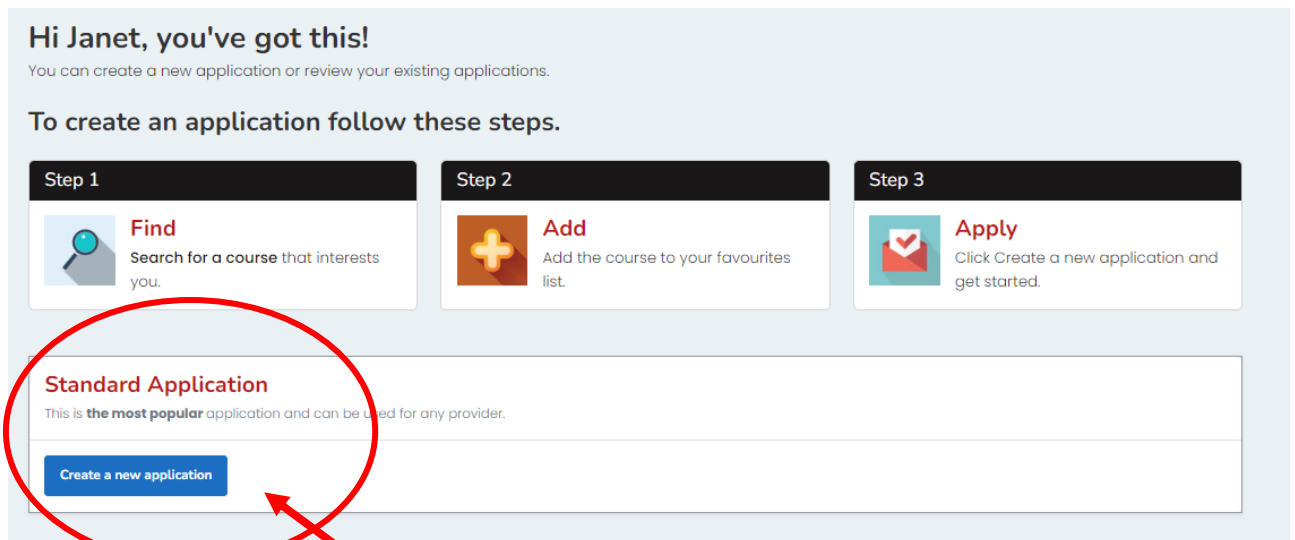
A large rectangular area with a solid black border and horizontal dotted lines, intended for writing.

## Making you applications

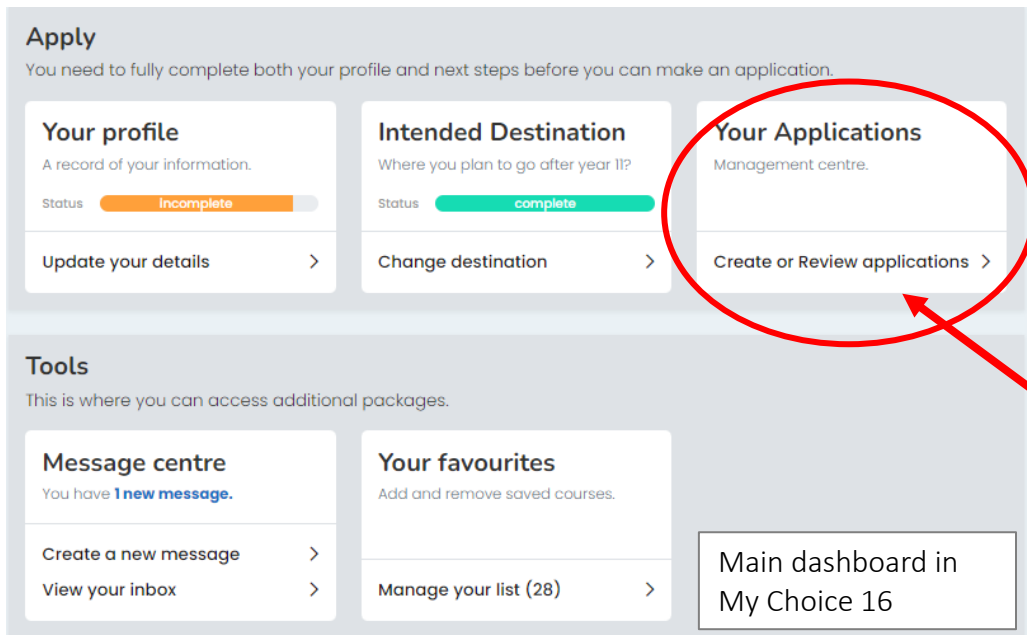
When you have completed your profile and intended destination section it is time to make your applications. Three applications should be enough and three or more courses per application. There is only one application per college.



You will need to click on 'Your applications' and this will take you to the screen below where you can complete your first application.



When you have completed your profile and destination section it is time to make your applications. Three applications should be enough and three or more courses per application. There is only one application per college.



**Apply**  
You need to fully complete both your profile and next steps before you can make an application.

**Your profile**  
A record of your information.  
Status: **Incomplete**  
Update your details >

**Intended Destination**  
Where you plan to go after year 11?  
Status: **complete**  
Change destination >

**Your Applications**  
Management centre.  
Create or Review applications >

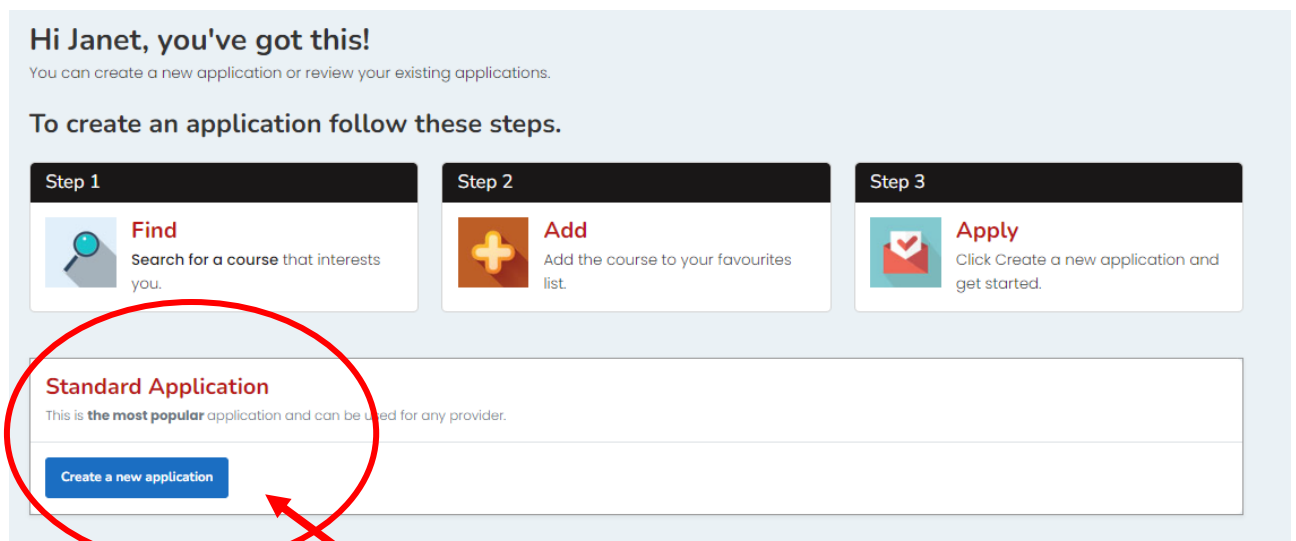
**Tools**  
This is where you can access additional packages.

**Message centre**  
You have **1 new message**.  
Create a new message >  
View your inbox >

**Your favourites**  
Add and remove saved courses.  
Manage your list (28) >

Main dashboard in My Choice 16

You will need to click on 'Your applications' and this will take you to the screen show below where you can complete your first application.



**Hi Janet, you've got this!**  
You can create a new application or review your existing applications.

To create an application follow these steps.

**Step 1**  
**Find**  
Search for a course that interests you.

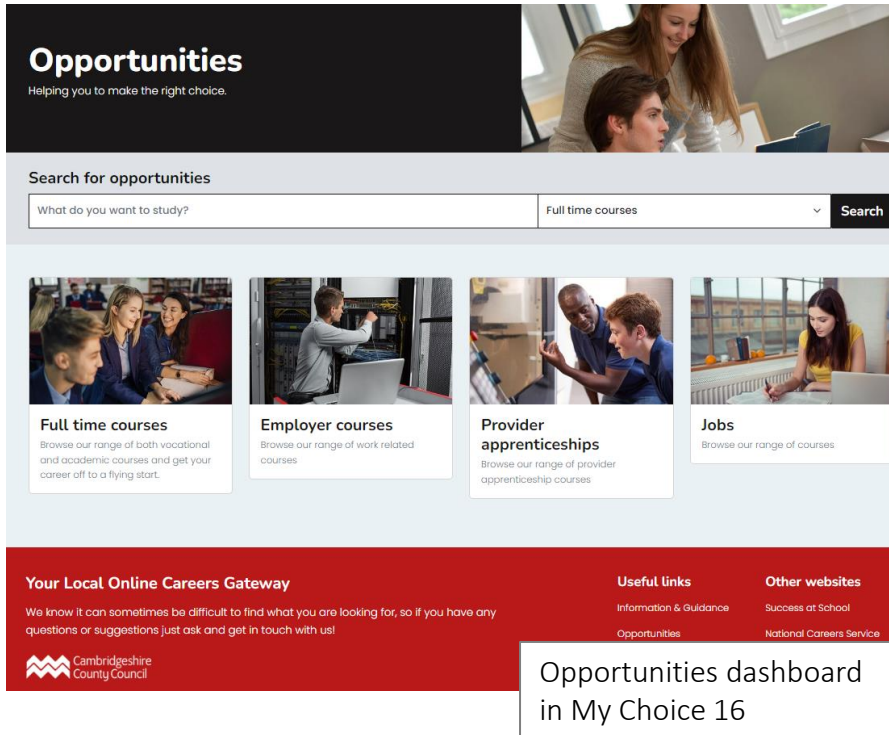
**Step 2**  
**Add**  
Add the course to your favourites list.

**Step 3**  
**Apply**  
Click Create a new application and get started.

**Standard Application**  
This is the **most popular** application and can be used for any provider.  
Create a new application

After clicking on **standard application** you will be taken to the **Opportunities** page. Here you can:


- Search for subjects you are interested in studying
- Browse a range of full time courses, employer courses, provider apprenticeships and jobs




**Opportunities**  
Helping you to make the right choice.

**Search for opportunities**


What do you want to study? Full time courses **Search**




**Full time courses**  
Browse our range of both vocational and academic courses and get your career off to a flying start.



**Employer courses**  
Browse our range of work related courses



**Provider apprenticeships**  
Browse our range of provider apprenticeship courses



**Jobs**  
Browse our range of courses

**Your Local Online Careers Gateway**  
We know it can sometimes be difficult to find what you are looking for, so if you have any questions or suggestions just ask and get in touch with us!

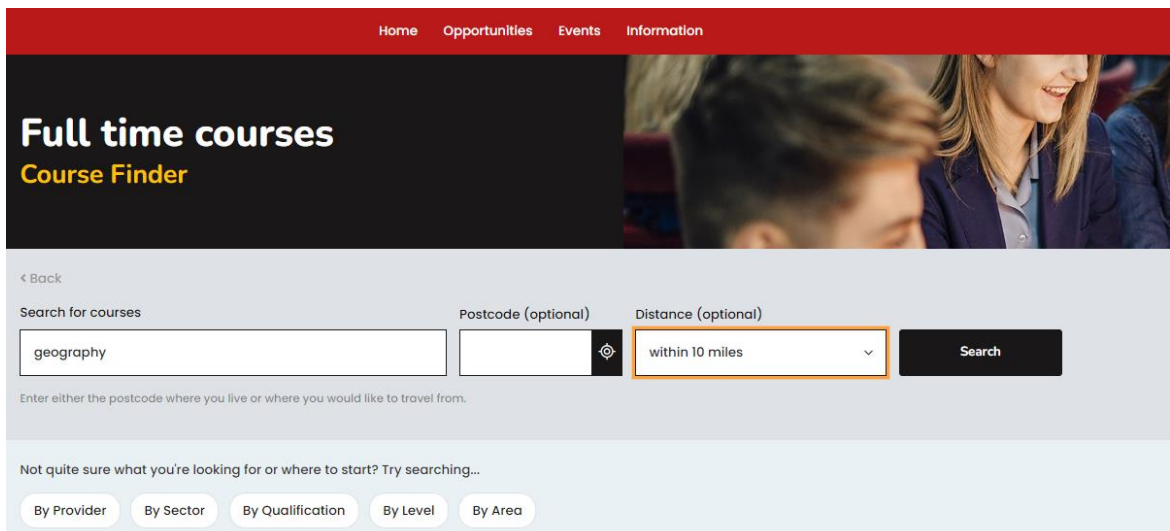
**Useful links**  
Information & Guidance  
Opportunities

**Other websites**  
Success at School  
National Careers Service

Cambridgeshire County Council

**Opportunities dashboard in My Choice 16**

Next, type in the course you want and any other details that might help you track down what you are interested in e.g. distance, provider etc



Home Opportunities Events Information

**Full time courses**  
**Course Finder**

< Back

Search for courses Postcode (optional) Distance (optional)

geography  within 10 miles **Search**

Enter either the postcode where you live or where you would like to travel from.

Not quite sure what you're looking for or where to start? Try searching...

By Provider By Sector By Qualification By Level By Area



## Full time courses

### Course listing

Showing 17 out of 17 available courses.

< Back

**Filters**

Select the type of course you're interested in to filter your results.

Search by keyword

POSTCODE

Enter either the postcode where you live or where you would like to travel from.

- Any Distance -

2023-2024

- All Areas -

- All Qualifications -

- All Sectors -

- All Levels -

- All Providers -

**A Level Geography**  
The Oakes College Cambridge  
GCE A/AS Level or Equivalent Level 3

**A Level Geography**  
Bishop Laney Sixth Form  
GCE A/AS Level or Equivalent Level 3

**A Level Geography**  
Hills Road Sixth Form College  
GCE A/AS Level or Equivalent Level 3

**A Level Geography**  
SLivo Academy with Sixth Form  
GCE A/AS Level or Equivalent Level 3

**A Level Geography**  
Abbey College Ramsey  
GCE A/AS Level or Equivalent Not Set

The filter can be used to specify your search. In this example, all the geography courses on the prospectus can be viewed.

Each course will have the same information sections which will provide details about the course programme. To make an application you **must favourite courses that you are interested in**. These can be deleted and added as you go along.

MyChoice16

Get in Touch [Your account](#) [Log out](#)

Home Opportunities Events Information

< Back to search results

**A Level Geography**  
The Oakes College Cambridge  
Queen Edith's Way, Cambridge, Cambridgeshire, CB1 8NN  
GCE A/AS Level or Equivalent Level 3

**Available start dates**

**Friday, 01 September 2023**  
The Oakes College Cambridge 2 Year(s) Part of a full time programme  
Daytime/working hours

[Add to Favourites](#)

**Added to favourites**

A Level Geography has been added.

[Thanks](#)

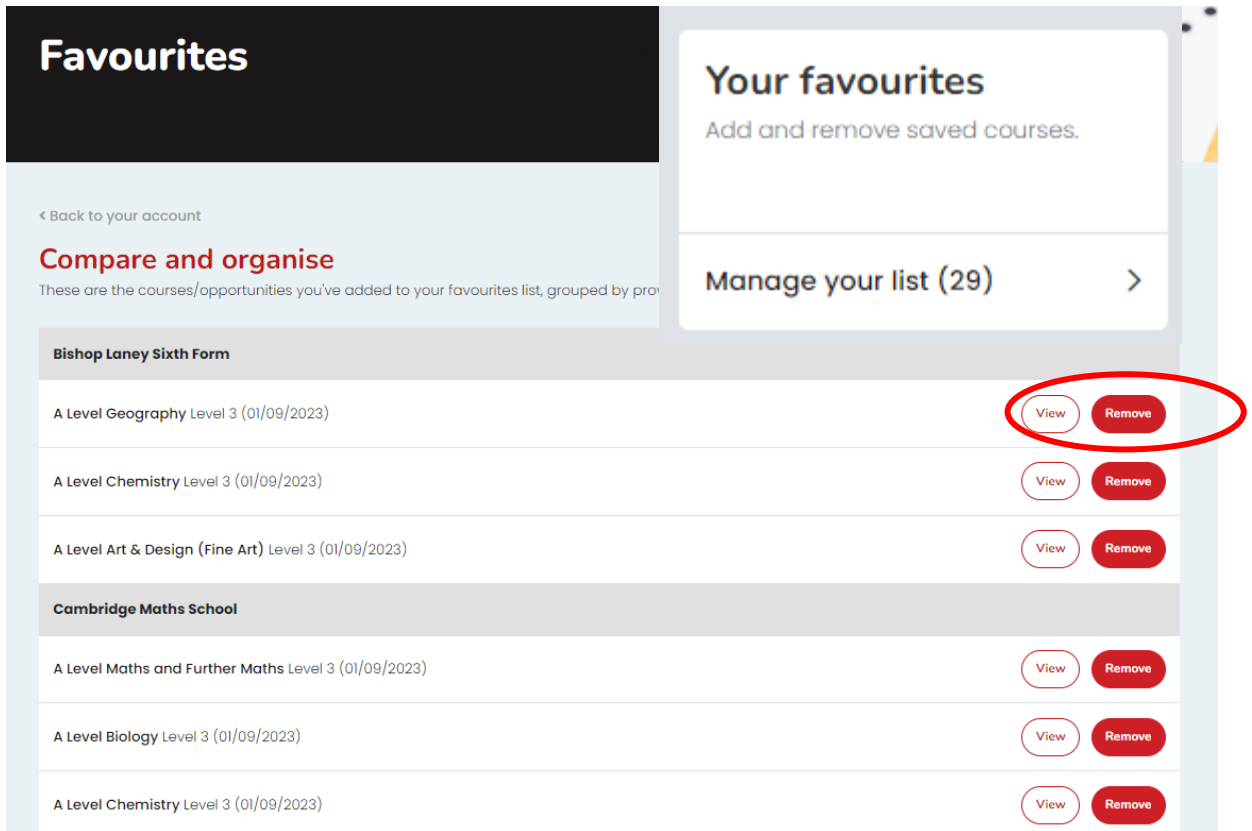
**Similar Courses**

- A Level Art, Craft and Design / Fine Art
- A Level Biology
- A Level Business
- A Level Chemistry
- A Level Drama and Theatre
- A Level Economics
- A Level English Language and Literature
- A Level English Literature
- A Level Film Studies
- A Level Further Mathematics

[View all similar courses](#)

Please make sure you add all your course choices for this provider to your application form as they only accept one application per candidate.

As you start to favourite courses, the system stores them under the colleges. The favourite section can be used to add or delete courses following advice and guidance.



**Favourites**

← Back to your account

**Compare and organise**  
These are the courses/opportunities you've added to your favourites list, grouped by provider.

**Your favourites**  
Add and remove saved courses.

**Manage your list (29)** >

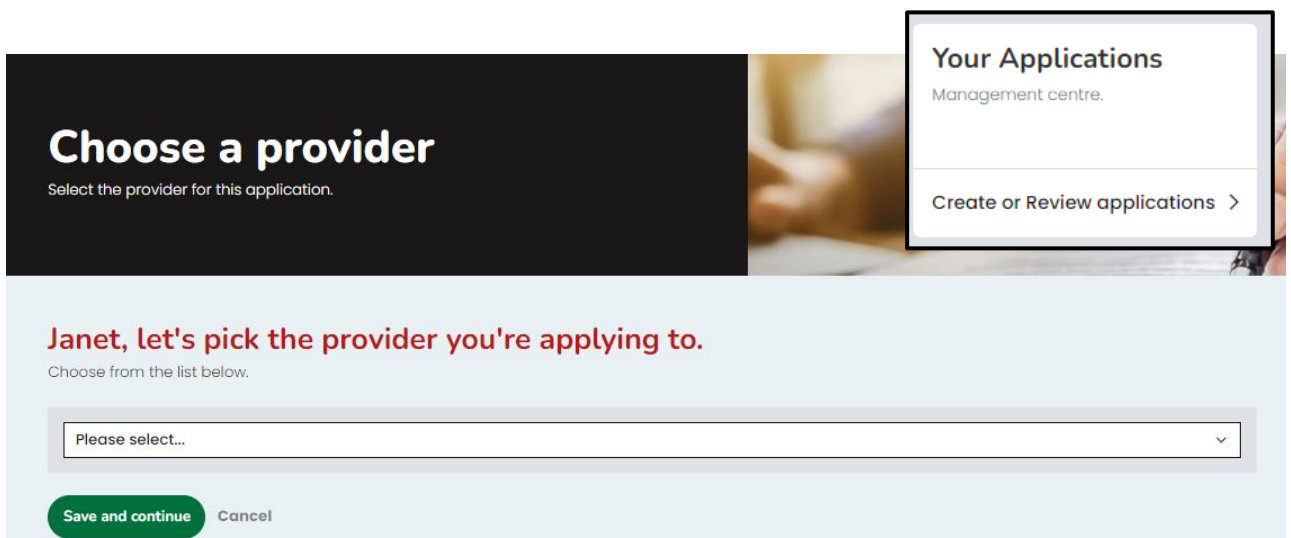
**Bishop Laney Sixth Form**

- A Level Geography Level 3 (01/09/2023) View Remove
- A Level Chemistry Level 3 (01/09/2023) View Remove
- A Level Art & Design (Fine Art) Level 3 (01/09/2023) View Remove

**Cambridge Maths School**

- A Level Maths and Further Maths Level 3 (01/09/2023) View Remove
- A Level Biology Level 3 (01/09/2023) View Remove
- A Level Chemistry Level 3 (01/09/2023) View Remove

You will need to return to your account to create an application. Your favoured courses and colleges will appear on the drop down.



**Choose a provider**  
Select the provider for this application.

Please select... ▾

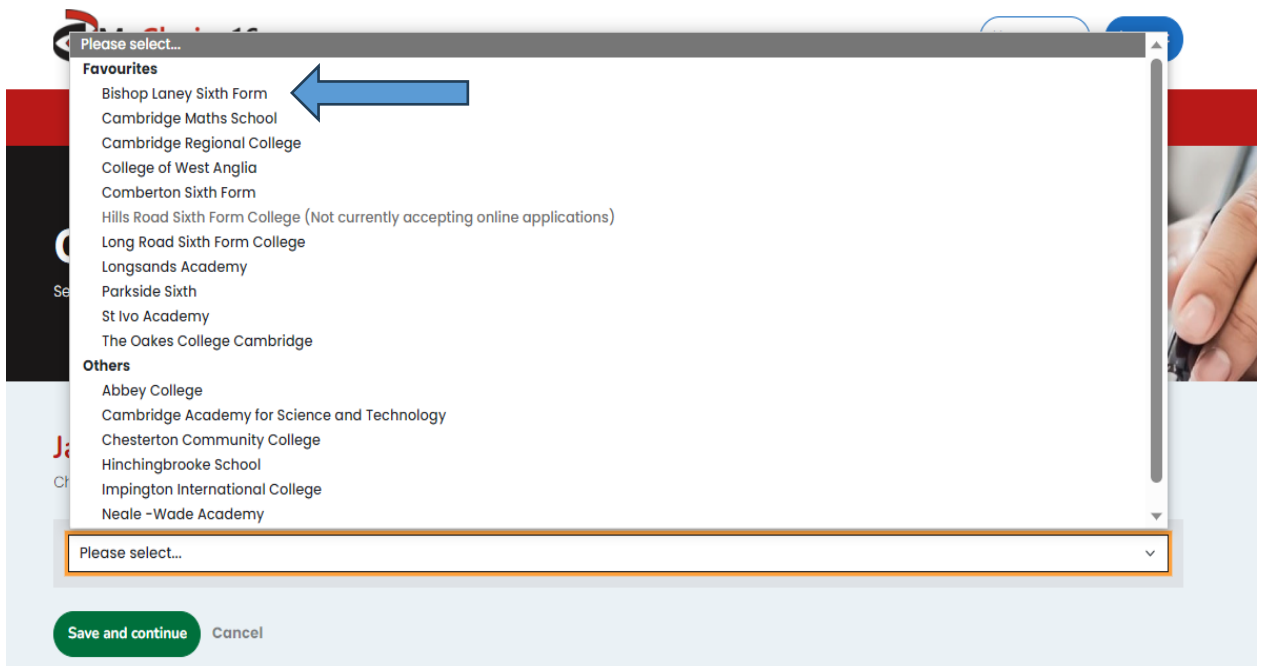
**Save and continue** Cancel

**Your Applications**  
Management centre.

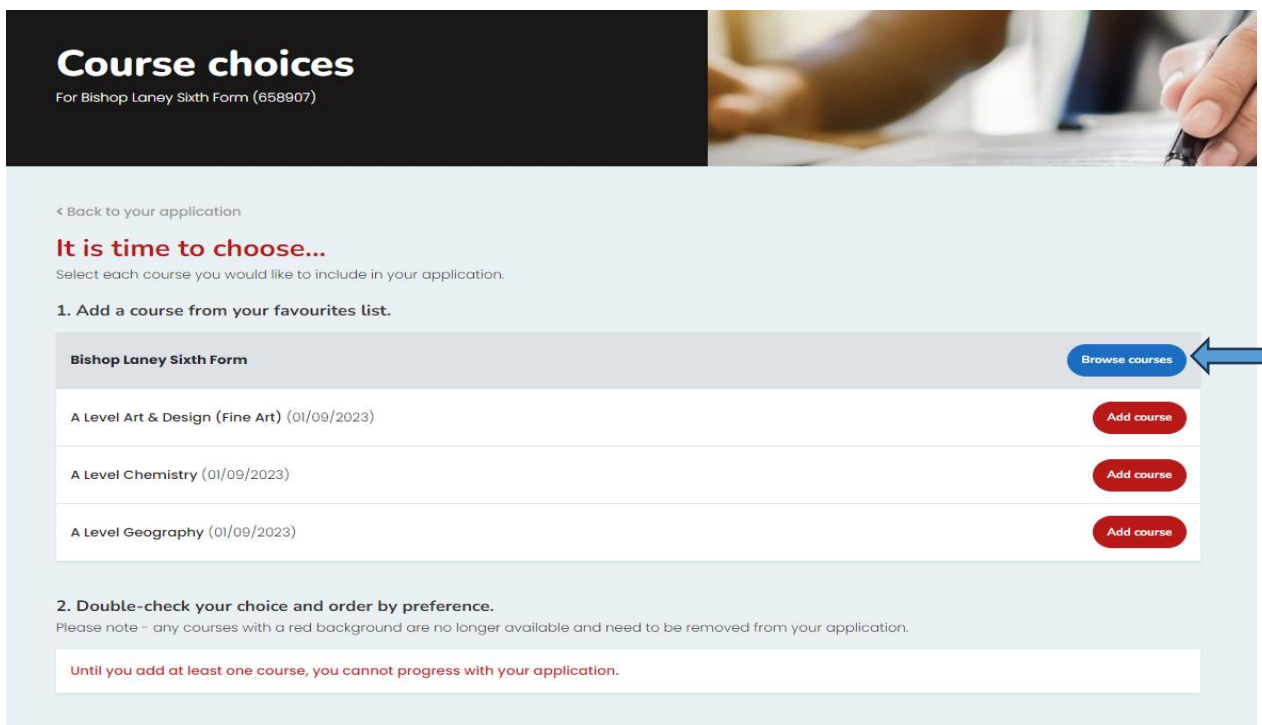
Create or Review applications >

**Janet, let's pick the provider you're applying to.**  
Choose from the list below.

The drop down menu of providers will then allow you to select where you want to make an application to:



Once you have chosen a provider from the drop down menu, the system will take you to the favoured courses where you can add them to create an application.



You can see where you have added courses on **Your profile** dashboard. The bars will change from red to green as you complete each section, add courses and send applications:

**Are you ready, Janet?**  
Your Application ID is 658907. If you have any problems, please refer to this number.

**⚠ This application has not been sent yet.**

<b>Personal Details</b> Status <span style="width: 100%; background-color: green; display: inline-block;"></span> Update details >	<b>Address</b> Status <span style="width: 100%; background-color: green; display: inline-block;"></span> Update details >	<b>Health</b> Status <span style="width: 100%; background-color: green; display: inline-block;"></span> Update details >	<b>Parental Information</b> Status <span style="width: 100%; background-color: green; display: inline-block;"></span> Update details >
<b>Your qualifications</b> Status <span style="width: 100%; background-color: red; display: inline-block;"></span> Update details >	<b>Work Experience</b> Status <span style="width: 100%; background-color: green; display: inline-block;"></span> Update details >	<b>Your personal statement</b> Status <span style="width: 100%; background-color: green; display: inline-block;"></span> Update details >	<b>Equality and Diversity</b> Status <span style="width: 100%; background-color: green; display: inline-block;"></span> Update details >
<b>Course Choices</b> No course chosen. Status <span style="width: 100%; background-color: red; display: inline-block;"></span> Add/remove courses >	<b>Review &amp; Send Your Application</b> Status <span style="width: 100%; background-color: red; display: inline-block;"></span> Review and send >		

Once you have chosen your courses and made an application you will be able to review your details before it is sent to school's hold. This can be edited.

**Send application**  
Bishop Laney Sixth Form (658907)

**Review your details**  
Take your time to check all the information is correct.

**Personal Details**

Forename(s)	Test
Surname (family name)	Student 2
Preferred First Name	Janet
Preferred Last Name	Harris
Date Of Birth	19/07/2016
Home Phone No.	+447858252542
Personal Phone No.	101010101010
Personal Email Address	harris_janet@outlook.com
School Email Address	harris_janet@outlook.com
Sex	Male
Gender Identity	

**Course Choices (in preference order)**

1	A Level Art & Design (Fine Art) (Level 3)
2	A Level Chemistry (Level 3)
3	A Level Geography (Level 3)

Why have you chosen the course(s)?  
 [Character count: 0/100]

[Edit Course Choices](#)

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**Preference**

**Application Preference \***  
 Please select if this provider is your first/second etc. choice, as a place to study the courses on this application

Please Select... ▾

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**Additional support**

**Will you need support at your College interview? \***  
 If you answer yes to this question, the college may contact you for further information

No ▾

At the end of the application review process, you will be asked to preference your course choice with 1 being first.

You will also be asked to state your application preference. First choice college, second choice and so on.

You will be asked to give consent for 3 aspects of the application by ticking 3 boxes.

1. That you agree to sending your data to the colleges etc
2. That you agree to your school asking the college for any information on your progress.
3. That you are happy with your choices

**Consent**

Please note that if you do not consent your on-line application will not be shared and you will have to apply using a different format. Please contact the provider directly to find out more.

I have read and give my explicit consent for the personal information about me that is saved on this site to be held by Cambridge County Council, and for this information to be shared with my existing and other educational institutions. This includes schools/academies, colleges and training providers to whom I apply. This data will be shared for the purposes described in, and processed in accordance with, The General Data Protection Regulation (GDPR) (EU) 2016/679 and the Data Protection Act 2018 [subject to Royal Assent], and outlined in the site's Privacy Notice. The information will only be processed for the purposes of training and education and the provision of grants and benefits.

To fully support your progress, do you also give consent for your post-16 provider to provide your current school with information about you such as your enrolment with them, your course, qualifications achieved and your destination when you leave them?

I have reviewed the application, I'm satisfied with the contents and wish to send it to the provider.

[Send your application](#) [Cancel](#)

## What happens when I press the send button?

- When you press the send button your application will not be sent to the college or sixth form.
- It will go into ‘schools hold’ and remain in the school system.
- This is to allow your form tutor to add a reference and for the staff at school to check that your application is accurate.
- All applications will be sent by your school.
- As you get responses to your applications you will be notified via email of any messages that need to be responded to about your application.

The screenshot shows the MyChoice16 Message Centre interface. On the left, a sidebar titled 'Tools' contains a 'Message centre' section with the text 'You have 1 new message.' and buttons for 'Create a new message' and 'View your inbox'. A blue arrow points to the 'View your inbox' button. The main content area shows a 'Message centre' header, a 'Back to your account' link, a '+ New message' button, and a list of messages. The messages list has columns for checkboxes, '#', 'From', 'Subject', and 'Date'. Two messages from 'Cambridge Maths School' are visible, both with the subject 'Application Status Change' and dates from 07/11/2022.

When applications have been made, they can be viewed in the **application section**. If there is a message connected to the application, the envelope on the right-hand side will indicate this. An application can be withdrawn at any time, but only if you are sure, that you do not want the application to go to the provider. Don't withdraw an application if there is just a change of course etc., as the post 16 centre can do this for you if you message them with the details.

The screenshot shows the 'Existing applications' section. It includes a 'Draft' section with four application rows. Each row displays the provider name and ID, a list of subjects (e.g., 'A Level Art & Design (Fine Art)', 'A Level Chemistry', 'A Level Geography'), and a set of action buttons: 'Continue', a trash icon, a PDF icon, and an envelope icon. A blue arrow points to the envelope icon of the first application, with a text box containing the text 'Message a provider by clicking here'.

A large rectangular area with a solid black border and horizontal dotted lines, resembling a writing template or a page for notes. The dotted lines are evenly spaced and run horizontally across the entire width of the page, providing a guide for writing.

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# Where can you find support about careers?

The Careers area of the Library is open at breaks and lunchtimes and also after school.

If you would like to make an 1-1 appointment to see a Careers Adviser, please ask your Careers Leader, Mr Powell, in school to arrange this.

Use your Morrisby Account at school and at home to find out more about potential careers and pathways.

## Where will your career take you?

Let Morrisby help find the perfect:

- ✓ Career
- ✓ Subject
- ✓ University
- ✓ Apprenticeship

Log in to your account at [morrisby.com](https://morrisby.com)

Morrisby

## Where can you find support?

Remember, if you are concerned or have questions, there is always someone you can speak to

- Speak to your tutor, head of year or other trusted member of staff in the school. [itstopsnow@astrea-Longsands.org](mailto:itstopsnow@astrea-Longsands.org) or [tellus@astrea-Longsands.org](mailto:tellus@astrea-Longsands.org)
- For accurate, reliable health information, visit [www.nhs.uk](http://www.nhs.uk)
- For support around mental health, visit Young Minds at [www.youngminds.org.uk](http://www.youngminds.org.uk) For help, text SHOUT to 85258 or call
- For advice on drugs, their effects and the law, visit [talktofrank.com](http://talktofrank.com)
- For advice on a range of issues from bullying, mental health, relationships and more contact Childline [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- If you are worried about online abuse or the way someone is communicating, you can contact CEOP: <https://www.ceop.police.uk/Safety-Centre/>
- If you want to report a crime anonymously you can contact Crimestoppers on 0800 555 111
- You can also report concerns directly to the police by calling 101 or 999 in the case of an emergency



**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111



**CrimeStoppers.**  
**0800 555 111**  
100% anonymous. Always.

