

How Big Is My Problem?

5

Emergency - you need help right away because someone is very hurt or in danger. Call 999 for ambulance, police or firefighters.



4

Serious - you need a lot of help because someone is hurting you, or making you feel scared or acting strange. You might be running out of food in the house and need something to eat. Tell an adult or call Childline.



3

Medium problem - you can change it with some help e.g. you aren't getting along with your family members, you need help with your school work, etc.



2

Little problem - you can fix it with a reminder e.g. losing a game, taking turns, etc.



1

Glitch - you can solve this yourself e.g. getting dressed, tidying up, getting yourself a snack.

