

When you are  
in school there  
are lots of people  
who care about  
you and your  
wellbeing.



When people talk about wellbeing, they talk about being:



If you would like to find  
out more about GIRFEC  
why don't you look at  
our website

[www.GIRFECinNL.com](http://www.GIRFECinNL.com)



Every child in school has an adult who will get to know them well and can help them.

This person is called your **Named Person**

Your Named Person is

.....

If you have any worries or are not sure about anything, either in school or at home, you can talk to your **Named Person** about it.

They will try their best to help you.

**Safe**  
**Healthy**  
**Achieving**  
**Nurtured**  
**Active**  
**Respected**  
**Responsible**  
**Included**

You can find them:

.....

Their phone number is:

.....

If your **Named Person** is not there and it is important, please speak to another adult in the school.