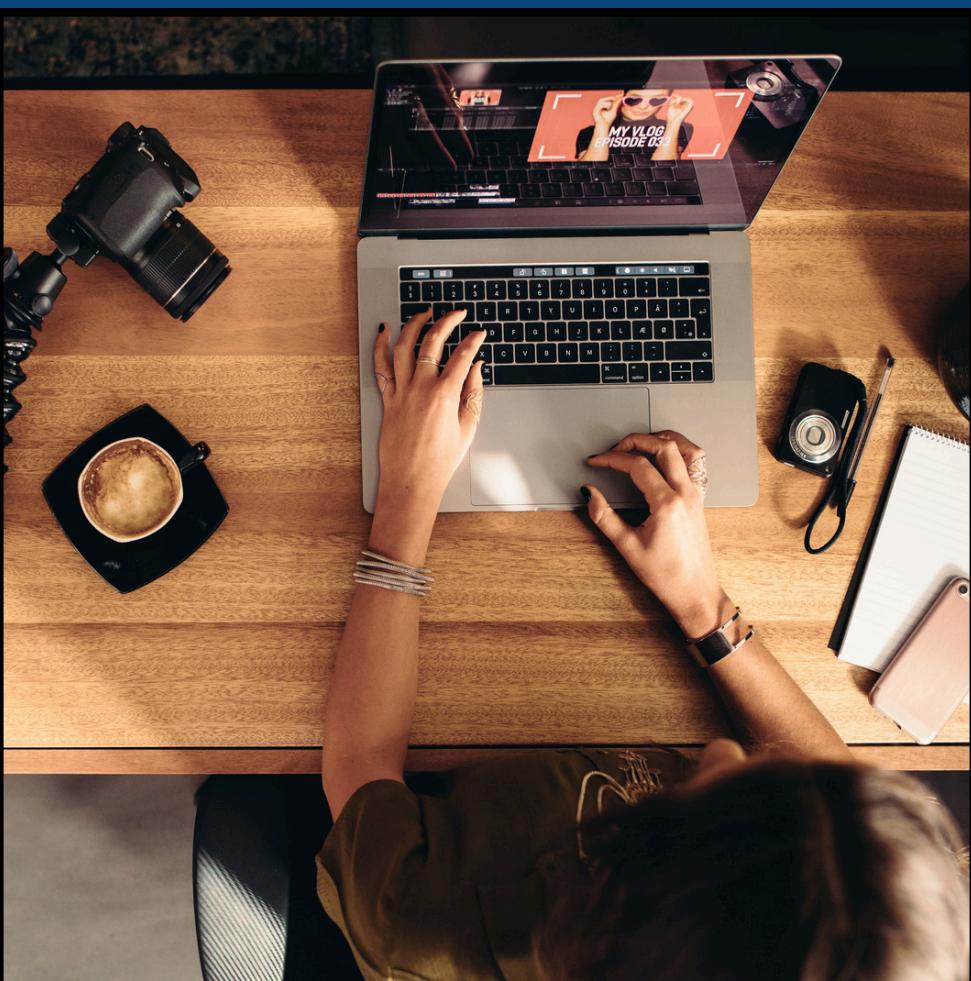


SPEAKING UP – CONFIDENCE PLAN

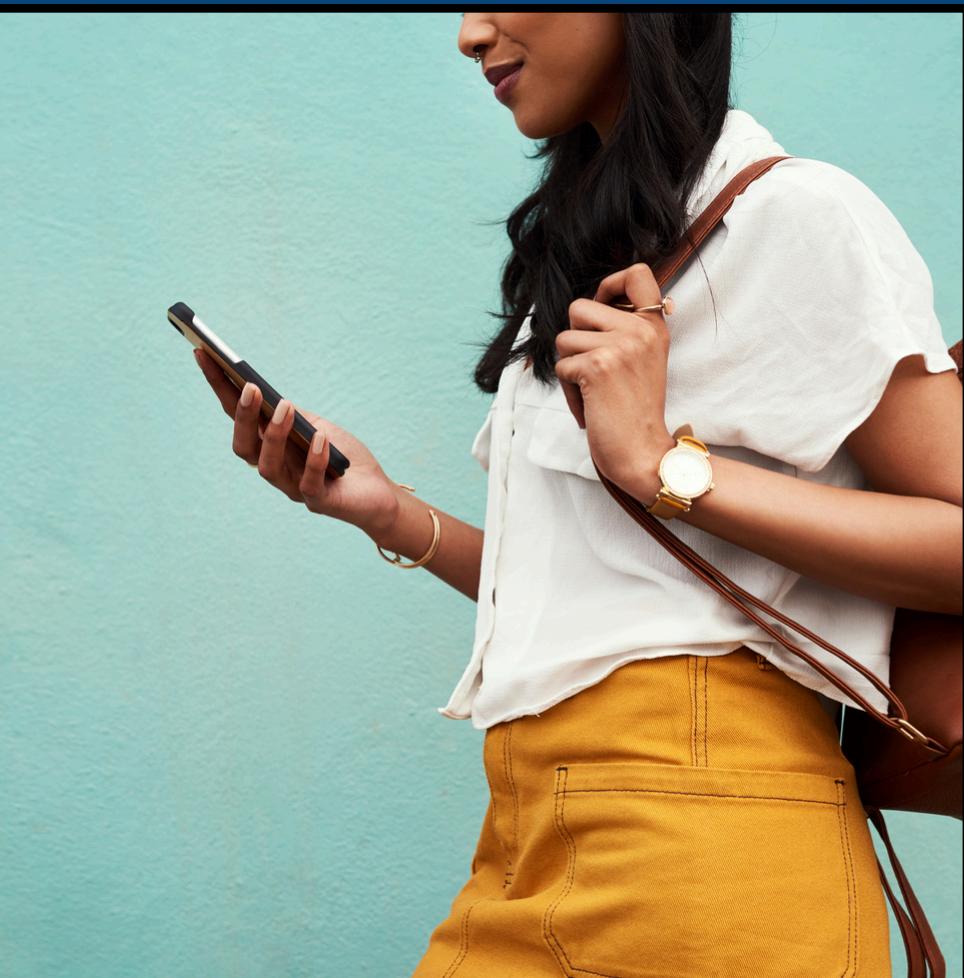


What's the situation? Why do you need to speak up?

(e.g. you noticed a potential safeguarding concern)



Who would you speak up to?



What might stop you speaking up?



What would help you to speak up?



Support Networks

Mind – <https://www.mind.org.uk>
Student Minds – <https://www.studentminds.org.uk>
Hub of Hope – <https://hubofhope.co.uk>
Samaritans – 116 123 (24/7 emotional support)
RCOT Student Network

