

You are not alone ...

Do you know someone who:

- Drinks too much alcohol?
- Takes illegal drugs?
- Misuses prescription medication?
- Has another type of addiction, such as gambling?

Do they do any of the following:

- Shout at you a lot, call you names or say hurtful things?
- Leave you on your own a lot or ignore you?
- Not take care of themselves, your home or you?
- Expect you look to after them or your brother or sister?
- Physically hurt you or someone else in your home?

Have you:

- Ever felt you are not able to talk to anyone about it?
- Ever felt scared because of someone else's behaviour?
- Ever been really tired, hungry or cold because of it?
- Had to protect yourself or your brother or sister from someone else's behaviour?
- Felt angry, sad or embarrassed because of it?
- Had a hard time at school, been bullied or not been able to go to school because of it?

There are many children and young people going through a similar situation to you around the world.

It is not ok and it can feel very unfair, but
you are not alone.

Children and young people from all sorts of backgrounds and families can go through what you are going through, including:

- Families who do not have a lot of money.
- Families with lots of money.
- Children or young people who go to a state school.
- Children or young people who go to a private school.
- Families living in big cities.
- Families living in small towns.
- Families living in tiny villages.
- Children and young people who are on their own.
- Children and young people who have brothers/sisters, grandparents or other people living with them.

You are not alone.

You can find help and advice on our support page.