**Describe how to contact a range of people or organisations in their local area that can provide help and advice**

We all need help and advice sometimes. Read through these scenarios. Decide who you would contact is you needed help or advice. Decide how you would contact them. The first one has been done for you.

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| Scenarios | Who would you go to for help | How would you contact them |
| You are home by yourself. When you look out the window you see a man trying to steal your mam’s car. | The guards | I would phone 999 |
| You have tonsillitis and you need to take antibiotics. But you forgot how many tablets you are to take every day and you have already recycled the instruction box. |  |  |
| You are at home with your mam and she falls down the stairs. She thinks she has broken her leg and she cannot walk. |  |  |
| You are practicing your woodwork terms because you want to impress Mr. Daly when schools reopen. But you have forgotten the name of the tool that cuts a piece of wood. |  |  |
| You want to post a card to your cousin for their birthday but you don’t know how much a stamp costs. |  |  |
| Your boyfriend/ girlfriend broke up with you and you are very upset. |  |  |