



**catch
22**

Is this you?

- **Lost contact with friends your own age?**
- **Hang out with people who are quite a lot older than you?**
- **Spend time chatting online to people you've never met?**
- **Stay out late, all night or leave home for long periods of time?**
- **Skip school?**
- **Regularly use drugs or drink alcohol?**



Catch22 can help you

What makes a good relationship?

Respect - A friend will never push you to do something you're not comfortable doing.

Trust - A friend should trust you to be around other friends without feeling jealous.

Honesty - Someone who lies to you is not showing you respect.

Support - A friend should be happy for you when good things happen and sad for you when bad things happen.

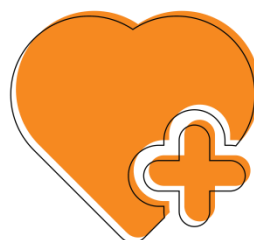
Equality - If you're being controlled or you're afraid of your friend/partner, something is wrong.

Identity - Being with someone shouldn't feel you're losing your own identity.

Consent - No means no, even if you usually say yes, even if you said yes before but you've changed your mind.

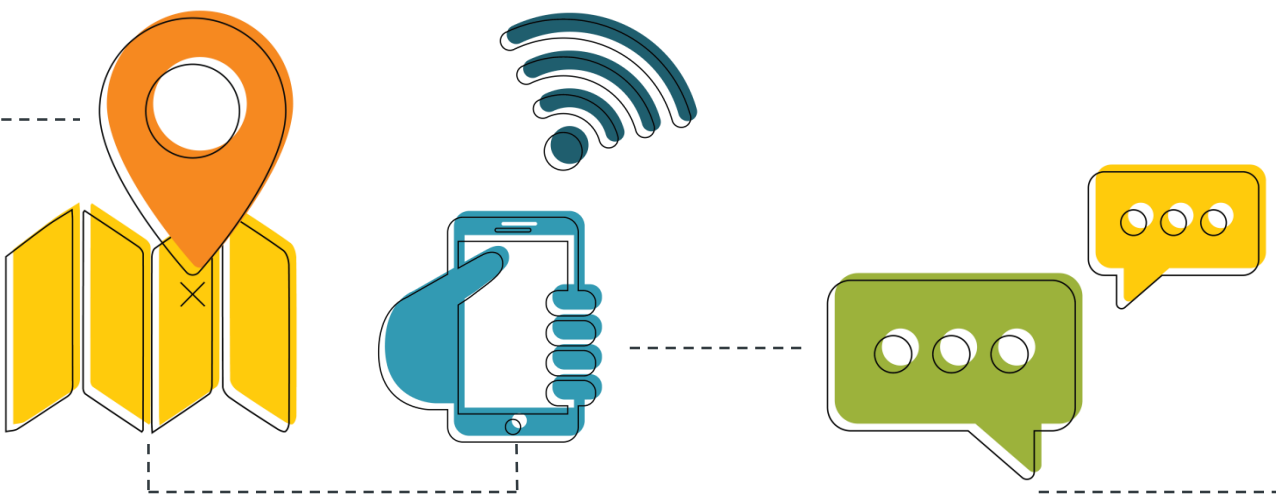
What Catch22 can do for you

We can help you work out whether things are ok with your relationships and support you to make positive changes. We help you stay safe online and help stop you going missing.



Top tips for keeping safe

- ❑ Make sure your phone is charged before you go out and someone else knows where you're going.
- ❑ Don't trust people you don't know, even if they seem friendly.
- ❑ Trust your instincts. If you feel uncomfortable, unsafe or under pressure, get out of the situation.
- ❑ Things that seem exciting at first can easily get out of hand. If things start to feel risky, just leave. Don't worry what other people will think.
- ❑ Don't believe everything people tell you online. Don't share personal details or photos or arrange to meet up with someone you've only talked to online.
- ❑ Talk to someone you trust if you're worried.





Who can you talk to?

If you're worried about yourself or a friend, talk to an adult you trust or...

Ring Catch22 in confidence during office hours: **01782 237106**
Leave a message out-of-hours and we'll get back to you.

You can also ring these numbers for free at any time:

Childline	0800 1111
Runaway Helpline	116 000
Crimestoppers	0800 555 111
Social Care, Stoke-on-Trent (charge)	01782 235 100
Social Care, Staffordshire	0800 1313 126

You can get more support and advice here:

knowaboutcse.co.uk www.thinkuknow.co.uk
www.stopitnow.org.uk Disrespect NoBody YouTube channel



Catch-22.org.uk

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