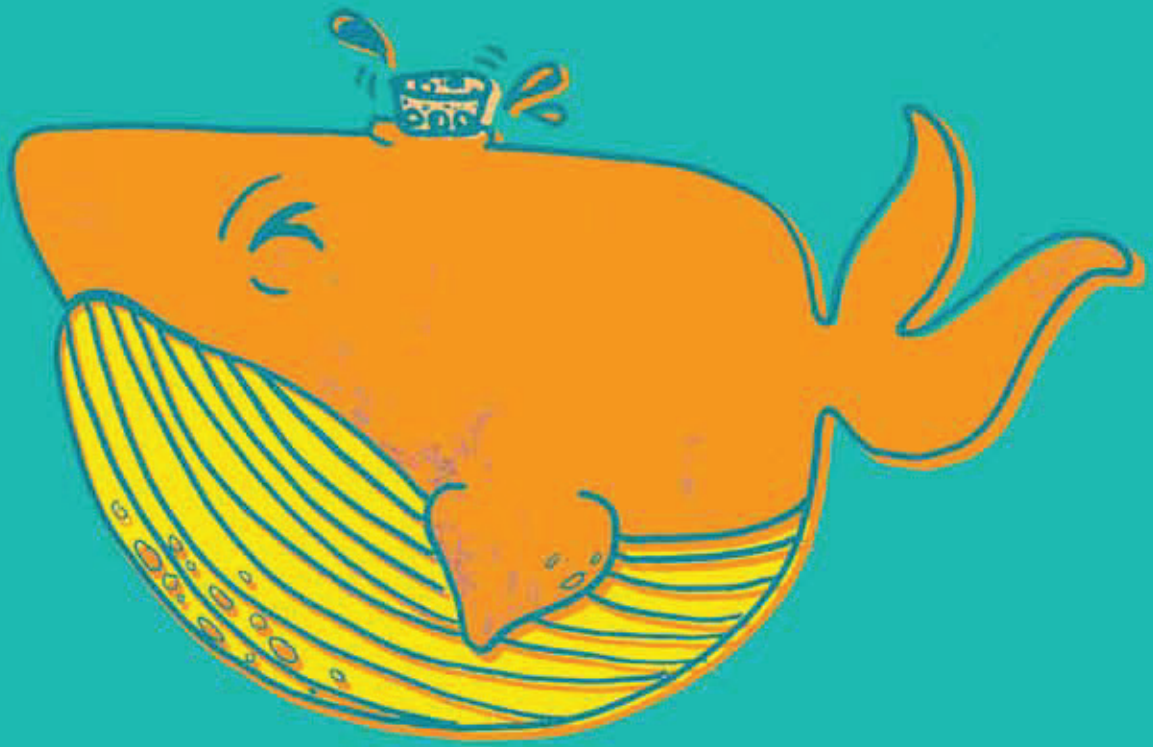


# Don't keep it inside



# Talk to us

[www.childline.org.uk](http://www.childline.org.uk)

