Rioting in the UK

You might have seen in the news, on social media or heard family and friends

talking about the riots that are happening in our country.

You might have even seen the fighting and vandalism where you live.

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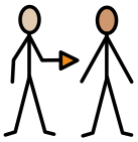
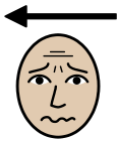
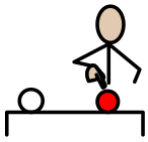
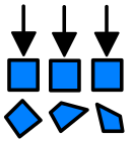


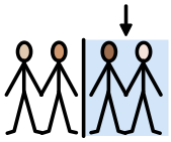


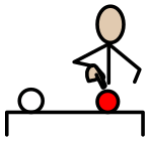
You might feel anxious, scared or worried.

This is normal.

It is ok to feel this.





Other people may be feeling like this too.

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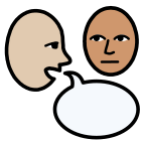
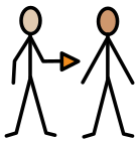
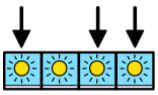
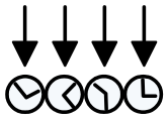
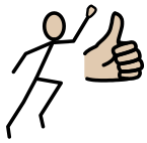
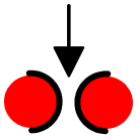
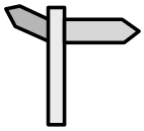
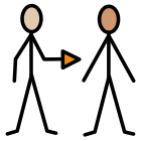
<u>What</u> <u>can</u> <u>I</u> <u>do?</u>

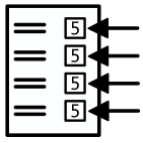
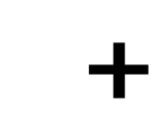
•Talk to an adult you trust

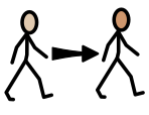
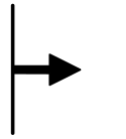
•Keep your usual routine as much as possible

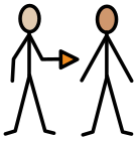
•If the riots are near where you live,

listen to reliable advice and information, and

follow instructions from the police.



• Do an activity you enjoy

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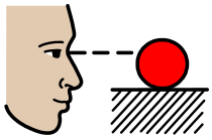
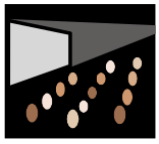
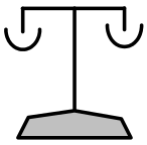
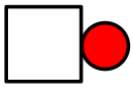
• Get some fresh air and exercise





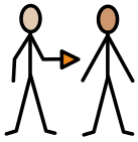
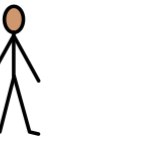
•Listen to music or watch a favourite film

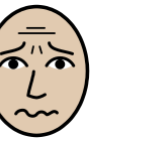




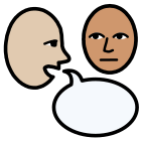
•Balance the worrying news stories by

finding some positive news too.



•If you are very worried or anxious you



could talk to a service such as Childline or

Kooth.

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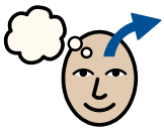
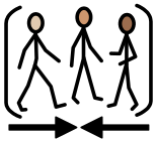
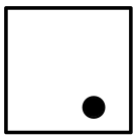
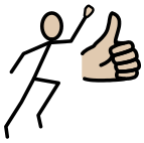


Remember, these events are rare and the

emergency services are working together to stop the



violence and keep people as safe as possible.

DAISY CHAIN
Autism & Neurodiversity

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