

## J Story (KS2 and Secondary)

I'd like to tell you a story about J, he was helped by the NSPCC.

J's mum made sure he had lots of happy memories growing up. One of his favourite days was spending time at a soft play centre and going down slides really fast

J had some sad memories too. All of them involved his dad. J didn't feel very safe. His dad did some things that scared J. His Dad would punch holes in walls and once kicked a door off the hinges.

J kept his feelings about what he'd seen at home to himself.

J's worst memory of growing was when he was 9 years old. His dad was shouting really loud and calling his mum names. J saw him raise his hand to hit his mum and he was worried about what his Dad would do so J got in the middle to protect her and pushed him away. Just after that J and his mum moved out of the house that day and went to stay with his nana.

The school nurse asked Lynsey from the NSPCC to meet J and she talked to him about how the NSPCC could help.

The first time J went to NSPCC, he got to meet other young people who had seen the same things and had similar feelings. J started to feel a bit more normal and realised for the first time that he wasn't alone.

His favourite session was when he made a volcano bottle bubble with vinegar and baking soda. He filled the volcano with words that described how he felt about his dad and lots of glitter so that when the volcano bottle burst it helped him to understand that bottling up things wasn't a good idea.

J got help from NSPCC and this helped him to feel better. He told us that the NSPCC helped him to understand that bottling up things wasn't a good idea and that it was important to speak out.