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### **Somewhere safe**

When we first started working with the young people in the Learning Support Unit of one school, they told us about their experiences trying to cope with the general hustle and bustle at break and lunch times around the school's busy campus. The young people found these times of the day stressful. They told us they felt that there was nowhere safe for them to sit and eat a packed lunch; they felt vulnerable and this made them feel anxious. They wanted somewhere safe to go – 'a place of their own' to use at break times; somewhere they felt safe and where they could relax.