

# ASK ESTHER



I'M Esther Rantzen, President of ChildLine, which helps 2,500 children every week. If there's something worrying you, please write to me at the address on page 21.

## Wanting a phone

**I AM the only person in my class that does not have a mobile phone and I feel really left out when friends swap numbers and text each other. My parents won't let me have one until I start secondary school.**

It sounds like you are frustrated about your parents not letting you have a mobile phone. I wonder, how would you feel about talking to your parents and telling them you feel left out and how you feel you can't always keep in contact with your friends? You could, maybe, do it in a way that both you and your parents reach a sort of mutual agreement? Having a phone is a big responsibility and you need to remember to keep yourself safe. This could be something your parents are worrying about, so maybe you could talk about it with them? They might also be concerned that you will spend too much time on your phone and will become less sociable. Perhaps you could speak to them and reassure them that you will only use it for a certain amount of time and not around the dinner table and so on. Good luck and remember that you can always speak to ChildLine on **0800 11 11** for free or use our online service at [www.childline.org.uk](http://www.childline.org.uk).



## Staying safe

**WHEN you are out at night, it's always important to be careful and be sure that you are safe at all times. So, to make sure that you know exactly how to look after yourself at night, take a look at the following tips.**

Always tell someone where you are. This way, if anything out of the ordinary did happen, then you would be safe as they would know where to find you. Also, try your best to make sure that you are with someone else at all times, or at least for the most part of your journey, if not all of it. If you have a mobile phone, charge it before you leave the house so that it won't run out of battery, meaning that someone can always contact you. You could even add ICE, in case of emergency, at the end of your parent or carer's number so, if necessary, they can easily be contacted. It could also help to call someone if you find that you are on your own and have a quick chat until you are safely back home, so making sure your phone is charged will help.



Another important thing to remember at night is to always be alert and keep your senses free – don't cross a road without looking, or while playing loud music on your headphones, for instance. Less visibility at night for both you and drivers can make it hard to notice people, so try not to take chances or short cuts in poorly lit areas. If you notice anything suspicious, let someone trustworthy know.

If you want to find out anything else about taking care at night, you can always contact ChildLine on **0800 11 11** or visit [www.childline.org.uk](http://www.childline.org.uk) at any time.

# JUST the JOB

"WHAT do you want to be when you grow up?" Chances are, most of you will have heard that question at home, in class or in the playground. The truth is, there are so many different jobs out there, you don't need to be brilliant at absolutely everything at school to get a good job. You need to dig out your talent and what makes you special. In *First News' Just The Job*, you will meet lots of different people with lots of different jobs!

### ■ What I do

I am a songwriter and record producer. I am also a judge for the Young Songwriter 2014 competition.

### ■ How I got my job

I played guitar from the age of seven years old but, when I left college, I gighed and worked in a pizza restaurant to earn a bit of money. I ended up playing guitar in that pizza restaurant as well as hotels. Then I managed to get session work in studios, as well as touring with Spandau Ballet, Rick Wakeman and then Craig David. I'd always been writing music while I was at school and college but, then, had the opportunity to write with Craig while we were on tour. I had a small studio set up in my flat and was able to slowly build up my writing and production skills by doing remixes and additional productions. Eventually I got my first publishing deal and release.

### ■ What I love about my job

I am fortunate to be able to work with so many talented and interesting people. I'm also so lucky to be able to make a living from something I love... and I don't take that for granted. I still get such a buzz when I hear one of my songs on radio or TV – and if it touches just one person, then I've succeeded.

### ■ What's difficult about my job

Even after having success, rejection can be painful. You spend hours and hours writing and producing music that you are very passionate about. It's an emotional process. It comes from the soul – and it can be very disheartening when other people don't hear something you love in the same way. I am still often questioning myself and having to pick myself up, even after all these years.

### ■ What skills I need

Tenacity, self belief, motivation, empathy (being able to understand other people's emotions), and modesty. You must be prepared to work hard too.

### ■ Where should young people start if they want to do the job too?

With social media being more wide-reaching than ever before, it is so much easier to be heard. With YouTube, SoundCloud and Twitter, young people are able to market themselves so well. Keep writing and producing great music and use these mediums to promote yourself. Build up a fanbase. Don't bombard record labels and managers with everything. Have an identity and create a story. Select your very best music to upload. There are so many music programs available and all you need is a laptop to record and produce your music. Just don't give up at the first hurdle.

**If you dream of being a songwriter just like Fraser, now is your chance! The Song Academy Young Songwriter 2014 competition is looking for fresh new music from young people. The competition is open to 7-18 year olds across the UK and Ireland. You can find out more, plus how to enter, at [www.songacademy.co.uk/says14](http://www.songacademy.co.uk/says14).**



**FRASER T SMITH**  
**SONGWRITER**