

What if I don't feel like I can talk to anyone at my school?

- If you don't feel like you can talk to an adult at your school, you can talk to your parent or caregiver at home.
- If you don't feel like you can talk to your parent, you may have another adult in your family you trust such as: aunt, uncle, step-parent or a grandparent.
- If you don't feel like you can trust any of those people, you should still find an adult you trust and talk to them.

Everyone has the right to feel safe and protected. If you are concerned about safety, say something.

Feeling Safe



How to feel safe at Altona Green Primary School





You should talk to an adult you trust first, but if you don't feel you can, there are many people who can help you. Here are some suggestions:

- visit eHeadspace (which provides an online and a 9am-1am telephone support service) www.eheadspace.org.au or 1800 650 850
- call Kids Helpline on 1800 55 1800 or visit kidshelpline.com.au for 24 hour support
- call or visit your local police station or call 000.

What should I do if I am worried that someone I know is feeling unsafe?

- Tell an adult you trust.
- You can tell a teacher, adult or Child Safety Officer at school. They will be able to help your friend.
- You can also tell your parent or trusted adult.
- Even if the person you are worried about does not want you to tell anyone, you should still talk to an adult. It is more important that your friend is safe and protected.

What are your rights?

- Everyone has a right to feel safe and protected.
- No one is allowed to threaten you, hurt you or touch you in a way that makes you feel uncomfortable.
- No one should behave in a way that makes you feel unsafe or afraid, including anyone at school or in the community.

How do I know if something is wrong?

- Your relationships should be respectful.
- It is wrong for anyone to hurt you or make you feel uncomfortable or afraid.
- If something doesn't feel right tell an adult who can help you.

What should I do if I feel unsafe?

- Tell an adult you trust.
- You can trust your teacher or other adults at school.
- You can see our Child Safety Officer (Nola).
- You can tell your parents or other family member or adult you trust.
- Even if the person who is making you uncomfortable tells you that you shouldn't tell anyone, you SHOULD still tell an adult you trust.
- You won't get into trouble for telling someone.

What will happen if I tell an adult?

- Adults at your school MUST listen to your concerns and help you.
- In some cases, the adult may need to talk to another adult about your concerns so that you can be protected.
- Adults at your school can support you and make sure you don't have to deal with this alone.