

**IF YOU ARE WORRIED, ANGRY OR
SAD, OR JUST WANT TO TALK TO
US, HERE'S HOW**



**Speak
UP
Today**

1. FIND HELP

Find a grown-up /
adult that you
trust to help you
speak up

2. TELL SOMEONE

You can talk to
the grown ups /
staff any time or
call the numbers
on this page

4. WE LISTEN

We are here to
listen - please tell
us if something's
wrong

5. SAFE NOT SECRET

When you tell us
something's wrong, we
will keep your
information safe, but it
may not be kept secret.
We may have to tell
someone who can help,
like a Teacher or a
Police Officer

6. WHAT NOW?

After you've told us we
will do our best to help:

- We'll talk to grown ups who can help
- We'll check in with you
- We'll do our best to keep you safe

**ASKING
for
HELP
is OK**

3. MAKE YOUR WORRY / COMPLAINT

You can tell us
what's wrong and
we will do our
best to make it
better

**IF SOMETHING DOESN'T FEEL QUITE
RIGHT OR DOESN'T SEEM FAIR, YOU CAN
SPEAK UP. A COMPLAINT IS HOW WE SAY
WHAT'S NOT RIGHT, SOLVING PROBLEMS
WITH WORDS NOT FIGHTS**

Helpful phone numbers:

Kids **Help** Line
1800 55 1800



Emergency Services
Police, Fire, Ambulance
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