Speaking up is important. Speaking Speaking It can me a control of the contro It can make a difference.

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Someone you trust, like a parent, friend, carer, teacher or coach can help you share your worries

You have rights!

It's always ok to speak up if you're being hurt or if you're unhappy with the way you're being treated.

your worries

Try your best. You can also ask:

- What will happen next?
- Who will get back to me and my support person?
- How long will it take?

You can contact:

Kids Helpline 1800 55 1800

kidshelpline.com.au

QLD Police Service (07) 4030 7000

Child Safety Services 1300 684 062

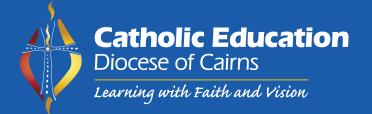


- How the problem has made you feel.
- What would help fix it.



Adults should always listen, answer your questions and treat you with respect.

Student Protection Contacts:



Professional Standards and Safeguarding Office:

professionalstandards@cns.catholic.edu.au 07 4050 9765

Speaking up is important.

Speak up and be heard

It can make a difference.

Find Capport Share your concerns with someone you trust, like a parent,

friend, teacher or counsellor.

You have rights!

Do not be afraid to speak up if you are being hurt or subjected to inappropriate behaviour. You have done nothing wrong.

your worries

You may also like to ask some questions, such as:

- What will happen next?
- Who will contact me?
- How long will it take?



You can contact:

Child Safety Services 1300 684 062

> Headspace 1800 650 890

headspace.org.au

QLD Police Service (07) 4030 7000

Kids Helpline 1800 55 1800

kidshelpline.com.au

eSafety esafety.gov.au

your support person

- What has happened
- How you are feeling
- What you want to do next

There are people who can help you. You are not alone.

Student Protection Contacts:

Catholic Education Diocese of Cairns Learning with Faith and Vision

Professional Standards and Safeguarding Office: professionalstandards@cns.catholic.edu.au 07 4050 9765