

# Speak up and be heard

Speaking up is important.  
It can make a difference.

## 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.

### 1 Find support

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

### 2 Tell your support person

- Why you're not happy.
- How the problem has made you feel.
- What would help fix it.

### 3 Share 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**

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



**Catholic Education**  
Diocese of Cairns  
*Learning with Faith and Vision*

# Speaking up is important.

Speak up  
and be heard

## It can make a difference.

### 1 Find

support  
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.

### 2 Tell

your support person

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

### 3 Share 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

eSafety  
esafety.gov.au

QLD Police Service  
(07) 4030 7000

Kids Helpline  
1800 55 1800  
kidshelpline.com.au

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

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