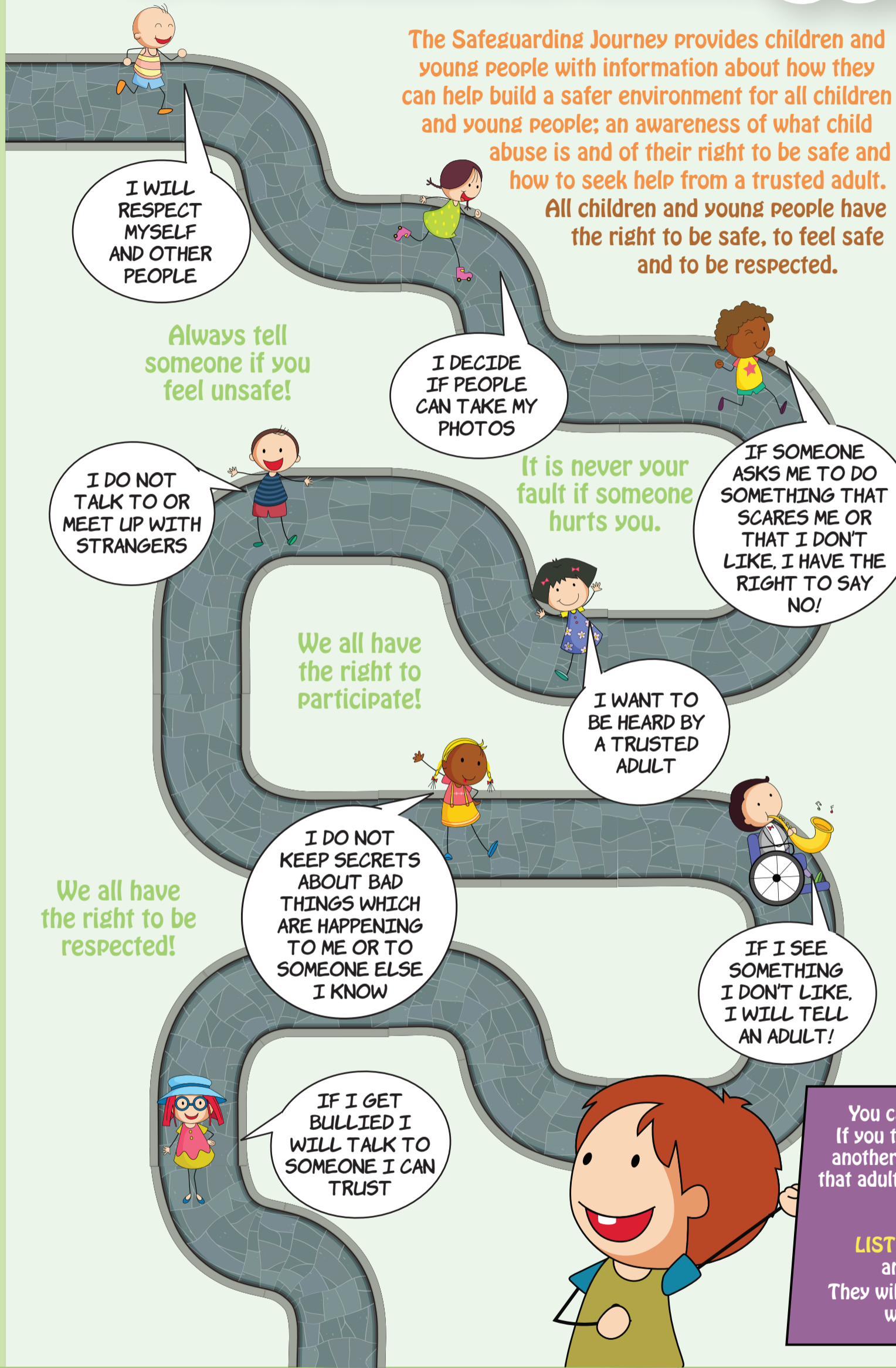


The Safeguarding Journey



The Safeguarding Journey provides children and young people with information about how they can help build a safer environment for all children and young people; an awareness of what child abuse is and of their right to be safe and how to seek help from a trusted adult. All children and young people have the right to be safe, to feel safe and to be respected.

- ## What is Child Abuse?
- Physical Abuse**
When someone hits you or hurts your body and makes you feel pain.
 - Emotional Abuse**
When someone calls you bad names, hurts your feelings or upsets you.
 - Sexual Abuse**
When someone touches your body in a way that makes you feel uncomfortable, or involves you in any sexual activity.
 - Neglect**
When an adult who is looking after you does not take care of you. Not giving you food or clothes or shelter.
- You can help yourself and others!**
If you tell a trusted adult that you or another child is being abused or hurt, that adult should help you straight away!
- He/she will:
LISTEN to what you have to say and help you to feel **SAFE!**
 They will **TELL** the appropriate people, who will get help for you.

SUPPORT SERVICES

CHILD WISE: Telephone and online counselling for children who have or are being abused www.childwise.org.au 1800 991 099

KIDS HELPLINE: Free telephone and online counselling service for young people 1800 55 1800

HEADSPACE: Provides face to face counselling and online counselling for young people with concerns about mental health, physical health, work and study support, alcohol and other addictions www.headspace.org.au



CATHOLIC ARCHDIOCESE OF SYDNEY