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.

**SUPPORT SERVICES**

- **CHILD WISE:** Telephone and online counselling for children who have or are being abused [www.childwise.org.au](http://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](http://www.headspace.org.au)

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 set help for you.

**I will** respect myself and other people.

**I decide** if people can take my photos.

**I do not** talk to or meet up with strangers.

**I want to be heard by a trusted adult**.

**I do not** keep secrets about bad things which are happening to me or to someone else I know.

**If** I see something I don’t like, **I will** tell an adult.

**If** I get bullied I will talk to someone I can trust.

**Always tell someone if you feel unsafe!**

**We all have** the right to participate!

**We all have** the right to be respected!