

REPORTING ANY CONCERNS

When dealing with concerns, your safety is our priority. If you hear or see something that makes you feel uncomfortable, scared, anxious, curious, sad or worried, make sure you speak to a trusted adult.

- They will listen carefully to what you have to say
- They will reassure you when you speak to them
- They will write down what you have shared with them
- They will seek help for you where appropriate to resolve the matter



Please speak to an adult you trust such as a parent or teacher if you have any concerns.

Headspace: 1800 650 890 [Headspace.org.au](https://www.headspace.org.au)

Kids Helpline: 1800 55 1800 [kidshelpline.com.au](https://www.kidshelpline.com.au)



CATHOLIC ARCHDIOCESE OF SYDNEY

