Tell a trusted adult if you or another child is feeling hurt, worried, anxious or embarrassed.

An adult will:

LISTEN to what you have to say

They will help you feel SAFE

They will TELL people who will be able to help you

Your safety comes first! Remember to speak to a trusted adult such as a parent or teacher.

Kids Helpline: 1800 551 800 | kidshelpline.com.au