

# SOMEONE WILL LISTEN TO YOU

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](http://kidshelpline.com.au)



CATHOLIC ARCHDIOCESE  
OF SYDNEY

