

Speak up and be heard

Speaking up is important.
It can make a difference.

1 Find support

Someone you trust, like a parent, friend, carer, teacher or coach can help you share your worries

You have rights!

It's always ok to speak up if you're being hurt or if you're unhappy with the way you're being treated.

2 Tell your support person

- Why you're not happy.
- How the problem has made you feel.
- What would help fix it.

3 Share your worries

Try your best. You can also ask:

- What will happen next?
- Who will get back to me and my support person?
- How long will it take?

You can contact:

Kids Helpline
1800 55 1800
kidshelpline.com.au

QLD Police Service
(07) 4030 7000

Child Safety Services
1300 684 062



Adults should always listen, answer your questions and treat you with respect.

Student Protection Contacts:

Talk to Ms Majella, Mr Graham, Ms Hannah, Ms Tari or Mrs Jones.
Keep talking until you get the help you need!

Professional Standards and Safeguarding Office:

professionalstandards@cns.catholic.edu.au
07 4050 9765



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