

Speak up and be heard

Speaking up is important.
It can make a difference.

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.

1 Find support

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

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



2 Tell your support person

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

3

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

Student Protection Contacts:

Talk to Mr David Graham, Mrs Hannah Coburn, or Mrs Peta Mawn.
Keep talking until you get the help you need!

Professional Standards and Safeguarding Office:

professionalstandards@cns.catholic.edu.au

07 4050 9765



Catholic Education
Diocese of Cairns

Learning with Faith and Vision