

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

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 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



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