

# 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](http://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.

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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](mailto:professionalstandards@cns.catholic.edu.au)

07 4050 9765



**Catholic Education**  
Diocese of Cairns

Learning with Faith and Vision