

Staying Safe: If you ever feel scared, sad or worried



Say "NO"



Go to a Safe Adult



Tell a Trusted Adult What Happened ASAP

Wellbeing

Supported by



Health & Care



kidshelpline
@School

You can contact Kids Helpline for help!
1800 55 1800 | [kidshelpline.com.au](https://www.kidshelpline.com.au)