

# ALEX, JESS & SACHA

When your friend is being abused...

2:55PM ON FRIDAY AFTERNOON, AT VIOLET PARR PRIMARY SCHOOL...



VIOLET PARR  
PRIMARY SCHOOL



FEELING SICK



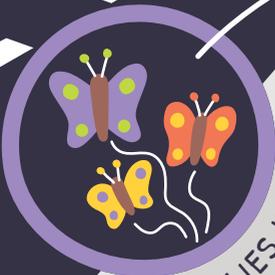
HEART RACING

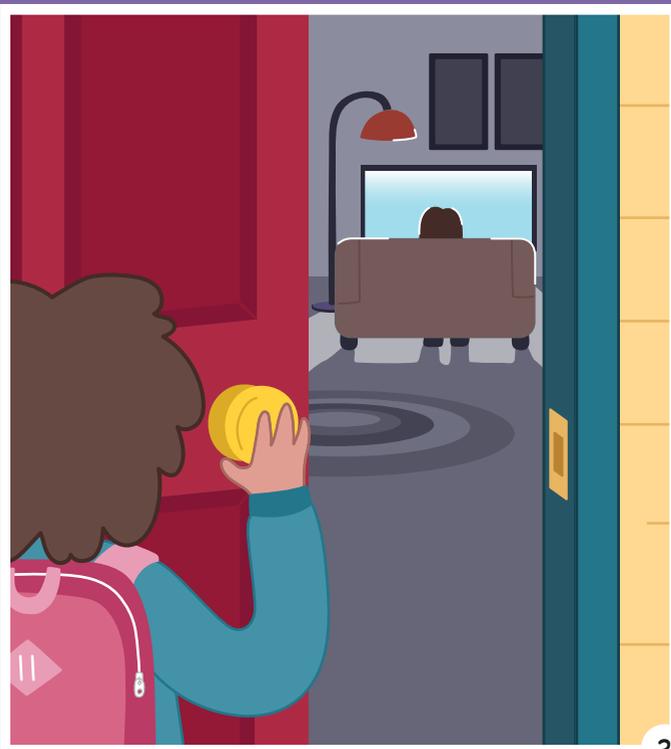


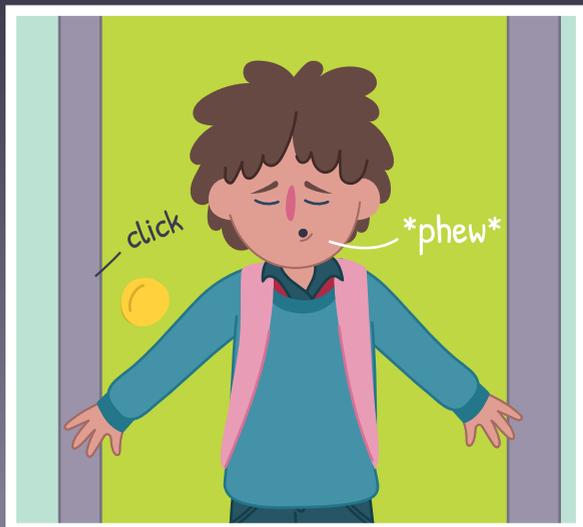
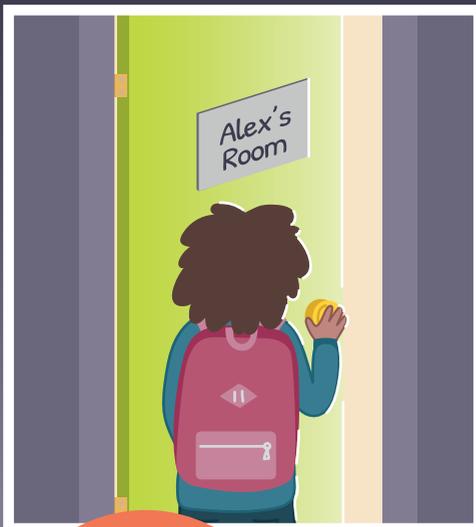
JELLY LEGS

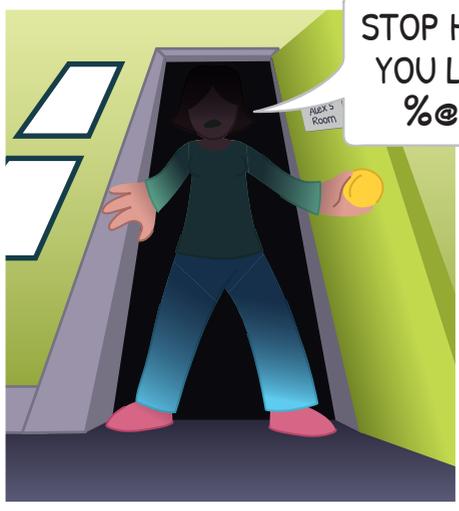


BUTTERFLIES IN TUMMY









STOP HIDING,  
YOU LITTLE  
%@#\*!



You always  
tell me not  
to interrupt  
your show so  
I didn't...  
I'm sorry.



You know what happens  
when you lie to me! Now I'm  
angry and it's all your fault!  
Life would be so much easier  
if I didn't have to put up  
with you.



Please don't!



Owwww!!

## MONDAY MORNING

P.S. It's just gonna be us going to the pool on Friday. Alex "isn't allowed"...

Again??  
What's  
the go,  
anyway?

I dunno... but it's super weird,  
if you ask me, Jess... Alex has  
definitely been different lately...

Yeah, and always wearing  
a jumper even when it's  
boiling hot?

And being so weird about  
never taking it off...

No idea... maybe just talk  
to Alex and ask what's up...?

What do you reckon we  
should do, Sacha?

## AT LUNCHTIME...





Alex... just wondering if everything is ok with you?



Huh..?  
What do you mean Sacha?



It's just that you seem angry a lot... and you're never allowed to hang out anymore...?



We just miss you and want to make sure you're ok, that's all....

OMG! Calm down! I just dropped my phone this morning and I haven't gotten over it yet... lol. You two worry too much!



# LIBRARY

That was so much fun! I had never heard of Kids Helpline before.

Yeah, I was thinking they could help with Alex. I still have a feeling something isn't right.

Me too...  
But I don't think Alex will wanna call...

Hmmm... true.  
Maybe we could call and suss it out first...?

Ok. Let's do it this afternoon at my place.

Yeah, that's a good idea.



Ready?

Yep!

RING RING  
RING RING



kidshelpline



mute



keypad



speaker



add call



FaceTime



contacts



Hi! This is  
Kids Helpline...

Ummm... Hi...?  
Errr...



Sorry... this is our first time  
calling... We did a video chat with  
a counsellor in class today...

Ok, cool!  
What would you  
like to chat  
about today?

We're just really  
worried about our  
friend. Something is  
wrong and we don't  
know what to do...

## LATER IN THE CALL

You're amazing friends for wanting to help and trusting your gut feelings. With the warning signs you've noticed, something might be happening at home for your friend. And kids going through something like that often need a trusted grown up to talk to. Got any ideas...?

Maybe we could try talking to our friend again and call Kids Helpline altogether to start with... so it's not so scary?



Perfect! And we'll need a back-up plan, just in case your friend keeps saying no, but you still feel like something isn't right?

Maybe we could talk to our school counsellor??



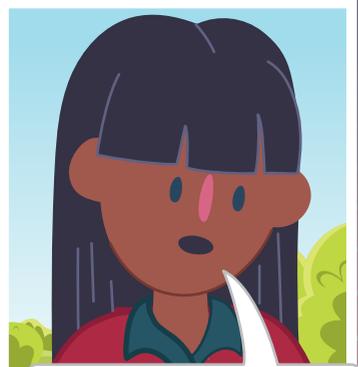
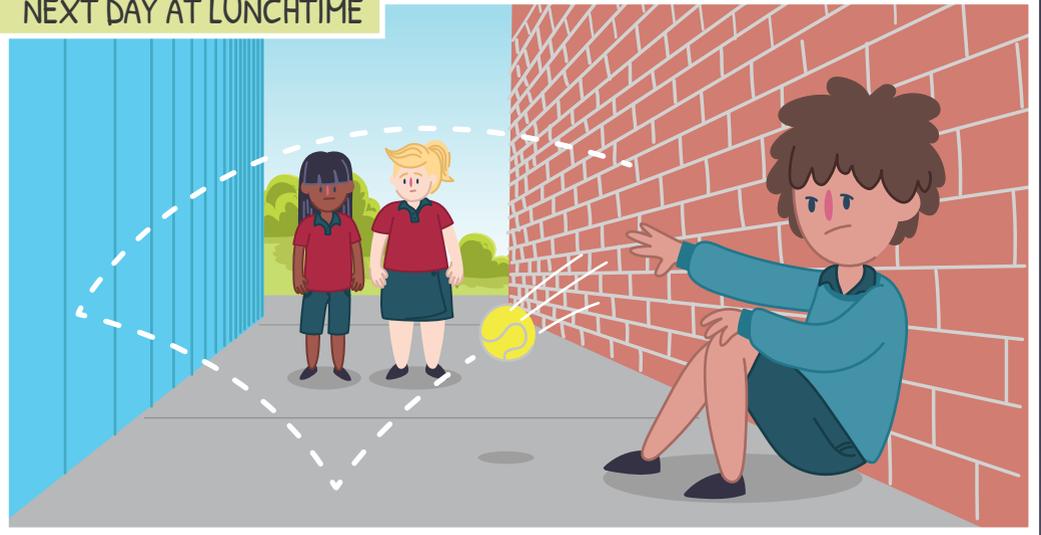
That's an excellent idea! Are you able to call us back to let us know how you go with your friend?



We'll definitely do that!

Great! Remember, supporting a friend can be tough sometimes so feel free to call back anytime. You can ask for me if you like.

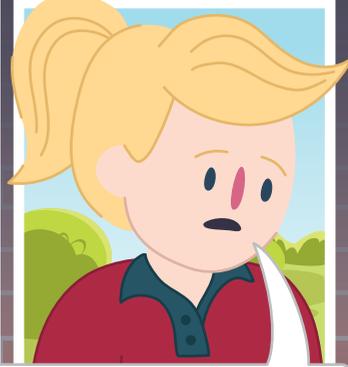
NEXT DAY AT LUNCHTIME



Hey Alex... Can we talk for a minute...?



Ummm... Sure... What's up?



We get that you wanna make out like everything is fine... but we're your best friends so we can tell things aren't ok...

We actually ended up calling Kids Helpline...



The counsellor said they hear stuff like that all the time, especially when things are hard at home.



No matter what I do I can never make Mum happy... I feel like it's always my fault...



That sucks Alex... Have you told anyone else about this?

What's the point? Mum said no one would believe me, anyway...

We believe you.



What about telling a grown up you feel safe to talk to about this?



Maybe I could talk to my swimming coach next week... I don't know...? Mum would kill me if she finds out though...



What about talking to Kids Helpline as well?

We could use my phone and call together?



That could be good... let me think about it...

# AT THE PARK AFTER SCHOOL



## Hello, Kids Helpline

Hi, we rang yesterday about our friend having a hard time at home... our friend is with us now



## LATER IN THE CALL



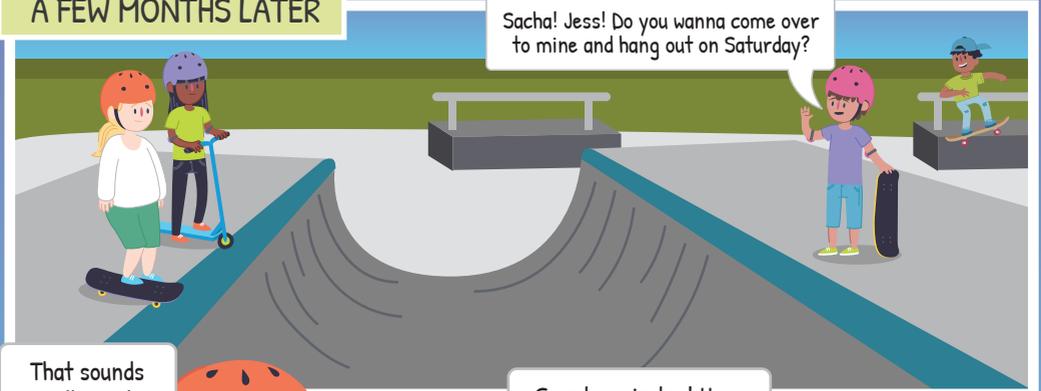
Lots of kids worry about that, Alex, but Child Protection are there to support families to be safe and healthy so they can stay together. Sounds like Mum might just need some help...



Yeah, I think she does too... I'm just nervous about what's gonna happen next...

That's totally understandable... Just remember we're here to support you and it's ok to ask questions anytime if you're not sure about anything.

### A FEW MONTHS LATER



Sacha! Jess! Do you wanna come over to mine and hang out on Saturday?

That sounds really cool, Alex! For sure!

Count me in too! Hey, does that mean things are better at home now?

Well, Mum's been going to a counsellor... and I can see that she has been really trying... I've been going to see someone too... Mum and I can actually talk about stuff now...



kidshelpline  
Anytime Any Reason



QUEENSLAND  
**CHILD**  
**PROTECTION**  
WEEK

Protecting **children** is

**EVERYBODY'S**

**BUSINESS**

Created with funding from  
Queensland Child Protection Week  
and in consultation with  
Beachmere State School

[kidshelpline.com.au](http://kidshelpline.com.au)

**1800 55 1800**

FREE CALL  
**24/7**

**Talking helps!**

We're here for you 24 hours a day, 7 days a week  
Check out our website for lots of tips too



Kids Helpline is a service of **yourtown** for 5-25 year olds

In an emergency call 000