

PROTECT



How to be safe



St Monica's College, Epping





What is this fact sheet about?

This factsheet is about how to be safe.

It tells you what to do if you do not feel safe.

This factsheet also tells you about child abuse. Child abuse means actions that hurt a child or teenager.





- **You should always feel safe at school.**



- **You should always feel safe at home.**



- **You should always feel safe in the community.**



- **No one is allowed to hurt you with words or actions.**



- **No one is allowed to make you feel scared.**
- **No one is allowed to touch you in places you do not want to be touched.**

You should feel safe with people in your life, for example:



- **family members**



- **teachers**



- **coaches**



- **friends**



- **people you meet.**



What is child abuse?

- **Child abuse can be physical – when someone hurts your body.**



- **Child abuse can be sexual – when someone does a sex act that is not ok with you.**



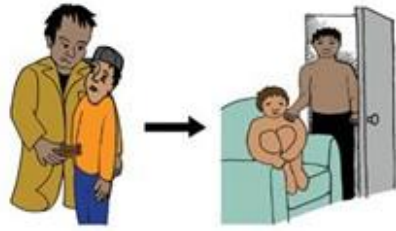
- **Child abuse can be emotional – when someone hurts you with words.**



- **Child abuse can be neglect – when someone does not look after you.**



- **Child abuse can be family violence – when someone in your family hurts your body.**



- **Child abuse also includes grooming. Grooming means an adult tries to be friends with a child or young person for sex acts.**



- **Child abuse is not ok.**



- **For more information about child abuse go to the Youth Central website.**
<http://www.youthcentral.vic.gov.au/know-your-rights/sexual-assault>



**What should I do if I do not feel safe?
Tell an adult you trust, for example:**

- **a parent**



- **a family member**



- **a carer**



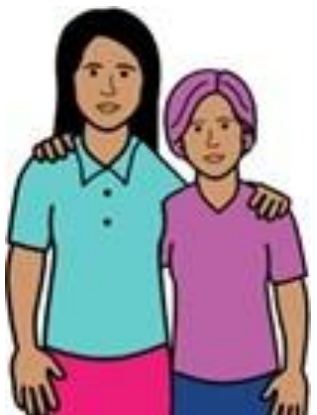
- **a teacher.**



- **Tell an adult even if someone says do not tell anyone.**



- **When you tell an adult you will not get in trouble.**



- **If you do not feel safe it is not your fault.**
- **You do not need to fix the problem on your own.**



What should I do if I think someone else is not safe?

- **Tell an adult you trust even if the person says do not tell anyone.**



- **It is important to make sure the person is safe.**



- **What will happen when I tell an adult at school?**
- **The adult must listen and help.**
- **The adult might need to tell other people to keep everyone safe.**

Who else can I tell?

You can tell another adult you trust, for example:



- a doctor
- a psychologist



- a social worker



- You can also get help from the police. Call 000 or visit your local police.
- the counselling service called eheadspace. Call 1800 650 850.
- Kids Helpline. Call 1800 551 800.