

## Who can I tell?

If you or a friend are being hurt or you feel scared, you need to tell an adult that you trust. This can be:

- ▶ your Mum or Dad, grandparents, aunt, uncle or other adult family member
- ▶ your priest or parish leader
- ▶ your Sunday School teacher, youth minister or other member of the Church you feel safe with
- ▶ a Police Officer
- ▶ your class teacher, your coach, your doctor or other people who look after you.

You can also call the phone numbers on the back of this brochure. When you call, you will talk to people whose job it is to help you and protect you.

## What do I tell?

It is important when you talk to someone you tell them:

- ▶ what is happening to you
- ▶ who is doing this to you
- ▶ how you are feeling.

## What happens when I tell someone?

When you talk to an adult, they will listen to you, they may ask you more questions to make sure they understand what you are telling them. They might need to talk to someone else, maybe a Police Officer. The adult should tell you who they will be talking to.



## Who can I call when I need help?

**Emergency:** 000

**Child Protection Helpline:** 132 111

**NSW Police:** 131 444

**Kids Helpline:** 1800 55 1800

**Mental Health Line:** 1800 011 511

**Lifeline:** 13 11 14

**Office of Safeguarding:** 4979 1390

## Websites that may help?

**Kids Helpline:** [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**What's Ok At Home:** [www.woah.org.au](http://www.woah.org.au)

**Youth Law Australia:** [www.yla.org.au](http://www.yla.org.au)

**Australian Human Rights Commission:** [www.humanrights.gov.au](http://www.humanrights.gov.au)

**Communities & Justice:** [www.facs.nsw.gov.au](http://www.facs.nsw.gov.au)

**Office of Safeguarding:** [www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)



**Office of Safeguarding  
Diocese of Maitland-Newcastle**

50 Crebert Street, Mayfield NSW 2304

PO Box 29 Carrington NSW 2294

**P** 02 4979 1390

**E** [childprotection@mn.catholic.org.au](mailto:childprotection@mn.catholic.org.au)

**www.officeofsafeguarding.org.au**



**I don't feel safe.  
What do I need to do?  
For children in parishes**

[www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)



## Your body lets you know if you feel unsafe

You may feel:

- ▶ scared
- ▶ confused
- ▶ sick in the tummy
- ▶ shaky all over.

You may also:

- ▶ feel your heart start to beat fast
- ▶ get goosebumps
- ▶ feel sad and start to cry
- ▶ want to go home
- ▶ feel tired or hungry a lot.

**IF YOU FEEL UNSAFE, YOU MUST TELL AN ADULT YOU TRUST**

## What is child abuse?

Children have a right to be safe from abuse and neglect.

Abuse is violence, neglect, emotional or sexual assault that is done by someone who should be caring for you.

Adults or other children can be abusive, someone in your family, a neighbour, someone you may like or trust, in your parish or youth group, at your school or in your team.

Abuse is:

- ▶ hitting, hurting, biting, cutting or burning you
- ▶ yelling and swearing at you so you feel scared
- ▶ touching your private parts, including your bottom or between your legs or making you touch them
- ▶ someone showing you their private parts
- ▶ showing you sexual videos, photos or things on the internet
- ▶ your parents or carers fighting in front of you
- ▶ always putting you down, telling you that you are “ugly” “useless” “stupid” “worthless”
- ▶ forgetting lots of times to give you breakfast, lunch or dinner
- ▶ not taking you to the doctors when you are sick
- ▶ not making sure you go to school regularly
- ▶ leaving you alone too long.



## You should always tell someone

Sometimes the person hurting you tries to make you keep bad secrets. The person makes you promise not to tell. That's not okay. You can always tell a safe adult if you are being abused.

## It's not okay

Being hurt, touched or made to do things you don't like can be scary and confusing. You might feel that you can't tell anyone what is happening to you or maybe you have been told not to tell anyone about it.

You may not know what to do or say. You might even think that no one will believe you.

You may think things will get better on their own or that soon someone will notice and do something.

You may think that it is your fault you are being hurt. But it isn't. You deserve to feel loved and cared for without being hurt.

The important thing is that you must tell an adult you trust even if it is hard, and if they don't help, then tell somebody else. Don't ever give up.

**REMEMBER, IT IS NEVER YOUR FAULT**

