

# Child Protection Week



# Teen Safety Tips

**Children's Safety Australia**

# Safety Risks for Teens

- Girls aged 15 – 19 are most likely to experience personal violence.
- Girls aged 10 – 19 yrs are also most likely to experience sexual abuse.
- For girls: the offender is most commonly known to them.
- Boys aged 15 – 19 are most likely to be victims of robbery.
- Boys aged 15 – 19 yrs also present the most likely offenders of personal violence.

**Be Yourself**



**EVERYONE ELSE IS TAKEN**

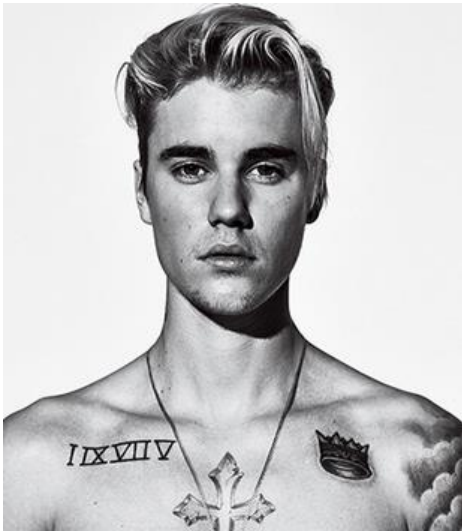
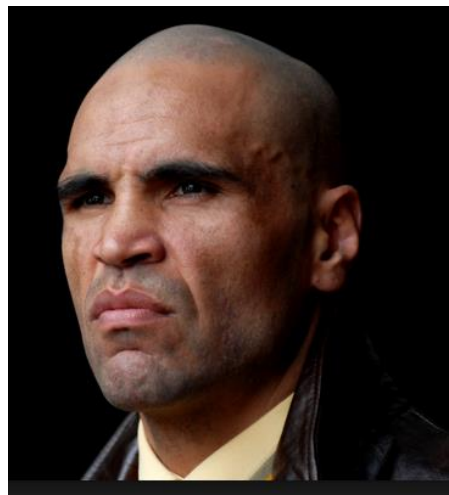
**Don't change so people will like you.  
Be yourself and the right people  
will love the real you.**



**RESPECT THE INDIVIDUALITY OF OTHERS TOO**

Children's Safety Australia Inc | [www.childsafety.org.au](http://www.childsafety.org.au)





**APPRECIATE  
HOW INCREDIBLY  
UNIQUE AND  
AWESOME YOU  
ARE**



**You have the right to be safe with people**

**If you don't feel safe:**

- Trust your instincts
- Go to a safe place as soon as you can
- You might need to break a rule to get away
- Talk with someone you trust about how to feel safe again

**Remember to respect others' right to safety too**



# TRUST AND ACT ON YOUR INSTINCTS

**BE COMMITTED  
TO YOUR  
SAFETY**



# My body



# is my choice

What I do with my body, and who touches me, is my choice.

**I have the right to:**

- my choices being respected
- change my mind
- express my feelings
- not be physically, emotionally or sexually abused
- seek help if I experience abuse

**I need to respect the choices  
others make about their bodies too.**



# YOUR RIGHTS

YOU have the right to:

- Your choices being respected
- Change your mind
- Express how you feel
- Not being abused
- Seek help

# I CAN GET HELP

**If you're feeling scared, upset, down or confused, talk with someone you trust.**

Develop a Safety Network of at least five trusted adults who:

- are available
- will listen
- will believe you
- will help you

If you don't get the help you need, keep on telling other trusted adults until you feel safe again.

Don't be afraid to ask for help – we all need it.



# WE ALL HAVE PROBLEMS

Talking with someone we trust can lead to:

- a solution/options
- help
- reassurance
- relief

# REACH OUT FOR HELP

- Trusted adults in your life
- Kids Helpline (1800 55 1800)
- Police (000 or 131 444)

# Questions?