

GET HELP

CAN I



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.



Offer *your* help to others in need.



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