

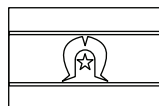
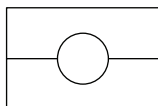
**I CAN GET HELP  
DON'T BE SHAME TO ASK**

**If you feel  
scared, sad or  
angry, talk  
with someone  
you trust**

**Make a Safety Hand of  
at least 5 adults you trust who:**

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

**If you don't get the help you need, keep on telling  
other Safety Hand Members until you feel safe again.**



**REMEMBER TO OFFER YOUR HELP TO OTHERS IN NEED**

[childsafety.org.au](http://childsafety.org.au)