



I CAN GET HELP!

MY
Safety
Hand

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

**Develop a Safety Hand of at least
5 adults or organisations 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