

I CAN GET HELP

My Safety Hand

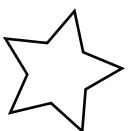
If you feel scared, confused, sad or upset, talk with someone you trust.

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