

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