

# 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)