

It's always OK to tell!



Telling someone can make a difference

It's **ALWAYS OK** to tell someone if you're being hurt or if you're unhappy with the way you're being treated or if a friend tells you they are not OK.

FIND SOMEONE YOU TRUST

Like a parent, carer, friend, minister or coach who can help you do something about it.

TELL THE PERSON YOU TRUST

- Why you are not happy.
- How the problem has made you feel.
- What would help fix it?

MAKE A COMPLAINT

- Either with your support person or by yourself.
- Tell your minister or Safe Church person

Call Safe Church Unit: (02) 8267 4351

Call Kids Helpline: 1800 55 1800

You can ask questions like:

- What will happen next?
- Who will get back to me or my support person?



ADULTS SHOULD
ALWAYS **LISTEN**,
ANSWER YOUR
QUESTIONS AND
TREAT YOU WITH
RESPECT



CONTACT DETAILS FOR MY CHURCH

Church name: _____

Name: _____

Phone: _____

Contact Us!

safechurch@nswact.uca.org.au | (02) 8267 4351



Want to remain anonymous? You can use our Speak Out Hotline: **1800 951 145**