

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 so 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 Contact person

Call Culture of Safety Unit: 0437 072 231

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 OUR CONGREGATION

Church name: _____

Name: _____

Phone: _____

Contact Us!

cultureofsafetycontact@victas.uca.org.au