



Feeling Safe and Respected Wherever You Are

Information for children and young people

All organisations should be safe and friendly for children and young people. You have the right to **be safe**, to **feel safe** and **be respected** wherever you are and whatever you do – at sport, clubs, churches, in out-of-home care, residential care, schools – everywhere!

What does 'safe and friendly' mean?



Children and young people have said they feel safe and welcome when:

- people care about you and respect you
- you feel included and people are kind to you
- no one is mean to you
- you are not hurt
- you know the rules or know how to find them out
- you have choices
- you can have fun and feel happy
- people listen to you
- you can talk to someone about any problems and they will help you solve them.

What if you or someone you know doesn't feel safe?



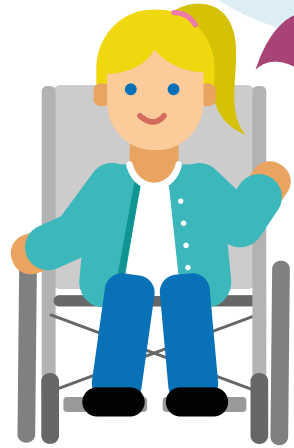
You always have the right to be safe and to feel safe, no matter where you are. If you don't feel safe talk to an adult you trust – like a parent, teacher, a friend's mum or dad or a leader at the place you go to.

If you are worried about yourself or someone you know and you don't know who to talk to, contact the Kids Helpline:



- Call **1800 55 1800** (it's free)
- Go to **www.kidshelpline.com.au**





It is the job of all adults who work at or visit an organisation to keep you safe

This is what they should do



Involve children and young people – ask what makes them feel welcome, respected and safe. Adults really listen and try to do what children and young people have said, or tell them why they can't.

Supervise activities and equipment (including phones, email and social media).

Make sure staff and volunteers are trustworthy – they should be friendly and qualified to work with children and young people.

Have leaders who make it happen – they take children and young people's safety seriously. The boss, the staff and volunteers work together with children and young people to make sure everyone feels safe, included and comfortable.

Involve parents and carers – talk to them about what is happening and invite them to activities or just to visit.

Always improve and look for ways to make things better for children and young people.

Train staff and volunteers about the best ways to help and support children and young people.

It's your right to be safe and respected everywhere



Have rules about the way things are done and how people should behave. Everyone knows the rules and what happens when the rules are not followed.

Have easy ways for children and young people to give feedback (or even complain!) Staff and volunteers should also report back to children and young people about what they did about their comments.