

Speak up and make a complaint

Speaking up is important.
It can make a difference.

1 Find support

Someone you trust, like a parent, friend, carer, teacher or coach can help you make a complaint.

You have rights!

It's always ok to speak up if you're being hurt or if you're unhappy with the way you're being treated.

2 Tell your support person

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

3 Make your complaint

Try your best. You can also ask:

- What will happen next?
- Who will get back to me and my support person?
- How long will it take?

You can contact:

Kids Helpline
1800 55 1800
kidshelpline.com.au

Adults should always listen, answer your questions and treat you with respect.

