



You have the right to feel **safe** here.

If something happens that makes you feel **worried**, **uncomfortable**, **upset** or **unsafe** — you can tell someone.

It doesn't matter how big or small it seems.

You won't get in trouble here for speaking up.

SAY IT

Tell Mara, or tell a grown-up you trust.



WRITE OR DRAW IT

Put it in the feedback box, or hand it to Mara.



ASK SOMEONE TO TELL FOR YOU

A parent, carer, brother, sister, friend or teacher.



TELL SOMEONE ELSE

You don't have to tell anyone here at all.



GET SUPPORT FROM SOMEONE YOU TRUST

You can have someone you trust help you speak up.



What happens after I tell?

A bad feeling is a good enough reason. You don't have to explain it, prove it, or be sure. You can just say it.

1

You'll be listened to. Properly, and not rushed.



2

You'll be taken seriously. I won't dismiss what you tell me.



3

You'll be told what happens next, in words that make sense to you.



4

I'll take your concern seriously and explain what I can do to help.



5

You'll be told what changed because of what you said.



People you can talk to, any time



Kids Helpline

Free and private, day or night. Call, text or chat online.

1800 55 1800



13YARN

For Aboriginal and Torres Strait Islander young people

13 92 76



Child Safety

In the daytime
1300 706 147
Any other time
1800 177 135



Police

If you or someone else is in danger right now.
000

You don't have to tell anyone at this practice if you don't want to.

This is your copy to keep!



You can tell me anything — even if it seems small, silly, or hard to explain.

- ♥ You won't get in trouble here for speaking up.
- ♥ You can tell someone else instead. You don't have to tell me.
- ♥ You can write it or draw it if saying it out loud is too hard.
- ♥ If you tell me something that means someone might not be safe, I may have to tell a grown-up whose job it is to help.
- ♥ I'll explain what is happening whenever it is safe and appropriate to do so.



**You matter.
Your voice matters.
I'm here to listen.**

Your voice.
Your choice.
Your safety.
Always.

INTEGRATIVE THERAPY NQ

Office D, 112 Denham Street, Townsville QLD 4810

0435 901 601 www.integrativetherapynq.com.au

It's brave to speak up.
You're not alone.