

BEING SAFE

A guide for children

If you are feeling afraid right now for your safety, or the safety of another child, you need to call 000 and ask to speak to the police.

Every child has the right to be safe and protected from abuse.

No adult should ever make you feel afraid, scared or unsafe. You deserve to feel safe when you are with your family and friends, when you are at school, when you are playing sports or attending lessons or activities, and everywhere else in the community.

City of Whittlesea has developed this Guide for you, as a child or young person aged 17 years or younger. This Guide will provide you with information about your rights, and the behaviours that are expected of adults around you.



Children's Rights

As a child or young person, you have rights. You have the right to:

- Be safe and feel safe
- Be looked after (including having enough healthy food to eat and medicine if you are sick)
- Be protected from abuse and harm (no-one is allowed to hurt you or make you feel unsafe)
- Be listened to, believed, and have your worries taken seriously
- Get an education
- Be respected and treated fairly
- Be the boss of your own body
- Be able to have a say on stuff that affects you and that you care about
- Be able to ask for help (including medical help) when you need it, and get it
- Have your cultural identity (who you are) valued and respected by those around you
- Have your privacy respected



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Whittlesea**

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Feeling safe

It's important to remember that it's not OK for adults to make you feel unsafe, scared or uncomfortable in the way they talk to you, touch you or treat you. An adult should never ask you to do something that makes you feel this way or ask you to keep things a secret. Anything that bothers you should not be kept secret, even if someone tells you that something bad will happen if you tell somebody else.

Talking to someone

If you are feeling scared or unsafe, you should talk to an adult that you trust. You should also talk to an adult that you trust if you are worried that one of your friends is unsafe. You could talk to a trusted family member or friend, teacher, child care worker, or youth worker. It's important to always remember that people care about you, and you don't have to deal with any worries on your own. If the first person you tell doesn't help you, it's important you keep trying because someone will.

Who to talk to...

If you are unsure of who you can talk to, or you want to talk to someone who doesn't know you, there are other people that you can call as well:

VICTORIA POLICE



You can call **000** anytime, 24 hours per day, and ask to speak to the police.

You can also visit your local Police Station and speak with a Police Officer.

KIDS HELPLINE



You can call them anytime, 24 hours per day, and it is free from a mobile: **1800 551 800**. You don't have to tell them who you are, and they can listen to your problem and help you.



You can also visit their website and email them or web chat live at www.kidshelpline.com.au

LIFELINE



You can call them anytime, 24 hours per day on **13 11 14**. You don't have to tell them who you are, and they can listen to your problem and help you www.lifeline.org.au



You can also text them from 12pm to midnight on **0477 131 114**.



City of
Whittlesea



Child Friendly Cities
and Communities