

Every kid has the right to feel safe all of the time!



Your feelings matter

Your body belongs to you

Tell a grown-up if something bad happens to you and keep telling until something is done about it

You have the right to say NO! even to an adult

You don't have to keep a secret if it makes you feel scared

Always tell your parents where you are going

Don't give out your phone number, email address or home address without your parent's permission

If you find yourself around adults who fight or hurt each other, get out of the way and go to a safe place (like your room or to your neighbour's house)

If you are ever in danger or in an emergency you can call the police, ambulance or fire brigade on 000

You don't have to be around anyone who hurts you



For support and more information visit
www.strongsafefamilies.online