



Got something to say?

We're here to listen.

If you have a complaint, then speak up.

You have rights!

If you're being hurt, or treated badly, it's always ok to speak up. Please remember these 3 simple steps.

1. Find support from someone you trust. Share the problem with a trusted parent, granny, carer, teacher or coach.

2. Yarn with people who make you feel safe. Explain why you're not feeling happy, and what might help to fix your problem.

3. Make your complaint – stand tall and proud. Be sure to ask who'll get back to you (or your support person), and how long it takes.



Aboriginal Corporation

Or call the Kids Helpline
1800 55 1800
kidshelpline.com.au

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

