



FEELING WORRIED, NOT SURE OR NOT SAFE?

TELL
SOMEONE!



If you feel unsure, not safe or worried, there are things you can do.



Say no if something doesn't feel right



Leave the situation if you can



Get help from a trusted adult

Who is a trusted adult?

A trusted adult is someone who:



Wants to help you stay safe



Listens to you



Believes you

If you talk to someone and they can't help you, try another trusted adult or call Kids Helpline.

Need help right now?

Call 000 if you or someone else is in danger.

Call the Kids Helpline
1800 55 1800 or chat online
www.kidshelpline.com.au



No phone? No problem. You can use any public payphone for FREE — no money needed.

tellsomeone.tas.gov.au