

KIDS NEED TRUSTED ADULTS TO TALK TO.

HOW CAN I BE A TRUSTED ADULT?

TELL SOMEONE!

If a child or young person shares with you that they have been abused, you don't need to have all the answers. Listen, believe and let them know you will help. Be there for them and take action. It can make a huge difference.

1 Stay calm and listen

- Pause, breathe and focus on them.
- Just *listen* and be there.

2 Listen for key details

- Let them go at their own pace and speak when *they* are ready.
- Don't interrupt or ask lots of questions. You're not investigating, just trying to find out what's been happening.
- If you need to ask questions, ask open-ended ones like: "Tell me more about that".
- If the child agrees, take a few notes to remember what they say.

3 Reassure them

- Say things like:
 - "It's not your fault."
 - "You've done the right thing by telling me."
 - "Thank you for trusting me."

4 Be honest about what may happen next

- Say: "I might need to talk to someone who can help keep you safe."
- Offer to do this together. Say: "Do you want to sit with me while I contact them?"

5 Connect with people who can help

- If they are or someone else is in danger, call **000** right now.
- If they're safe right now, connect them with Kids Helpline — call **1800 55 1800** or chat online at www.kidshelpline.com.au
- Visit tellsomeone.tas.gov.au for other support for children and young people.

6 Report what you were told

- Call the Strong Families Safe Kids Advice and Referral Line on **1800 000 123**. Tell them what you were told in the child or young person's words.
- Tell them if you have seen anything yourself, including:
 - Any changes in how the child or young person acts
 - Any physical signs (bruises, for example)
- Even if you are not sure, still call.
- If the child or young person talked to you while you were working or volunteering for an organisation, there might be more things you need to do. Check your organisation's policies or talk to your manager or supervisor.

7 Look after the child and yourself

- Check-in with the child or young person.
- Let them know they can always talk to you.
- Take care of yourself too - talk to someone you trust and seek support if you need it. Visit tellsomeone.tas.gov.au/im-an-adult for a list of support services.