

## Who can I tell?

If you or a friend of yours is being abused, you need to tell someone you trust. This can be:

- ▶ your caseworker
- ▶ your carer or guardian
- ▶ teachers or counsellors
- ▶ your coach
- ▶ NSW Police Officers
- ▶ doctors or other people who look after you
- ▶ a priest or your local church member
- ▶ other adults that you trust.

You can also call the phone numbers on the back of this brochure. When you call, you will talk to people whose job it is to help and protect you.

## What do I tell?

It is important that when you talk to someone, you tell them:

- ▶ what is happening to you
- ▶ who is doing this to you
- ▶ how you are feeling.

## What happens when I tell someone?

When you talk to an adult, they will listen to you, they may ask you more questions to make sure they understand what you are telling them. They might need to talk to someone else including police or other agencies to see how they can help you. They should let you know who they need to tell and if they don't, just ask them.

## Who can I call when I need help?

**Emergency:** 000

**Child Protection Helpline:** 132 111

**NSW Police:** 131 444

**Kids Helpline:** 1800 55 1800

**Mental Health Line:** 1800 011 511

**Lifeline:** 13 11 14

**Office of Safeguarding:** 4979 1390

## Websites that may help?

**Kids Helpline:** [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**What's Ok At Home:** [www.woah.org.au](http://www.woah.org.au)

**Youth Law Australia:** [www.yla.org.au](http://www.yla.org.au)

**Australian Human Rights Commission:** [www.humanrights.gov.au](http://www.humanrights.gov.au)

**Communities & Justice:** [www.facs.nsw.gov.au](http://www.facs.nsw.gov.au)

**Office of Safeguarding:** [www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)



**I don't feel safe.  
What do I need to do?**  
For children supported by  
CatholicCare



**Office of Safeguarding  
Diocese of Maitland-Newcastle**

50 Crebert Street, Mayfield NSW 2304

PO Box 29 Carrington NSW 2294

**P** 02 4979 1390

**E** [childprotection@mn.catholic.org.au](mailto:childprotection@mn.catholic.org.au)

**www.officeofsafeguarding.org.au**

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## What are my rights as a child?

As a child, you have rights, the same rights all children in Australia enjoy.

You have the right to be protected from being hurt, neglected or badly treated. No one is allowed to punish you in a cruel or harmful way. You have the right to feel safe.

You have a right to be fed and clothed, go to school, get medical help and have a safe place to live that is nurturing and encouraging.

You also have particular rights as a child in out-of-home care.

You have the right to complain if anything is wrong, to say what you are thinking and feeling, to be treated fairly, to hold your own beliefs and way of life and be in contact with your family and community.

You have the right to be treated respectfully, be involved in planning your future, to be given access to your own records and add information to your file.

Before leaving care, you have the right to be involved in planning your future.

## What is Abuse?

There are different types of abuse.



**Physical abuse** is when someone hurts you or causes pain to any part of your body on purpose. This could leave bruises, marks, sores or can even break bones. It can be:

- ▶ hitting you hard with their hand or another object
- ▶ kicking you
- ▶ pushing you
- ▶ choking you
- ▶ biting you
- ▶ throwing things at you.



**Neglect** is when a parent or an adult who cares for you does not give you the things you need to grow up happy and healthy. This could be:

- ▶ not giving you food, clothes, baths or showers
- ▶ not giving you a safe place to live
- ▶ not sending you to school
- ▶ not taking you to the doctors if you are sick.



**Emotional abuse** is when an adult keeps saying or doing things over and over again making you feel bad, scared, sad or alone. This could be:

- ▶ yelling at you
- ▶ teasing you
- ▶ ignoring you
- ▶ calling you names
- ▶ making you feel bad about yourself.



**Sexual abuse** can be from a stranger or someone you know like a family member or a friend. It can include:

- ▶ someone touching your private parts or making you touch their private parts
- ▶ someone showing their private parts to you or making you show your private parts to them
- ▶ someone showing you pictures or videos of other people's private parts.



**Domestic Violence** is when someone in your family hurts or is violent towards another person in your family. It is normal for families to argue at times, but when this happens a lot and makes you or others scared you need to tell a trusted adult.

## It's not okay

Being hurt, touched or made to do things you don't like can be scary and confusing. You might feel that you can't tell anyone what is happening to you or maybe you have been told not to tell anyone about it.

You may not know what to do or say. You might even think that no one will believe you.

You may think things will get better on their own or that soon someone will notice and do something.

You may think that it is your fault you are being hurt. But it isn't. You deserve to feel loved and cared for without being hurt.

The important thing is that you must tell an adult you trust even if it is hard, and if they don't help, then tell somebody else. **Don't ever give up.**

## REMEMBER, IT IS NEVER YOUR FAULT

