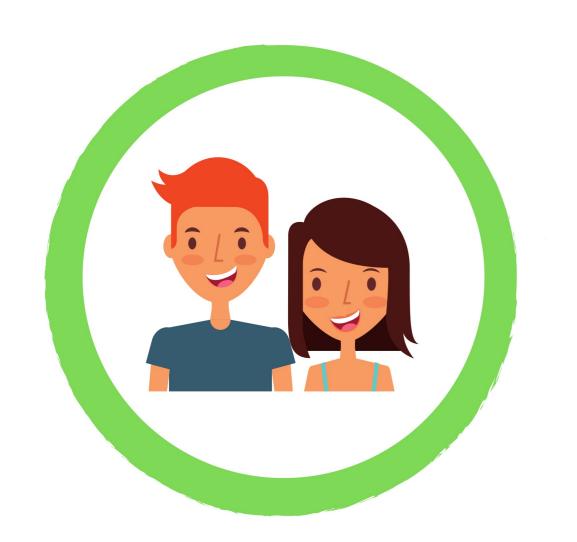


## KIDS MATTER

## It's OK to tell someone if you feel worried or sad. You can tell:







a parent

an adult you trust

a teacher

Keep talking until someone listens and can help you to feel safe again

You can also call:

Kids HelpLine 1800 55 1800 (call 24/7) kidshelpline.com.au