

Children and young people in Australia have the right to be safe, feel safe and well cared for.

You can help yourself to be safe and cared for by talking to people you trust. If you feel unsafe, unhappy, scared or uncomfortable about any of the following you must tell someone.

Situations that you must tell someone about	Some Examples	What to do
<p>Bullying and Harassment</p> <p>belittling and/or abusive behaviour</p>	<ul style="list-style-type: none"> Ongoing hurtful, belittling, offensive comments and/or behaviours directed to you via actions, text messages, comments on social networking sites Persistent stalking Being pressured into doing something that you don't want to do (eg lend money) Being pressured into doing something that is dangerous Being pressured into doing something that could get you into trouble 	<ul style="list-style-type: none"> Tell the person to stop Remove yourself from the situation Tell your ISP Manager and homestay or an adult you trust Ring the IES emergency phone (0401 123 205) Ring the Kids Helpline (1800 55 1800) Use the Cybersafety Help Button (download from www.dbcde.gov.au/helpbutton)
<p>Sexual Behaviour</p> <p>that is inappropriate and/or abusive</p>	<ul style="list-style-type: none"> Touching you in places you don't want or like Making you watch pornography of adults or children on the internet, DVD, magazines or photos Asking you to expose parts of your body Exposing parts of their body to you Asking you to have sex when you don't want to Forcing you to have sex or sexual contact when you don't want to 	<ul style="list-style-type: none"> Remove yourself from the situation if you think you are in danger and it is safe to do so Contact the police (000, mobile 112) Tell your ISP Manager Tell your homestay Tell someone you trust Ring the IES emergency phone (0401 123 205) Ring the Kids Helpline (1800 55 1800)
<p>Violent Behaviour</p> <p>that is hurtful to you or others</p>	<ul style="list-style-type: none"> Hurting you or threatening to hurt you Hurting others or threatening to hurt others 	<ul style="list-style-type: none"> Remove yourself from the situation if you think you are in danger and it is safe to do so Contact the police (000, mobile 112) Tell your ISP Manager Tell your homestay Tell someone you trust Ring the IES emergency phone (0401 123 205)
<p>Neglect</p> <p>not being looked after</p>	<ul style="list-style-type: none"> Being left alone for a long time Being locked out of your home, especially at night Not having enough food to eat Being cold 	<ul style="list-style-type: none"> Tell your ISP Manager Ring the IES emergency phone (0401 123 205) Tell someone you trust