



How to be safe

for secondary school students



Easy English

This factsheet has some hard words.

The first time we write a hard word it is in **blue**.

We write what the hard word means.



What is this factsheet about?

This factsheet is about how to be safe.

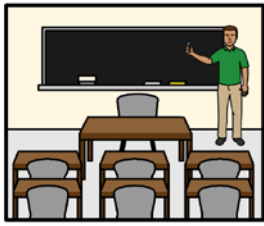
It tells you what to do if you do **not** feel safe.



This factsheet also tells you about

child abuse. Child abuse means actions that

hurt a child or teenager.



You should always feel safe

- at school



- at home



- in the community.

No one is allowed to



- hurt you with words or actions

- make you feel scared



- touch you in places you do **not** want to be touched.

You should feel safe with people in your
life, for example



- family members



- teachers



- coaches



- friends



- people you meet.

What is child abuse?



Child abuse can be

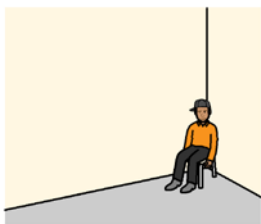
- **physical** – when someone hurts your body



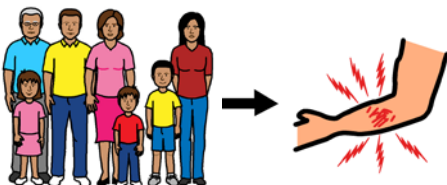
- **sexual** – when someone does a sex act that is **not** ok with you



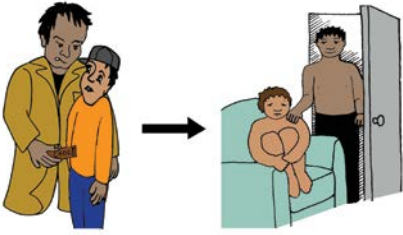
- **emotional** – when someone hurts you with words



- **neglect** – when someone does **not** look after you



- **family violence** – when someone in your family hurts your body.



Child abuse also includes **grooming**.

Grooming means an adult tries to be friends with a child or young person for sex acts.



Child abuse is **not** ok.

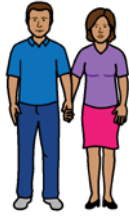


For more information about child abuse go to the Youth Central website.

<http://www.youthcentral.vic.gov.au/know-your-rights/sexual-assault>

What should I do if I do not feel safe?

Tell an adult you trust, for example



- a parent



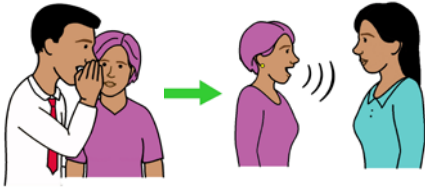
- a family member



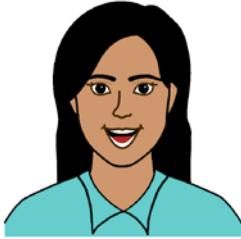
- a carer



- a teacher.



Tell an adult even if someone says
do not tell anyone.

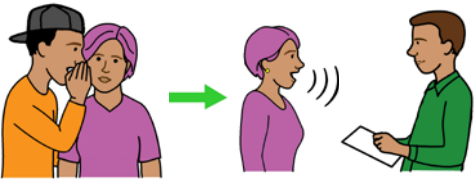


When you tell an adult you will **not** get
in trouble.

If you do **not** feel safe it is **not** your fault.



You do **not** need to fix the problem on
your own.



What should I do if I think someone else is not safe?

Tell an adult you trust even if the person says **do not tell anyone**.



It is important to make sure the person is safe.



What will happen when I tell an adult at school?

The adult **must** listen and help.



The adult might need to tell other people to keep everyone safe.

Who else can I tell?

You can tell another adult you trust, for example



- a doctor



- a psychologist



- a social worker.

You can also get help from



- the police

Call 000 or visit your local police station

- the counselling service called eheadspace

Call 1800 650 850

- Kids Helpline

Call 1800 551 800.

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Scope's Communication and Inclusion Resource Centre

wrote the Easy English. November 2016 www.scopevic.org.au

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