

5 fingers of support

who are

5 trustworthy adults

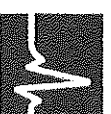
you could

talk to?



 **kids helpline**

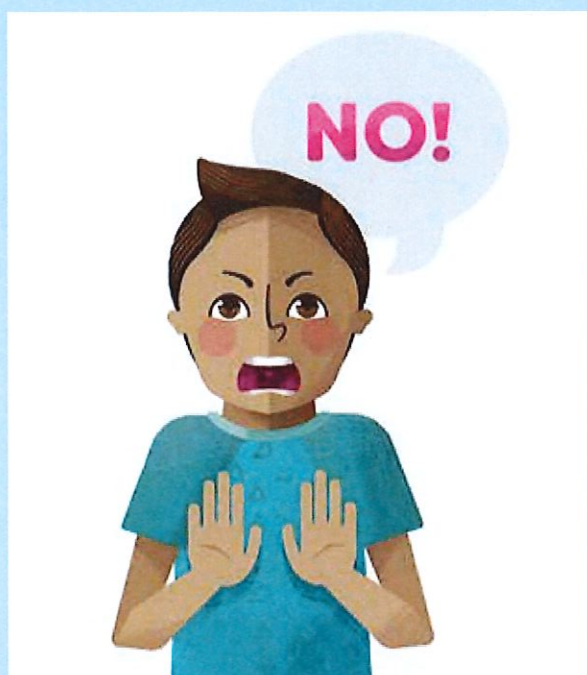
@school

 **Bupa
Foundation**

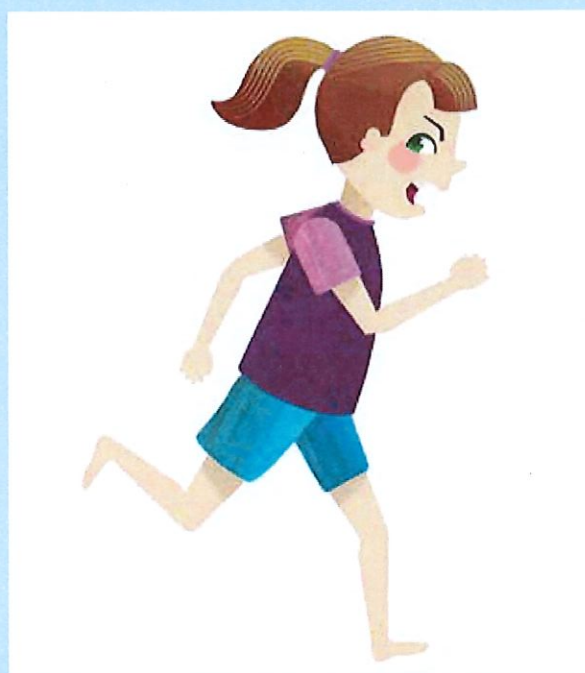
You can contact Kids Helpline for help!
1800 55 1800 | kidshelpline.com.au

Children are allowed to break the rules in an emergency.

If someone makes you feel unsafe,
that is an emergency and you should:



Say No!



Get away
from the person
and...



Tell someone
on your
Helping Hand.