

# YOUR RIGHTS: STAYING SAFE AND BEING HEARD

## 1 You Have the Right to Be Safe

- Everyone has the right to feel safe at home, at school, and in the community.
- Your body belongs to you — no one should touch you in ways that make you feel uncomfortable.
- If you feel unsafe, you can always tell a trusted adult.

## 2 You Have the Right to Be Heard

- Your thoughts, feelings, and ideas matter.
- You have the right to speak up and have adults listen to you carefully.
- You can ask questions and say what you need to feel safe and happy.

## 3 You Can Ask for Help

- It's okay to ask for help if you feel worried, scared, or confused.
- Trusted adults might include parents, teachers, coaches, wellbeing staff, or friends of the family.
- You are never alone — help is always available.

## 4

## You Can Learn About Your Rights

- Knowing your rights helps you make safe choices.
- It's okay to talk about your rights with adults who care for you.

## 5

## Staying Safe Online

- You have the right to use the internet safely.
- Don't share personal information with strangers online.
- Tell a trusted adult if someone online makes you feel unsafe.

## 6

## Respect for Everyone

- Everyone deserves respect, no matter their culture, language, beliefs, or abilities.
- Your culture, traditions, and family are important — and adults should listen and respect them.



Remember:

You are important | Your safety matters | Your voice matters

Momentum Mental Health cares about your safety and wellbeing. If you ever feel unsafe, scared, or just need someone to talk to, you can always speak to our staff. You can also reach out to a trusted adult, or call for help. You can contact Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14.