



CHILD SAFE – Advice for Students

Being safe, and what to do if something doesn't feel ok.

You have the right to be safe and free from abuse, including at school. Schools and other child-related organisations have to follow laws to protect children in their organisations from abuse.

What is child abuse?

Child abuse includes:

- sexual or grooming offences
- physical violence
- serious emotional or psychological harm
- serious neglect

Who can I talk to about this?

If you are worried about child abuse, for you or someone you know, there are people you can talk to.

Tell a teacher or any adult you trust if you feel unsafe. That can be a parent or relative, a teacher, or someone at your school. You may want to talk to more than one person.

Useful links

There are services to help you if you feel unsafe.

[National Child Abuse Helpline \(Child Wise\) 1800 99 10 99 Monday-Sunday, 9am-5pm AEST](#)

A toll-free number with access to expert advice from trained counsellors and an opportunity to speak up about child abuse.

[Kids Helpline 1800 55 1800 Any time, any reason](#)

For any time and for any reason - free, private and confidential phone and online counselling 24 hrs a day 7 days a week.

[Headspace \(National Youth Mental Health Foundation\)](#)

Headspace can help if you are aged 12 or over and you are going through a tough time. You can talk to someone at Headspace on the phone, online or in person. They also have a lot of information on their website.

[Victorian Centres Against Sexual Assault 1800 806 292](#)

Victorian Centres Against Sexual Assault provide services to child and adult victims/survivors of sexual assault. The assault may have occurred recently or in the past.

[Create Foundation 1800 655 105](#)

Creating a better life for children and young people in care.