

Speak up and use your voice

Speaking up is important.
It can make a difference.

You have rights!

It's always ok to speak up if you're being hurt or if you're unhappy with the way you're being treated.

1 Find support



Someone you trust, like a parent, friend, carer, teacher or coach, can help.

2 Tell your support person



- Why you're not happy
- How the problem has made you feel
- What would help fix it

3 Use your voice



Try your best. You can also ask your:

- Teacher, Year Patron, Wellbeing Teacher, or Indigenous Liaison Officer
- Email studentvoice@scas.nsw.edu.au
- Contact the Kids Helpline

Kids Helpline
1800 55 1800
kidshelpline.com.au

Adults are always willing to listen to you.



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Anglican School

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