

BELLBRIDGE NEWS



Bellbridge Primary School
Individual Paths, United Journey

Bellbridge Primary School
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STUDENT ABSENCES

Absences so far this year - 239

Absences same time last year - 117

DATES TO REMEMBER

Wednesday 5th February - No Preps at School
Thursday 6th February - Hockey Clinics
Friday 7th February - NO Assembly
Friday 7th February - Swimming Carnival
Tuesday 11th February - Safer Internet Day
Wednesday 12th February - No Preps at School
Thursday 13th February - Hockey Clinics
Friday 14th February - Prep – Grade 2 Assembly
Monday 17th February - District Swimming
Monday 17th February - Grade 2 Hockey Clinics
Monday 17th February - Parent Teacher Meetings

Tuesday 18th February - Grade 1 Hockley Clinics
Tuesday 18th February - Parent Teacher Meetings
Wednesday 19th February - No Preps at School
Thursday 20th February - Hockey Clinics
Friday 21st February – Grade 3-6 Assembly
Wednesday 26th February - No Preps at School
Thursday 27th February - Hockey Clinic
Friday 28th February - Prep – Grade 2 Assembly
Wednesday 4th March - English Night
Wednesday 4th March - No Preps at School

NEWSLETTERS are an IMPORTANT FORM of COMMUNICATION

At Bellbridge Primary School, the official school newsletter is generally provided in weeks 2, 6 and 10 of each term. This newsletter and all others will be provided via COMPASS and the school web page. **If parents prefer a hard copy of the newsletter, there are several copies available at the Office.**

NO ASSEMBLY THIS WEEK - REVISED ASSEMBLY SCHEDULE for TERM 1

Please note that due to the new gym floor having line marking done on Friday (7/2), this assembly time has been cancelled and the P-2 assembly will be next week, 14/2.

Subsequent assemblies have been adjusted for the rest of term.

We apologise if this inconveniences any families.

7/2	14/2	21/2	28/2	6/3	13/3	20/3	27/3
N/A	P-2	3-6	P-2	3-6	P-2	3-6	P-6

CHILD SAFE STANDARDS

Bellbridge Primary School maintains a strong commitment to child safety. Parents are encouraged to read the Fact Sheets in his newsletter titled: **PROTECT: Feeling Safe – Primary Students** and **PROTECT: Protecting Children from Abuse – For Parents and Carers** and talk about the student based fact sheet with their children.

Three policies related to processes and issues related to child safety (Child Safety; Child Protection – Reporting Obligations; Safe Guarding Children and Young People CODE of CONDUCT) are available on our school web page.

A link to documents for parents to use as a reference is included below – ‘Protecting Children from Abuse: For Parents and Carers’. More information is available at:

<http://www.education.vic.gov.au/about/programs/health/protect/Pages/default.aspx>

Victorian government schools are child safe environments. Bellbridge Primary School actively promotes the safety and wellbeing of all students, and all school staff are committed to protecting students from abuse or harm in the school environment in accordance with their legal obligations including the Child Safe Standards.

SCHOOL COUNCIL ELECTIONS

We have four vacancies for parent positions on School Council and will soon be seeking nominations from parents to participate in an election process in order to fill these positions.

The notices for the election of new School Council members will be posted around the school and information will be shared via Compass.

Nomination forms will be available at the Office from Thursday, February 6th and need to be returned to the Office by 4:00pm, Thursday, February 20th.

***Please note: The next School Council meeting is planned for Monday, February 17th.
This is the final meeting for the 2019 members.***

INFORMATION about BELLBRIDGE PS SCHOOL COUNCIL

Bellbridge Primary School Council currently meets on a Monday evening twice a term. Elections are held at the beginning of each year to elect parent and staff representatives. Everyone is welcome to nominate for election to School Council. We always look forward to working with each new school council to further promote our community’s commitment to our school and to continue our growth and development as an effective school for all involved.

Roles and Responsibilities within School Council

School councils play a vital role in the educational opportunity and outcomes of all students at the school. In essence, the role of school council is one of setting the long term future for the school and maintaining oversight (not management) of the school’s operation. It is not about running the school – that is the job of the principal. Three of the critical roles of school councils are: developing the strategic plan, approving the annual budget, and setting and reviewing policies.

Other roles may include:

1. School maintenance
2. Sub-contracting
3. Fundraising
4. Developing, reviewing and monitoring the Student Code of Conduct and the School Dress Code
5. School community engagement.

Role of School Councillors

It is important for school councillors to be aware of their roles and responsibilities.

For school councils to operate effectively, school council members need to be able to work as a team, respect the different skills, knowledge and experience that each member brings to council, and share the workload and responsibility.

The council president and principal need to work cooperatively. Similarly the school council president and the school councillors need to maintain respectful and cooperative relationships.

School councillors also need to be able to listen and ask the school community, and sometimes the wider community, about their views on topics that council might be considering.

BELLBRIDGE STUDENT LEADERSHIP 2019

Congratulations to the recently elected Grade 6 student leaders.

SCHOOL CAPTAINS

- Isa Balla
- Sanjana Shivashankaran
- Ezekial Mitchell
- Mouna El Haouli
- Jack Clarke
- Pranav Pavan

HOUSE CAPTAINS

<p>Coker (BLUE) Chloe Sammut Lydia Godfrey</p>	<p>Hughes (GREEN) Ivena-Lee Lewis Joshua Faamausili</p>
<p>Middleton (RED) Dim Samte Jack Monroe</p>	<p>Gillard (YELLOW) Evi Dahanayake Georgia Voinescu</p>

1:1 NETBOOK PROGRAM

The Grade 4 - 6 teams and the ICT Team have worked very hard to once again implement our 1:1 Netbook Program for all students in Grades 4 - 6. Our 1:1 Netbook Coordinator, Mr Sisson and our Assistant Principal, Mrs Hunt, have made sure that the program (now in its 10th year) provides parents with the best value for money, as well as having the best possible technical support from our full time technician, Helena Kasem.

Students in Grades 4 - 6 will be using their netbooks on a daily basis to support and enrich their learning in all areas of the curriculum, as well as providing engaging homework tasks. We are very proud of this program because ALL students receive a personal netbook to use at school every day, allowing teachers to implement consistent, relevant and engaging learning experiences for everyone.

We appreciate the time taken by parents to attend the 'Hand-Over Evening' on Tuesday, 4/2/2020, where agreements were signed and netbooks were taken home by students.

SAFE USE of the PLAYGROUND and SCHOOL WIDE POSITIVE BEHAVIOURS SUPPORT (SWPBS)

A feature of the SWPBS program at Bellbridge includes explicitly teaching students about how to behave in our playground. As part of on-going learning, our teachers discuss and clarify consistent understandings in relation to safe, respectful and responsible use of all areas of the playground.

Some basic school wide expectations are:

- Students may play anywhere they wish as long as they engage in safe and responsible behaviour
- Playgrounds are for climbing, swinging, sliding, balancing, etc – NOT chasing games
- Games that involve running and chasing should be played on the oval – NOT around buildings
- The front of the school is out of bounds at all times
- The seating around the school is for passive activities (no standing or jumping on them)
- The courtyard is a passive area for sitting or playing less active games – NO running or ball games
- The soccer field is used according to a roster : Monday (Gr 6); Tuesday (Gr 5); Wednesday (Gr 4; Thursday (Gr 2 & 3); Friday (Prep & Gr 1)
- The gaga pits are also used according to a roster

FUNDRAISING: BELLBRIDGE TWILIGHT CARNIVAL CANCELLED

Our annual School Carnival has had to be cancelled for this year due to the oval being 'out of action' for all of Term 1. The oval is a key area of our carnival and the recent installation of instant turf requires a significant time to nurture in readiness for heavy traffic (i.e. hundreds of students playing on it) and the weight of the major rides would be very damaging during the initial weeks of growth.

At our next meeting, School Council will determine alternative options for fundraising.

Other fundraising events this term may include an Easter Raffle, Subway Lunches and free dress for a gold coin donation on the last day of term.

STUDENT ATTENDANCE: 'EVERY DAY COUNTS'

Attending school regularly is a key factor in students making expected progress in their learning. We are very concerned about the significantly high number absences from school experienced by some students and families. As part of our commitment to the 'Every Day Counts' program, we maintain a focus on monitoring students with a high rate of absences from school. This includes making regular contact with parents and families regarding school support measures, and in some cases, reporting our concerns to the education department and other relevant agencies. In addition, we celebrate consistent and high rates of students' attendance with awards at assembly, individual certificates for students with 100% attendance, and special class rewards for five consecutive days of 100% attendance (e.g. exclusive use of areas of the playground).

SWPBS REWARDS SHOP

The 'Rewards Shop' is located in the room near the entry to the small staff car park on Bellbridge Drive which is also used as our Uniform Shop each Tuesday morning (8:00 – 8:45am). Students are able to visit the Rewards Shop each Tuesday and Thursday at 1:00pm.

The Rewards Shop is overseen by the Health & Wellbeing Team in collaboration with the Student Leaders (SRC – class captains and vice captains).

Our students enjoy earning bee tokens for demonstrating positive behaviours in the classroom and the yard. The bee tokens they collect can be cashed in for prizes at the Rewards Shop or some students prefer to cash them in for beehive tokens for class rewards, visits to other classrooms or other classroom incentives.

The rewards consist of a wide range of treats, stationery, toys, games and magazines. On average, we have between 100 – 150 students visit the Rewards Shop each week!

TRAFFIC SAFETY – It's everyone's business!

The safety of students and parents on Matlock Street and Bellbridge Drive is a constant concern in our community. Parents are reminded of the following ways to keep our children safe by:

- Using the school crossing as an option for crossing the road
- Obeying the parking signs around the school – do not park in disabled car parks unless you are authorised to do so.
- **Not parking in the Bus Zone to pick up students (you risk being fined!)**
- Not double-parking near parked cars – this blocks traffic and can cause accidents
- Not parking in, or walking through, the staff car parks. Students are taught that they are not to enter staff car parks.

We, as a school, cannot take any responsibility for parents who engage in unsafe and/or illegal use of the roads, bus stop or school car parks. Please make good choices and help to keep our students safe, and raise any concerns about traffic surrounding our school with the local council.

'NO PARKING' AREAS

Members of our community regularly raise and make complaints about parents parking in No Parking areas around the school. These areas include the BUS STOP on Bellbridge Drive and Disabled Parking bays on Matlock Street and Bellbridge Drive. Parents who park in these areas risk significant fines from Traffic Officers who make random checks on parking around our school.

Please observe the parking signs on the streets surrounding our school and carefully consider where and when you park so you can avoid the frustration of being fined.

PARENT TEACHER MEETINGS (Meet & Greet) – Monday, February 17th/Tuesday, February 18th

We will be having Parent Teacher meetings on Monday, February 17th (2:50 – 6:30pm) and Tuesday, February 18th, (2:50 - 4:10pm). This is an opportunity to establish a shared relationship and build on the home school partnership with your child's teacher. It is also important for parents to share information that is specific to their child's needs.

We look forward to having conversations with all parents at these meetings so we can start the year with shared expectations.

Some information that can be shared at the interview may include:

- Your child's current health situation, e.g. allergies, asthma (which require a management plan)
- Changed family circumstances
- Dates for any extended absences that are being planned (e.g. holiday overseas)
- Issues that may impact on the completion of homework

When teachers are aware of special circumstances in a child's life they are able to understand and support the student in a variety of ways and your timely communication allows us all to work as a team.

Bookings for these meetings will be processed electronically via Compass – more information will be communicated very soon.

[LOG IN TO COMPASS TO BOOK YOUR PARENT-TEACHER MEETING \(opening soon\)](#)

COMPASS is our online portal used for parents to:

- *Access your child's Semester Reports
- *View up-to-date attendance information, and add approvals or explanations for absences (before or after the absence)
- *Access information regarding upcoming events and news, including a school calendar
- *Update your registered email and mobile number (used for SMS alerts) details
- *Receive alerts via text message or email
- *Provide information and online consent functionality for sports, camps and excursions
- *Make most payments online
- *Make bookings for Parent/Student/Teacher conferences

The bookings for Term 1 Parent-Teacher Meetings will open shortly, and a text message will be sent to advise parents of the date/time the system will be available to make bookings. Families with multiple children at our school are advised to book early to ensure the time slots can be made around the same time. We recommend that you do not book time slots immediately following each other - just to be sure you have time to move from one classroom to the next. Login to Compass using the mobile app or Compass web link on our school homepage. (<https://bellbridgeps-vic.compass.education/>)

If you can't remember your password for Compass, please go to the Compass Portal and select "Can't access your account?"

This link will take you to: <https://bellbridgeps-vic.compass.education/Portal/ForgotPassword.aspx> where you can take steps to change your password.

We look forward to meeting as many families as possible at the upcoming Parent Teacher Meetings on Monday, 17/2/20 and Tuesday 18/2/20.

Debbie Clancy
Principal

STUDENT PAYMENTS RECEIVED AT THE OFFICE

All payments that are sent to the office are required to be in an envelope with the following details: Student's name, grade, what the payment is for and the amount enclosed.

If the payment is for an excursion or camp, a **HARDCOPY CONSENT FORM MUST** be printed from Compass or obtained from the office and placed in the envelope with payment. This will avoid the processing of the payment being delayed.

CHANGE OF PERSONAL DETAILS

It is of the utmost importance that all family contact details are kept up to date. SMS via Compass is regularly used to inform parents/guardians of an upcoming event that requires consent and payment and will be used to inform families in emergency situations. A Change of Details form can be obtained from the office. Please note that changes to email addresses and mobile numbers can be updated on Compass.

ESSENTIAL EDUCATION ITEMS

Thank you to all parents/guardians who have paid their Essential Learning Items fee of \$200.00 per student. This fee is set by School Council and is used for activities and services that are essential to support student learning of the standard curriculum.

A reminder that payments can be made on Compass or at the office via cash or EFTPOS.

COMPASS

Please note that Compass is now our preferred payment option for fees and charges and is also being used for Parent/Teacher Conference bookings.

If you have any queries please do not hesitate to contact the office

LATE ARRIVAL/EARLY LEAVERS

Any child arriving to school after 8.30am is required to attend the office, **with a parent/guardian**, to obtain a late pass. If your child is leaving school early, the parent/guardian is required to send a note with their child on the morning informing the classroom teacher of the time they will be collected and who will be collecting them. The parent/guardian is required to sign the child out at the office, where arrangements will be made for the child to come up to office.

ABSENCE FROM SCHOOL

If your child is absent from school for any reason, we require parents/guardians to notify the school office that they won't be attending. When your child returns to school, a note must be given to their teacher detailing the date and the reason for the absence.

If your child has any long term absences from school, (e.g. holidays, extended illness etc.) a note is required to be given to their teacher informing them of the absence prior to them commencing the absence.

Re: SUNSCREEN APPLICATION AT SCHOOL

Dear Parent/Guardian,

Bellbridge Primary School is proud to have state-wide recognition for our efforts in promoting Sun Protection at our school.

Ultra-violet radiation is a type of radiation produced by the sun. UV radiation can lead to a number of health issues, but it is also our main source of Vitamin D. Each classroom contains a poster outlining the daily UV level. The SunSmart app is also on our school's website (scroll to the bottom of the homepage).

When the UV level is below 3, it is important that we allow ourselves to absorb the Vitamin D from the sun, however, when these levels go above 3, sun protection is recommended. In Term 1 and 4, students wear hats in accordance with our Sun & UV Protection policy. In Terms 2 and 3, the UV levels are generally below 3. On the occasion where the UV level may go beyond this safe level, the students will be encouraged to follow SunSmart recommendations, which include:

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Seek shade
- Slide on sunglasses



Each classroom has been provided with a bottle of sunscreen (Cancer Council, SPF 30+), which students will be able to use when the UV levels are above 3, if they wish. Students will be applying the sunscreen themselves, with teacher direction if required. It would be helpful if you could ensure your child is clear on how to correctly administer sunscreen. You are welcome to provide your child with your own sunscreen if you prefer, which can remain stored in their bag until needed.

If your child has a specific health issue and should not use school-provided sunscreen, please notify the school office so this information can be noted and passed to the relevant teaching staff and school nurse.

PROTECTING CHILDREN FROM ABUSE: FOR PARENTS AND CARERS

GET THE FACTS

As adults we all play a critical role to protect children from harm.

As a parent or carer you have the primary responsibility for protecting and caring for your own children and supporting them to build relationships that are safe and respectful.

You also play a critical role in identifying and responding to suspected abuse within the community. In fact it may amount to a criminal offence if you fail to report suspected sexual child abuse.

REPORTING ABUSE

WHAT SHOULD I DO IF I SUSPECT THAT MY CHILD HAS BEEN ABUSED?

If you believe that your child has been abused, or is at risk of being abused contact Victoria Police immediately via the local police station or on 000 if it's an emergency.

WHAT SHOULD I DO IF I SUSPECT THAT ANOTHER CHILD HAS BEEN ABUSED?

If you suspect that a child has been abused, or is at risk of abuse (such as physical abuse, family violence or neglect) you should report immediately to the Department of Health and Human Services (DHHS) Child Protection (see contact detail at the end of this fact sheet)

- If you suspect that a child has been sexually abused, you must also report your concerns to the Victoria Police. You may be committing a criminal offence if you fail to do so.
- You should report even if you're not sure. It is the role of authorities to investigate your concerns and determine if any further action needs to be taken.
- Parent and carers are also often in a position to protect the friends of their children. This is because children are most likely to disclose their experiences of abuse to their peers, who in turn may share this with their own parents and carers.
- If your child talks to you about their friend, and you suspect that the child is being abused or is at risk of being abused, you should act. You may be the only adult in a position to act and your response may be critical in protecting that child's safety.

WHAT SHOULD I DO IF I SUSPECT THAT A CHILD IS BEING ABUSED AND AUTHORITIES HAVE PREVIOUSLY INVESTIGATED AND DISMISSED MY REPORT?

If you have new grounds for believing that a child is being abused, you should make another report to DHHS Child Protection or Victoria Police. Every report is critical to protecting a child as it builds evidence and helps authorities to gain a clearer understanding of risks to the child.

WHAT HAPPENS TO MY CHILD IF SOMEONE AT THE SCHOOL SUSPECTS THAT MY CHILD HAS BEEN ABUSED?

All staff members at your child's school are required to report suspected child abuse to DHHS Child Protection and, in some circumstances, to Victoria Police.

Your child's school will contact you as soon as possible, unless they have been advised not to do so by DHHS Child Protection and/or Victoria Police.

Where appropriate the school will work with you to ensure that your child is provided with support, which may include referring them to wellbeing professionals.

WHEN IS IT A CRIMINAL OFFENCE TO NOT REPORT SUSPECT ABUSE?

Any adult may face criminal charges if they believe that another adult has committed a sexual offence against a child under 16 years of age and does not report this information to the police.

FACTS ON CHILD ABUSE

WHAT IS CHILD ABUSE?

Child abuse:

- can include physical abuse, sexual abuse, grooming, emotional or physiological harm, neglect or family violence
- does not have to involve physical contact or force (eg, child sexual abuse can include talking to a child in a sexually explicit way)
- can be committed by any member of the community, including someone within a child's family or someone within the school setting.

The trauma associated with child abuse can significantly impact upon the wellbeing and development of a child. This is why it is critical that we all respond immediately to any form of suspected abuse.

WHAT ARE THE SIGNS THAT A CHILD HAS BEEN ABUSED?

There are a range of physical and behavioural indicators of child abuse.

Most importantly you should act if you notice anything that causes you to form a reasonable belief that a child has been, or is at risk of being abused, including (but not limited to):

- a change in a child's behaviour (e.g. withdrawal, regressive behaviour, or non-age appropriate sexual behaviours)
- physical indicators of abuse (e.g. unexplained bruises, welts, signs of malnutrition)
- an inappropriate relationship between an adult and a child (e.g. inappropriate physical contact, unexplained gifts or phone/email contact).

THE SCHOOL'S ROLE

HOW MUST SCHOOLS RESPOND TO SUSPECTED CHILD ABUSE?

All staff in Victorian schools are obligated to respond to any incident or suspicion of child abuse as outlined below:

1. Respond to the emergency

Address any immediate health and safety needs (eg. administer first aid or contact emergency services).

2. Inform authorities

Report any reasonable belief that a child has been, or is at risk of being abused to the DHHS Child Protection or Victoria Police.

3. Contact parents/carers when appropriate

Contact parents/carers once authorities advise that it is safe and appropriate to do so.

Ideally parents/carers will play a central role in providing support for their children, however schools will be instructed not to contact parents/carers in circumstances where this may impede an investigation or place the child at greater risk.

4. Provide ongoing support for all children impacted by the abuse

Provide appropriate support for all children impacted by abuse. This will likely include ongoing counselling from professionals. The child's ongoing support will be documented in a Student Support Plan.

These actions are outlined in further detail in Identifying and Responding to All Forms of Abuse in Victorian Schools.

ARE THE STAFF AT MY CHILD'S SCHOOL REQUIRED TO REPORT CHILD ABUSE?

Yes – all staff at your child's school are required by law to report any reasonable belief that a child has been abused, or is at risk of abuse.

In some circumstances, it may be a criminal offence for school staff to fail to report child abuse to the authorities.

PROTECTING MY CHILD

WHAT CAN I DO TO HELP EDUCATE AND PROTECT MY CHILD FROM ABUSE?

Have a chat to your child and make sure that he or she knows that no one is allowed to threaten, hurt or touch them in a way that makes them feel uncomfortable.

Every relationship should be respectful and no one should behave in a way that makes them feel unsafe or afraid.

Your child's school will also be supporting your child in learning about their rights to be safe and respected. Victorian government schools are teaching the *Respectful Relationships* program which promotes positive attitudes and behaviours and is aimed at preventing family violence.

WHAT SHOULD I TALK ABOUT WHEN I EXPLAIN SAFETY TO MY CHILD?

There are some things you can do at home to build your child's understanding of safe and respectful relationships including:

- talking openly with your child about their feelings and relationships
- being sure that they understand you will listen and act if they are concerns about how anyone is treating them
- using the correct names for body parts and having age-appropriate conversations about touching and sexual activity
- letting your child know that adults should never harm or act in a sexual way with any child.

KEEPING CHILDREN SAFE OUTSIDE OF THE HOME OR SCHOOL

You play a critical role in ensuring that your children are spending time in safe places.

In Victoria all people who are working with your children such as coaches and music teachers need to have a current *Working With Children Check*.

You may like to check that any staff and volunteers spending time with your child after school hours and on weekend have a valid *Working With Children Check*.

If you think that you may need some help to keep your children safe from harm and support their healthy development, it is important you find some help. Visit the Victorian Government's Better Health Channel for information on seeking support:

<https://www.betterhealth.vic.gov.au/health/healthyliving/parenting-support-to-help-prevent-abuse>

FEELING SAFE- PRIMARY SCHOOL STUDENTS

GET THE FACTS

This fact sheet is about making sure you know how to keep safe. It gives you the facts about what to do if someone is hurting you or your friends or making you feel unsafe.

WHAT ARE YOUR RIGHTS?

- Everyone has the right to feel safe and be protected.
- No one is allowed to threaten you, hurt you or touch you in a way that makes you feel uncomfortable.
- No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

HOW DO I KNOW IF SOMETHING IS WRONG?

- Every relationship should be respectful.
- It is wrong for anyone to hurt you or make you feel unsafe, uncomfortable or afraid.
- Remember a person doesn't have to physically hurt or touch you to be doing the wrong thing.
- Even if you are not sure, if something doesn't feel right you should tell an adult who can help you.

WHAT SHOULD I DO IF I FEEL UNSAFE?

- Tell an adult – telling someone won't get you in trouble.
- If you feel threatened, unsafe, or if you feel uncomfortable about how someone is touching, talking to you, or treating you, you should tell a trusted adult.
- You can tell a teacher or any adult at your school. They will be able to help you.
- You can also tell your parent, carer, or any family member or adult you trust.
- Even if the person who is making you feel like this has asked you not to tell anyone, you should still talk to an adult. It is more important that you are safe and protected.

WHAT SHOULD I DO IF I AM WORRIED THAT SOMEONE I KNOW IS UNSAFE?

- Tell an adult you trust.
- You can tell a teacher or any adult at your school.
- They will be able to help your friend or the person you are worried about.
- You can also tell your parent, carer, or any family member or adult that you trust.
- Even if the person who you are worried about has asked you not to tell anyone, you should still talk to an adult. It is more important to make sure that your friend is safe and protected.

WHAT WILL HAPPEN IF I TELL AN ADULT AT THE SCHOOL THAT I FEEL UNSAFE, OR THAT I THINK MY FRIEND IS UNSAFE?

- Adults at your school must listen to your concerns and help.
- In some cases the adult at school may need to tell another adult about your concerns so that you, or the person you know can be protected.
- Adults at your school can provide you with support and make sure that you don't have to deal with this alone.

WHAT IF I DON'T FEEL LIKE I CAN TALK TO ANYONE AT MY SCHOOL?

- If you don't feel like you can talk to an adult at your school, you can talk to your parent or carer.
- If you don't feel like you can talk to your parent or carer, you can talk to another adult within your family. This may be an aunt, uncle, a step-parent, or a grandparent.
- If you don't feel like you can talk to any of these adults, you should still try and find an adult that you can trust, and that you can talk to.
- You don't need to deal with things on your own.

THERE ARE MANY PEOPLE WHO CAN HELP YOU. HERE ARE SOME OTHER SUGGESTIONS:

- visit eHeadspace (which provides an online and a 9am-1am telephone support service) www.eheadspace.org.au or 1800 650 850
- call KidsHelp Line on 1800 55 1800 or visit for 24 hour support
- call or visit your local police station or call 000.