



**Marymead
CatholicCare**
CANBERRA & GOULBURN

Staying Safe for children

We will support you, listen to you, respect you and help you to feel safe.



Supporting our community for over 60 years

mccg.org.au

Your rights and responsibilities



Safety

I have a right to feel safe

I have a responsibility to be kind and gentle to others



Respect and Inclusion

I have a right to be myself and be treated fairly

I have a responsibility to respect other peoples choices



Feedback

I have a right to voice my opinions respectfully

I have a responsibility to respect the opinions of others



Information

I have a right to information

I have a responsibility to ask for more information



Participation

I have a right to be listened to and participate

I have a responsibility to listen, ask questions and participate



**What you say
in here,
stays in here**

Unless

- **someone is hurting you**
- **you want to hurt someone**
- **you want to hurt yourself**
- **you give permission to share with another safe adult**





The **United Nations Convention** on the **Rights of the Child** serves as a significant commitment where countries pledge to safeguard children's rights.

Every child and young person under the age of 18 is safeguarded by the convention, regardless of their background, beliefs or origin.

The convention ensures that every child and young person has the right to:

be **protected**

be **treated fairly**



be **educated**



be **healthy**

be **heard**

For more information on the convention visit:

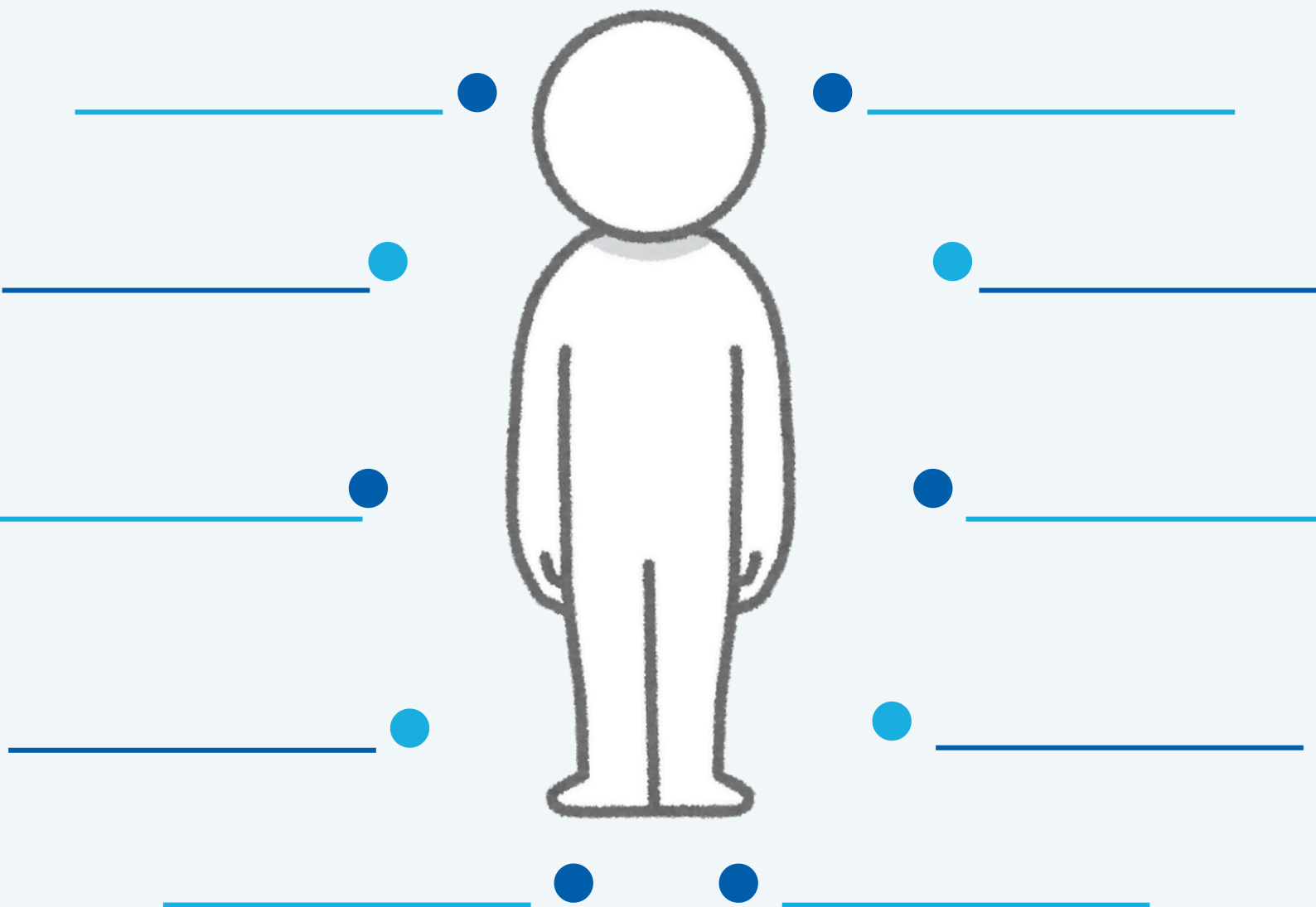
[unicef.org.au](https://www.unicef.org.au)



What can I do if I'm unsafe?

Listen to your body!

When I'm feeling unsafe or scared, my body tells me...



Who are your **safe people**?

Write or draw in the hand below your safe people who make you feel happy and cared for.



Keep telling people on your network hand until someone helps you.

Feeling **safe** and listened to

U T N U B O G F X G R S C F K
W G J S F W S J C P A L P A Q
T E A C H E R F O K S I Y M V
Z O A O L U H K U B A R Z I C
V X W L S X Q H N G F S X L T
E A V I C F P C S C E Y H Y I
D F G S R E B C E K A I E C H
F Y E T P N A J L X Y R V O S
R P W E P A Y Z L L Y F E A S
I F R N D C R B O V J B U M S
E B S O C S K E R N E H N M H
N V E H T P V Q N G A B D H E
D I K Z G E V G I T T M L T L
S C H O O L C J G Y S O U Q P
R E S P E C T T T M O S Q T H

Counsellor

Respect

Protect

Safe

Parents

Friends

Teacher

Care

School

Family

Listen

Help



10:00



5 Online Safety Tips

Think of others feelings **before you post**

Ask for permission before you share anything

Speak up if you see cyberbullying

Use **privacy** and **screen time** settings

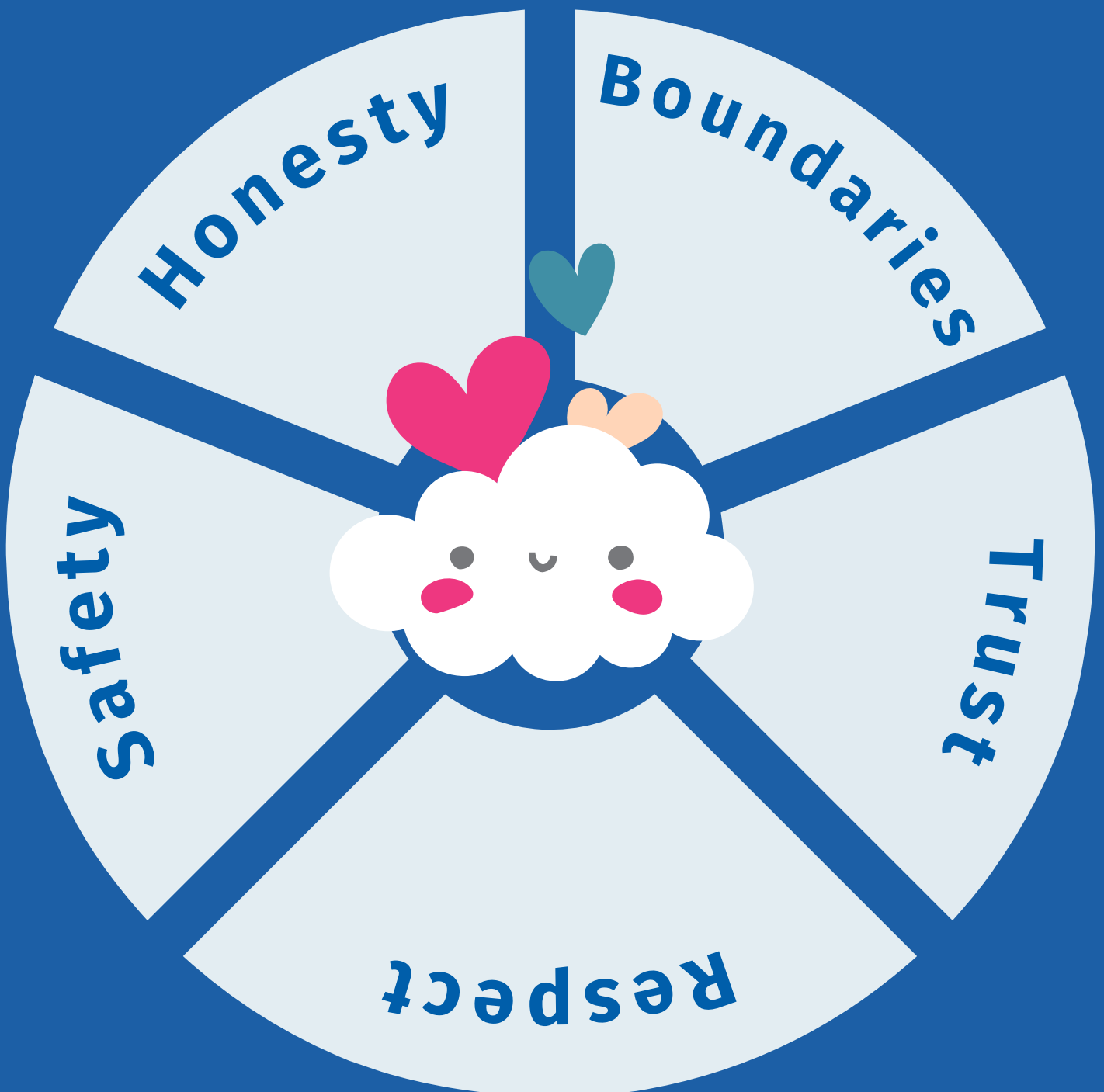
Ask for help. Sites like eSafety can help you remove images or content shared without prior consent



Healthy relationships!

Healthy relationships are built on mutual respect, trust, honesty and fairness.

Write or draw some examples of healthy relationships and healthy emotions below!



Tell us!

If you're **not happy** with us, **say something**:

- tell a **parent, carer or safe adult**
- call **6162 6100**
- visit **mccg.org.au**

**If you don't want to talk to someone at MCCG,
there are other agencies that can help you**

ACT Ombudsman

1300 395 775

NSW Ombudsman

1800 451 542

ACT Human Rights Commission

6205 2222

Australian Human Rights Commission

1300 369 711

People who you can talk to



MindMap ACT

1800 862 111

mindmap.act.gov.au



Kids Helpline

1800 55 1800

kidshelpline.com.au



13YARN

13 92 76

13YARN.org.au



Yerrabi Yerrang

0400 123 258

yerrabi.org.au



Beyond Blue

1300 224 636

beyondblue.org.au



Headspace

1800 650 890

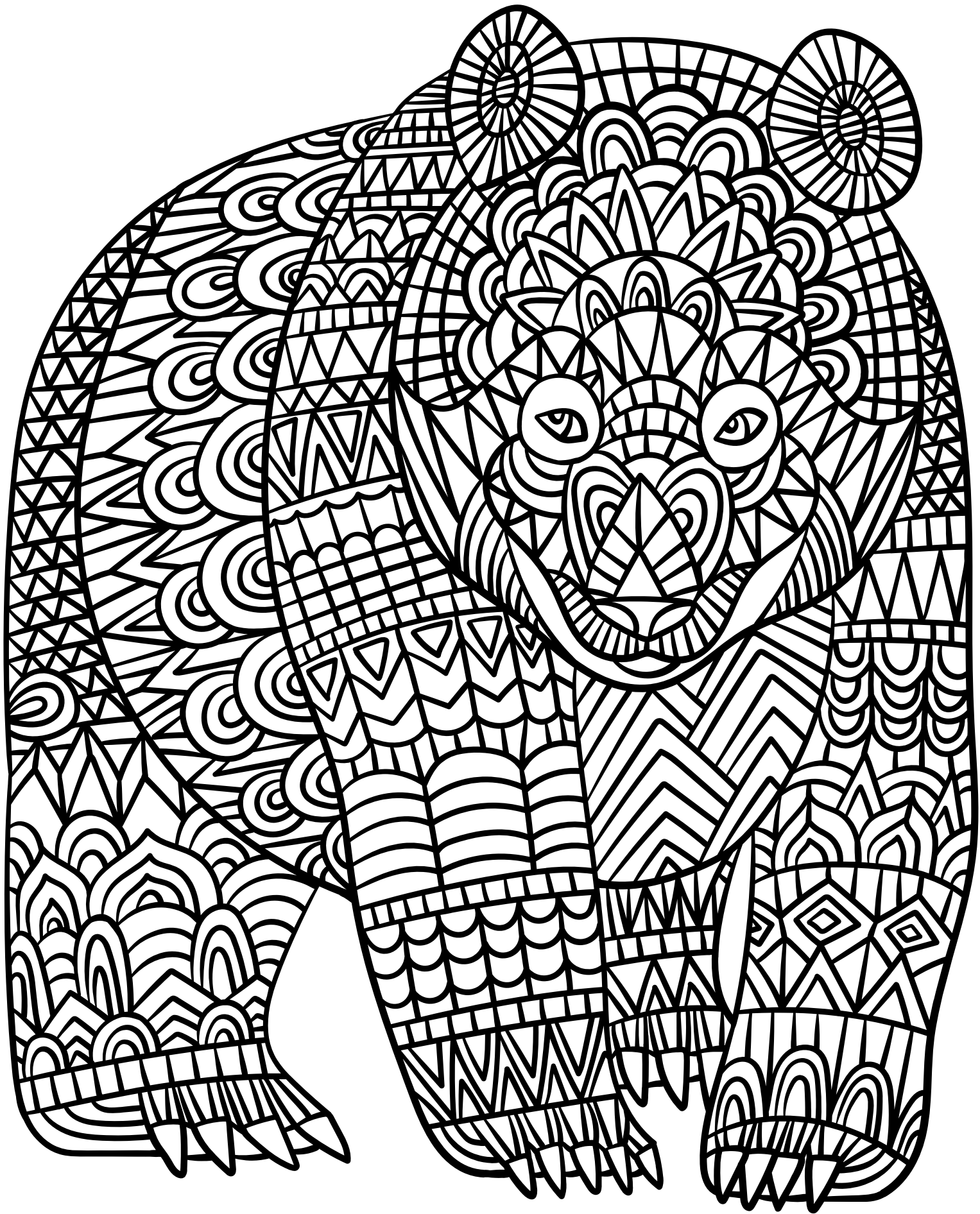
headspace.org.au



Lifeline

13 11 14

lifeline.org.au





**Marymead
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CANBERRA & GOULBURN

PO Box 3167
MANUKA ACT 2603

P 02 6162 6100
E info@mccg.org.au

mccg.org.au