

My Five Safe Adults to go to are

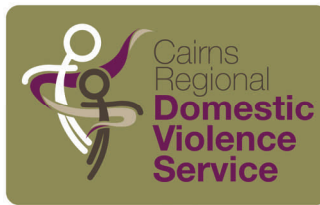
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Your Five Safe People can be

- Neighbours
- Teachers
- School Guidance Officers
- School Principal
- Aunts or Uncles
- Your Friends Mum or Dad

ADULTS WILL BELIEVE YOU
WHEN YOU GO TO THEM FOR
HELP !

YOU ARE NOT ALONE - HELP IS
ALWAYS AVAILABLE !



WHEN I GET SCARED I CAN THINK ABOUT

WHEN I GET SCARED I CAN GO TO

WHEN I AM FEELING DOWN, WORRIED OR
AFRAID I CAN TALK TO

THESE ARE THE SAFE EXITS FROM MY
HOME

IN AN EMERGENCY I CAN

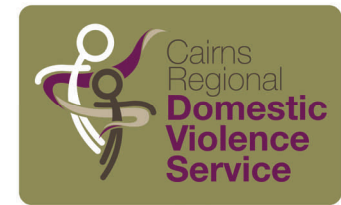
My Phone Number

The Police Phone Number

Neighbour, Friend or Relative's Phone Number

Cairns Regional Domestic Violence Service
Phone: 07 4033 6100 Fax: 07 4033 5863
Email: office@dvcairns.org

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Keeping Safe

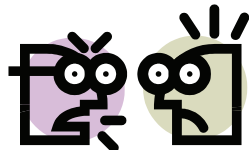
*Kid Safe Behaviours When
in unsafe places*



*For Children & Young
People Witnessing
Domestic Violence*

When Young People see, hear or experience :

1. *Hitting*
2. *Punching*
3. *Slapping*
4. *Pushing*
5. *Kicking*
6. *Pulling hair*
7. *strangling*
8. *Yelling*
9. *Screaming*
10. *Name Calling*
11. *Threatening Behaviours*
12. *Throwing things*
13. *Breaking things*



It Is Normal To Feel

- Scared*
- Nervous*
- Anxious*
- Angry*
- Worried*
- Confused*



STAY SAFE AND MOVE AWAY !

When Adults are fighting if possible

- ◆ Go to a neighbours house
- ◆ Or stay in your room out of harms way
- ◆ Call the police on 000
- ◆ Think of 5 Safe adults you can go to for help

THE POLICE WILL ALWAYS BELIEVE YOU!

Tell them your name, your address and that you feel unsafe because the grownups in your house are fighting.

NEVER TRY AND STOP THE FIGHTING BECAUSE YOU COULD GET HURT !



WANT SOMEONE TO TALK TO RIGHT NOW?



Kids Help Line	1800 551 800
Youth Link	4031 6179
YETI	4051 4927

Other local services for children and young people



Everyone has the right to feel safe all of the time!



Cairns Regional Domestic Violence Service
"If home is where the hurt is..."