

INFORMATION FOR CHILDREN HOW TO SAFELY ASK FOR HELP

Your safety is important. You have the right to feel safe, to be heard, and to receive help.

If you feel uncomfortable, scared, or something does not feel right

You can ask for help if someone hurts you, scares you, humiliates you, causes you pain, touches you in a way that makes you uncomfortable, asks you to keep a worrying secret, writes or says something that makes you feel unsafe, or if you are worried about another child.

What should you do?

1. Tell an adult you trust

This could be a teacher, the Principal, the Child Safety Officer, a parent, guardian, or another adult you trust.

2. Use your own words

Explain what happened, where and when it happened, and who was there. You do not need to find the "right" words.

3. Keep asking for help

If the first adult cannot help, or you still feel unsafe, tell another adult. You can keep asking for help as many times as you need.

4. In an emergency

If you or another person is in immediate danger, tell the nearest adult straight away. In an emergency in Australia, you can call 000.

Important things to remember

- You have the right to say "no" if something makes you feel uncomfortable or unsafe.
- You can ask for help at any time.
- You can tell someone what happened even if you were asked to keep it a secret.
- Adults at school must take child safety concerns seriously and share information with the people who can help.

Who can you talk to at Pushkin Lyceum?

Staff Member	Role
Marina Makarova	School Principal
Elena Desyatkova	Child Safety Officer
Tatiana Kiseleva	First Aid Officer
Ekaterina Suturina	Accident Incident Register

You can also speak to any teacher or other school staff member you trust.

How the school will respond when you ask for help

We will listen to you calmly and carefully, take what you tell us seriously, and help you feel safe. Sometimes we may need to share information with other responsible adults or services so that you can be kept safe and receive the support you need.

If it is difficult to say something out loud, you can ask to speak privately or write down what is worrying you.