



it's ok  
to  
speak  
up

You don't have to  
keep it to yourself,  
*you are not alone*



CATHOLIC SCHOOLS  
*Broken Bay*

# You are not alone

## **STEP 1:** Talk to Someone You Trust

If something is worrying you at school (like homework, friends, feeling safe, or classwork), the first step is to:

- ▶ Talk to your teacher
- ▶ If you can't talk to anyone, you can write it down and give it to someone you trust; your teacher, or a trusted staff member
- ▶ Talk to your parent or carer if you need help letting your classroom teacher or trusted staff member know,

## **STEP 2:** If It's Still a Problem

If the problem doesn't get better or you don't feel safe or heard:

- ▶ Ask to speak with the Assistant Principal, or another teacher.
- ▶ Let your parent or carer know or another trusted adult

## **STEP 3:** Go to the Principal

If you still need help:

- ▶ Share your worry with the School Principal.
- ▶ You can ask a parent or carer to come with you if that helps.

## **STEP 4:** School-Wide Help

For bigger issues that affect the whole school (like safety, worries about staff, or the school environment):

- ▶ Your parent or carer can contact the school and the Principal can support you and or your family directly.

## **Remember:**

- ▶ It's always okay to talk about how you feel.
- ▶ You have the right to feel safe and protected
- ▶ If it's about feeling safe, tell someone immediately.
- ▶ Every voice matters, and adults are here to listen and help.

If your concerns cannot be resolved at school level, you and your family can seek further support from the Community Engagement Team

[cet@dbb.catholic.edu.au](mailto:cet@dbb.catholic.edu.au)



**FAITH**



**JOY**



**WITNESS**



**COMPASSION**



**COURAGE**