

it's ok to speak up

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



CATHOLIC SCHOOLS
Broken Bay

Step 1: Talk to Someone You Trust

If something is worrying you at school (wellbeing, safety, friendships, workload, or support), the first step is to:

- ▶ Talk directly to the person involved, if you feel comfortable and safe to do so
- ▶ If not, go straight to a teacher, or a trusted staff member
- ▶ Talk to your parent or carer if you need help with letting someone at the school know.

Step 2: Seek Support

If you need more help or the issue continues:

- ▶ Approach a trusted staff member (Wellbeing Coordinator, Counsellor, or other School Leadership).
- ▶ You can also bring a friend, parent or carer for support when sharing your concern.

Step 3: Go to the Principal

If the problem isn't resolved and it continues:

- ▶ Speak with the School Principal or School Leadership
- ▶ If you need to ask your parent or carer to help you speak with the Principal

Step 4: Serious Concerns

For concerns about students, staff behaviour, environment or school-wide issues that impact on student safety:

- ▶ Speak with the Principal or School Leadership immediately, If you are not comfortable in doing so contact Safe Guarding safeguarding@dbb.catholic.edu.au
- ▶ Your parent or carer can contact the school and the Principal can support you and or your family directly.

Remember:

- ▶ You have the right to be heard.
- ▶ You have the right to feel safe
- ▶ Speaking up is about making your school a safe and better place for all students.
- ▶ Seeking help is a sign of courage.

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



FAITH



JOY



WITNESS



COMPASSION



COURAGE