



We care about you



You have the right to feel safe.



will listen to you if you feel worried, sad or angry – even if it's about something you've seen on a screen.



If you're worried, or you know a friend is worried, tell us so we can help you.

Talk to the adults in the pictures:

Who can I talk to?

Someone you feel safe with



Kids Helpline
Anytime. Any Reason.
1800 55 1800

Adults can find out more at ocg.nsw.gov.au