

Easy Read Guide

Speaking Up and Staying Safe



This guide is for you

This guide is for **children aged 9 years and over**.

We are committed to keeping children safe.

You have the right to:

- Feel **safe**
- Be **listened to**
- Be treated with **respect**



If something happens that makes you feel **worried, unsafe, or uncomfortable**, you have the **right to speak up**.

You will **not get into trouble** for telling someone.

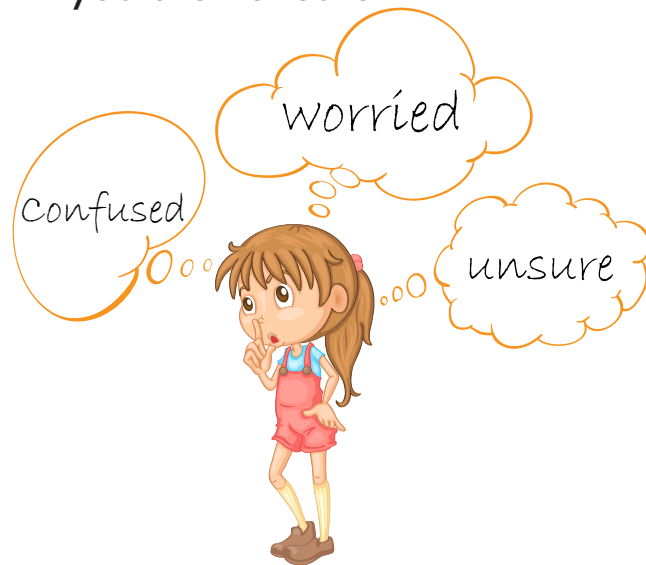
When should I speak up?

You should speak up **any time** if:

- Something does not feel right
- Someone hurts you
- Someone scares you
- Someone makes you feel uncomfortable
- You feel unsafe

It is okay to speak up **even if you are not sure why you feel this way.**

Your feelings matter.



Who can I talk to?

You can talk to **anyone you trust.**

This can include:

- A staff member at iLA
- A manager or supervisor
- Your parent or carer
- Another trusted adult

You can:

- Talk face to face
- Talk on the phone
- Use an online form
- Ask someone to help you speak up

You can speak up **more than once** if you need to.



What happens after I tell someone?

This is what we will do:

1. We listen

We listen carefully and take you seriously.
You only have to share what you feel okay talking about.



2. We check you are safe

We make sure you are safe and supported.

3. We explain what happens next

We use clear, simple words.

You can ask questions at any time.

4. We look into what happened (if needed)

We try to do this calmly and quickly.

We do our best not to ask you the same questions again.



5. We tell you what happens

We explain the outcome and check how you are feeling.

Important things to know

- You will **not be blamed or punished**
- You can ask for a break or more support at any time
- You can speak up **without using your name**, unless we need it to keep someone safe
- If you are not happy with what happens, you can ask for help or ask for it to be looked at again



Need help right now?

If you are in danger:

- Tell a trusted adult **straight away**, or
- Ask a staff member to help you contact someone who can keep you safe

You deserve to be safe.



How to contact us

You can contact us online here:

www.ilaustralia.org.au/contact

Or contact us by:

Phone: **08 6202 4700**

Email: **general@ilaustralia.org.au**

Address: Freda Jacob House, 7 Tully Road, East Perth WA 6004