

YOUNG PEOPLE

Young people play their part to protect and care for children and young people in their community by being a positive influence and standing up for children and young people if they need support.

Be a positive role model. Children look up to those who are older than them, so make your influence positive. Find ways to connect with other young people in your area. This might be through sport, drama, music or by spending time in your local park. Look out for new people and make them feel included and welcome.

As a friend:

-Listen: If your friend is upset or worried they most likely just need you to listen. Believing them and being there in the good times and the bad, helps them to know that you care.

-If you're really worried about your friend's happiness or safety, encourage them to speak to an adult. A parent, teacher, counsellor or another adult you trust are good options. -Although talking for the first time can be hard, it can also be very helpful. If you feel like your friend needs some extra support you could offer to go with them.

-Look out for the younger children in your family, at your school or on your bus. Stand up for them or reach out if they need your support.

As a bystander:

-If you see something that makes you feel unsafe or uncomfortable, consider who needs to know about it. Safety is an adults' responsibility so it is best to tell an adult who you trust.

-Think about safe and respectful ways to be an active bystander if you see a child or young person being hurt in some way.

If you're in a relationship:

-Treat your partner with respect and love.

-Be a good listener and be interested in your partner's life.

-Be aware of your behaviour and take responsibility for it – what you say, how you say it and the way you act.

-Understand that there are good times and hard times.

-Support and encourage your partner.

-Enjoy spending time together and time apart.

If you're a young carer

-You don't have to do it alone, reach out for support and help.

-We all need a break so don't be afraid to ask for one. There are services that can help or perhaps family or friends that can give you a break.

-Get some rest when you can and look after yourself.

-If you've got questions about your or a friend's safety and wellbeing, the internet is one way to get some answers. Check out: www.kidshelp.com.au or www.youthbeyondblue.com

Or call Kids helpline on 1800 55 1800.



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