



FRIENDS

Friends play their part to protect and care for children and young people in their community by supporting each other.



As a friend to an adult:

- Be a good listener. Sometimes people just want to talk and feel listened to. Don't judge.
- Be interested in your friend's life and how they are feeling about being a parent.
- Offer to give your friend some 'time out' from the children.
- Bring over a cooked meal or offer to help with some work needed around the house.
- If you are really worried about your friend, and/or their children encourage them to talk to someone that may be able to help them.

As a young person:

- Listen, if your friend is upset or worried they need you to listen. Believe them and don't judge them.
- If you are really worried about your friend's wellbeing or safety, encourage them to speak to an adult. A parent, teacher, counsellor or another adult you trust are good options. You could offer to go with your friend for extra support.

As an adult friend to a child/young person:

- Be a good listener. If a child or young person trusts you to tell you something then listen and don't judge and believe what they tell you.
- Encourage the child/young person to talk to their parents / carers if it is safe.
- If you are really worried about a child/ young person encourage them to talk to someone that may be able to help and support them if appropriate. There may be situations where your concern may lead you to contacting child protection authorities and/or the police.