

Speak up and use your voice

Speaking up is important.
It can make a difference.

You have rights!

It's always ok to speak up if you're being hurt or if you're unhappy with the way you're being treated.

1 Find support



Someone you trust, like a parent, friend, carer, educator or coach, can help.

2 Tell your support person



- Why you're not happy
- How the problem has made you feel
- What would help fix it

3 Use your voice



Try your best. You can also ask your:

- Educator, Room Leader, Centre Director or one of the Admin team
- Email director@cclc.nsw.edu.au
- Contact the Kids Helpline

Kids Helpline
1800 55 1800
kidshelpline.com.au

Adults are always willing to listen to you.



Columba
Cottage

Early Learning Centre and
Outside School Hours Care

director@cclc.nsw.edu.au