



Speak Up and make a complaint

You have rights!

It is always ok to speak up if you're being hurt or not happy with the way you have been treated.

1

Find support

Someone you trust, like a parent, nanna, carer, teacher or coach can help you make a complaint

2

Yarn with your support person

Tell them:

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

3

Make your complaint

You can also ask:

- What will happen next?
- Who will get back to me and my support person?
- How long will it take?

Adults should always listen, answer your questions and treat you nicely.

Who you can call