

School Communities Working Together

Fact Sheet for Students



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Introduction

This information provides advice and support to assist you, your family and friends if they are affected by conflict which is taking place overseas or instances of violence here in Australia.

Some students may have family or friends who live in parts of the world which are affected by the conflict reported through the media.

What can I do to stay safe?

We all come from different backgrounds and we all experience different things. This means we need to accept that others may have different opinions.

If you know someone who is passionate about their views, try and listen with an open mind. It is okay to disagree, but do it respectfully.

Like gossip or rumours, some of the things you read or hear or see may not be true. If you are concerned or confused about something, ask someone you respect. This could be your parents or carers, Year Advisor, the School Counsellor, a teacher, Deputy Principal or Principal of your school

Everyone is allowed to have their own opinions, even if they are different from our own – but it is never okay for people to force their views on others or use threats or violence to get their opinions across, or to solve problems.

How can I help my friends?

If you notice that something is bothering a friend, there is a change in the way they act or they are sad, angry or unhappy, ask if they are okay and listen to what they have to say. Sometimes having a good friend to talk to helps and we feel better. Sometimes the problem is too big and needs more help from an adult. It is never wrong to tell an adult that you are worried about a friend.

What can I do if I am worried that they may hurt themselves or others?

If you are worried that one of your friends might hurt themselves or someone else, then you need to get them some help without asking them. You can request that this is anonymous, though that may not always be possible. Remember, you are doing this because you care about them and are concerned for them.

There are several people in your school who you can go to for advice. The School Counsellor can talk to you about any issues, either related to school or outside school. You could also talk to your Year Advisor, another teacher you trust, Deputy Principal or Principal.

There are also places outside of school where you can get confidential advice or help. These are listed below.

Where to get advice

- Talk to your parents or carers
- Kids Helpline – T: **1800 55 1800** – <http://www.kidshelpline.com.au>
- Lifeline – **13 11 14**
- headspace – <http://www.headspace.org.au>
- **1800 RESPECT** – <http://www.1800respect.org.au>
- Reach Out – <http://www.ReachOut.com.au>
- Living Safe Together – <http://www.livingsafetogether.gov.au>
- Multicultural NSW – <http://www.multicultural.nsw.gov.au>
- Racism. No Way! – <http://www.racismnoway.com.au>
- Australian Multicultural Foundation – <http://www.amf.net.au/>
- Multicultural Youth Advocacy Network – <http://www.myan.org.au/>

Cyber Safety

- Office of the Children’s eSafety Commissioner - <https://esafety.gov.au/esafety-information/games-apps-and-social-networking>
- ThinkUKnow – <http://www.thinkuknow.org.au/>

Remember, if you feel unsafe or in danger, or if you think others are, call the police on **000** (triple zero).