

COVENANT FOOD & YOUTH OUTREACH

Your Voice Matters

A Guide for Young People

You Have the Right to Feel Safe

At Covenant Food & Youth Outreach, we want you to feel safe, respected, and heard. If something is wrong, you have the right to speak up. This guide explains how.

What Can You Tell Us About?

You can talk to us if:



Someone makes you feel scared, sad, or uncomfortable



Someone hurts you or threatens you



You see someone else being hurt or bullied



You are worried about a friend



Something just doesn't feel right

No problem is too small. If it matters to you, it matters to us.

Who Can You Talk To?

You can talk to any adult you trust at our programs. This could be:



A coach

🎵 A music mentor

👉 A volunteer

👤 The program leader

If you don't want to talk to someone in person, you can:

✉️ **Email us:** [Insert Email]

☎️ **Call us:** [Insert Phone]

📝 **Write a note** and give it to a staff member

What Happens When You Tell Us?

1. **We listen.** We will listen carefully to what you say.
2. **We take it seriously.** We will not ignore you or tell you it's not important.
3. **We help.** We will do everything we can to keep you safe and fix the problem.
4. **We tell you what's happening.** We will let you know what we are doing to help.

You Don't Have to Face It Alone

If you are in danger right now, call **000**.

If you need someone to talk to, you can call:

Kids Helpline

1800 55 1800

Free, 24/7

Headspace

1800 650 890

Lifeline

13 11 14

Our Promise to You

💛 We will believe you.

🛡️ We will protect you.

💛 We will not blame you.

⚡ We will take action.

Your voice matters. You matter.

Covenant Food & Youth Outreach

Bankstown Gospel Hall, 374 Chapel Rd, Bankstown NSW 2200

Child Safety Officer: [Name]

✉️ [Insert Email]

📞 [Insert Phone]