

ALEX, JESS & SACHA

When your friend is being abused...

2:55PM ON FRIDAY AFTERNOON, AT VIOLET PARR PRIMARY SCHOOL...



VIOLET PARR
PRIMARY SCHOOL



FEELING SICK



HEART RACING

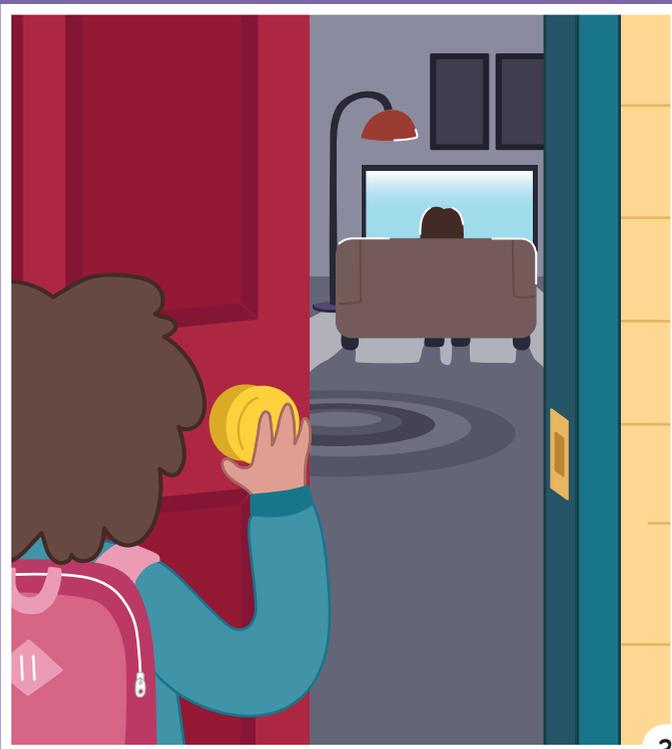


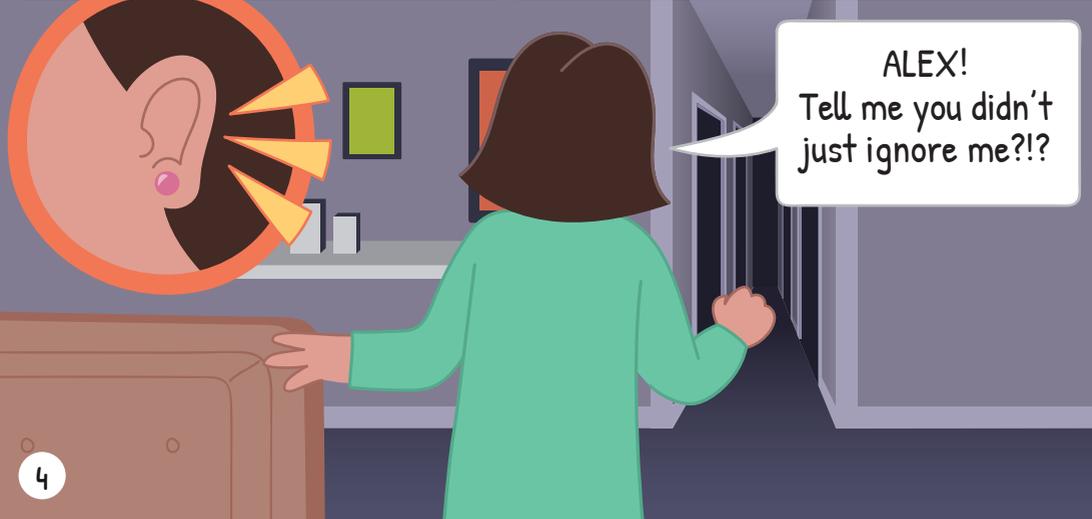
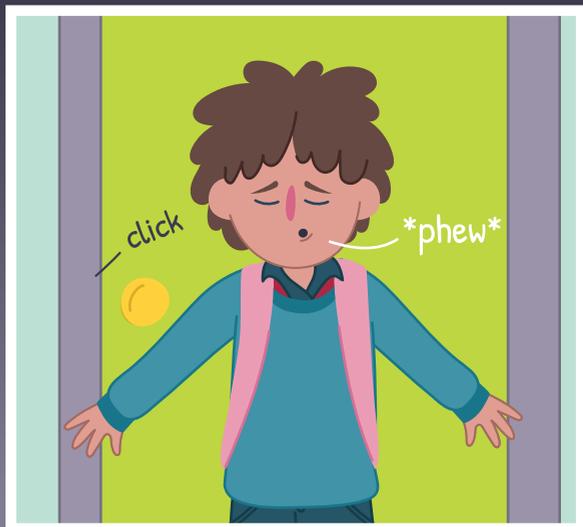
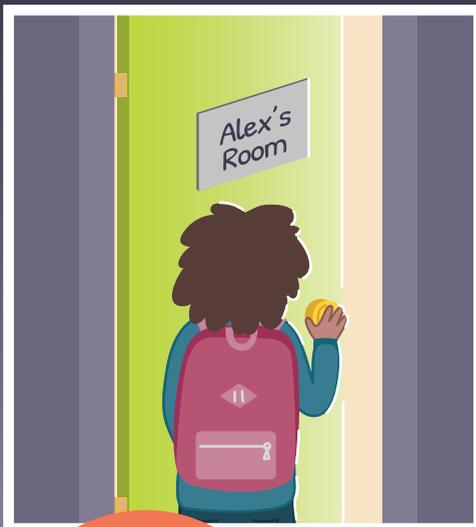
JELLY LEGS

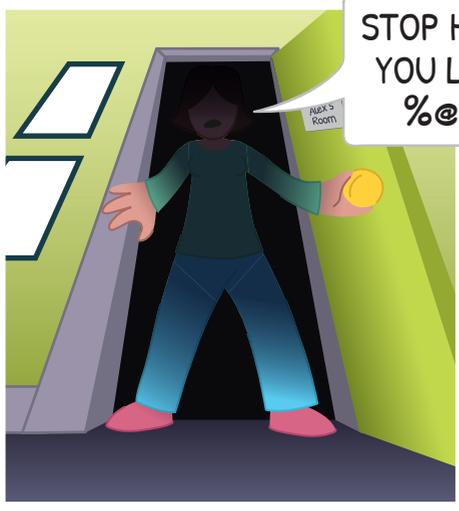


BUTTERFLIES IN TUMMY









STOP HIDING,
YOU LITTLE
%@#*!



You always
tell me not
to interrupt
your show so
I didn't...
I'm sorry.



You know what happens
when you lie to me! Now I'm
angry and it's all your fault!
Life would be so much easier
if I didn't have to put up
with you.



Please don't!



Owwww!!

MONDAY MORNING

P.S. It's just gonna be us going to the pool on Friday. Alex "isn't allowed"...



Again??
What's
the go,
anyway?



I dunno... but it's super weird,
if you ask me, Jess... Alex has
definitely been different lately...

Yeah, and always wearing
a jumper even when it's
boiling hot?

And being so weird about
never taking it off...

No idea... maybe just talk
to Alex and ask what's up...?

What do you reckon we
should do, Sacha?



AT LUNCHTIME...





Alex... just wondering if everything is ok with you?



Huh..? What do you mean Sacha?



It's just that you seem angry a lot... and you're never allowed to hang out anymore...?



We just miss you and want to make sure you're ok, that's all....

OMG! Calm down! I just dropped my phone this morning and I haven't gotten over it yet... lol. You two worry too much!

LIBRARY

That was so much fun! I had never heard of Kids Helpline before.

Yeah, I was thinking they could help with Alex. I still have a feeling something isn't right.

Me too...
But I don't think Alex will wanna call...

Hmmm... true.
Maybe we could call and suss it out first...?

Ok. Let's do it this afternoon at my place.

Yeah, that's a good idea.



RING RING
RING RING



Hi! This is
Kids Helpline...

Ummm... Hi...?
Errr...



Sorry... this is our first time
calling... We did a video chat with
a counsellor in class today...

Ok, cool!
What would you
like to chat
about today?

We're just really
worried about our
friend. Something is
wrong and we don't
know what to do...

LATER IN THE CALL

You're amazing friends for wanting to help and trusting your gut feelings. With the warning signs you've noticed, something might be happening at home for your friend. And kids going through something like that often need a trusted grown up to talk to. Got any ideas...?

Maybe we could try talking to our friend again and call Kids Helpline altogether to start with... so it's not so scary?

Perfect! And we'll need a back-up plan, just in case your friend keeps saying no, but you still feel like something isn't right?

Maybe we could talk to our school counsellor??

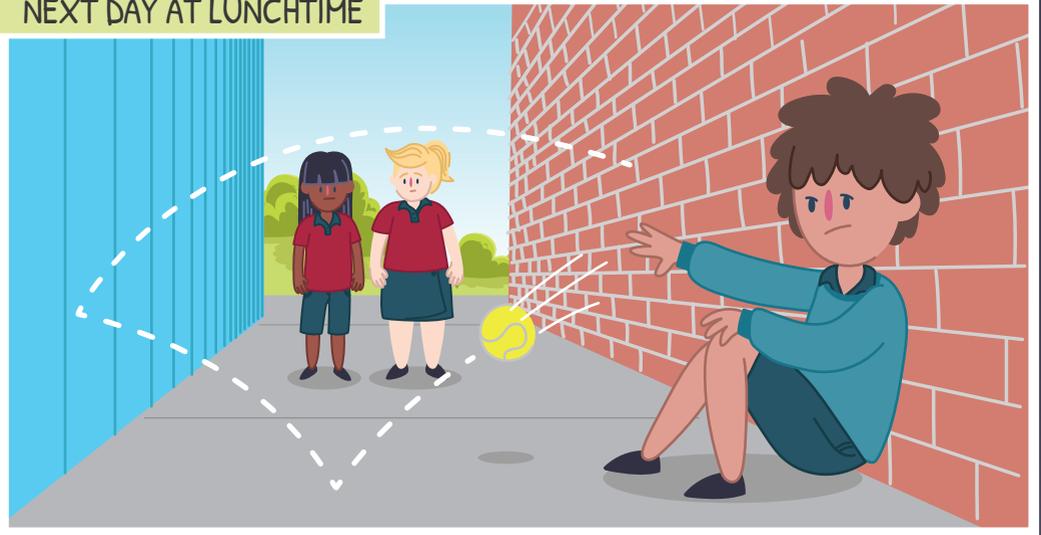
That's an excellent idea! Are you able to call us back to let us know how you go with your friend?



We'll definitely do that!

Great! Remember, supporting a friend can be tough sometimes so feel free to call back anytime. You can ask for me if you like.

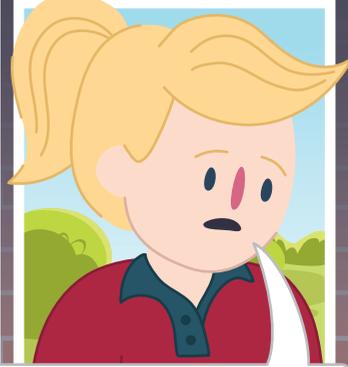
NEXT DAY AT LUNCHTIME



Hey Alex... Can we talk for a minute...?



Ummm... Sure... What's up?



We get that you wanna make out like everything is fine... but we're your best friends so we can tell things aren't ok...

We actually ended up calling Kids Helpline...



The counsellor said they hear stuff like that all the time, especially when things are hard at home.



No matter what I do I can never make Mum happy... I feel like it's always my fault...



That sucks Alex... Have you told anyone else about this?

What's the point? Mum said no one would believe me, anyway...

We believe you.



What about telling a grown up you feel safe to talk to about this?



Maybe I could talk to my swimming coach next week... I don't know...? Mum would kill me if she finds out though...



What about talking to Kids Helpline as well?

We could use my phone and call together?



That could be good... let me think about it...

AT THE PARK AFTER SCHOOL



Ready?

I dunno... Feels weird to talk to a complete stranger about private stuff...

The counsellor said most people feel like that at first...



We could all talk on speaker to start off...?



That sounds better... I think I can do that...



Hello, Kids Helpline

Hi, we rang yesterday about our friend having a hard time at home... our friend is with us now



LATER IN THE CALL



You've been really brave to share all of that Alex!

I guess...

It's not ok for Mum to do that... and it is definitely not your fault! You have a right to feel safe at home... every kid does.



I just want Mum to stop being mean and hurting me... but I don't want to get her into trouble...

So many kids feel like that, Alex... but your safety is the most important thing right now. There's an organisation called Child Protection that we can talk to for help. They support kids and families when there is abuse at home...



I don't wanna get taken away though!



Lots of kids worry about that, Alex, but Child Protection are there to support families to be safe and healthy so they can stay together. Sounds like Mum might just need some help...



Yeah, I think she does too... I'm just nervous about what's gonna happen next...

That's totally understandable... Just remember we're here to support you and it's ok to ask questions anytime if you're not sure about anything.

A FEW MONTHS LATER



Sacha! Jess! Do you wanna come over to mine and hang out on Saturday?

That sounds really cool, Alex! For sure!

Count me in too! Hey, does that mean things are better at home now?

Well, Mum's been going to a counsellor... and I can see that she has been really trying... I've been going to see someone too... Mum and I can actually talk about stuff now...



kids
help
line

anytime.any reason.



QUEENSLAND
CHILD
PROTECTION
WEEK

Protecting children is

EVERYBODY'S

BUSINESS

Created with funding from
Queensland Child Protection Week
and in consultation with
Narangba Valley State High School
and Southern Cross Catholic College

kidshelpline.com.au

1800 55 1800

FREE CALL
24/7

 @kidshelplineau

Talking helps!

**We're here for you 24 hours a day, 7 days a week
Check out our website for lots of tips too**

Kids Helpline is a service of yourtown for 5-25 year olds
In an emergency call 000