



YOUR RIGHTS

- You have the right to feel safe, respected and included.
- You have the right to say “No” if something feels wrong.
- You have the right to be listened to and taken seriously.



WHAT YOU CAN EXPECT FROM ADULTS

- Adults will treat you with respect and fairness.
- Adults will keep you safe.
- Adults will not hurt, make you feel unsafe, or ask you to keep secrets.
- Adults must follow clear rules about behaviour, including online.



HOW TO SPEAK UP OR ASK FOR HELP

If something makes you feel unsafe, worried, or unhappy, you can:

- Talk to a trusted adult (e.g. your parent, coach, or teacher).
- Speak to the Child Safety Officer at Football Futures Foundation.
- Lifeline **13 11 14** – If you feel upset or unsafe.



eSafety Commissioner for online safety help:
www.esafety.gov.au

REMEMBER:

You are never alone.

If you feel unsafe it's always okay to ask for help.