

Personal Safety

Everyone has the right to feel safe, have someone to talk to & be respected



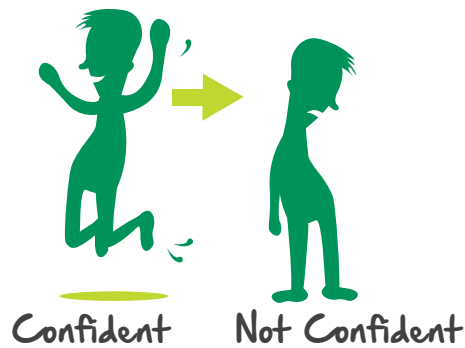
RIGHTS AND RESPONSIBILITIES

- You have the right to:
- say 'NO' to behaviour or situations that make you feel uncomfortable
- be treated fairly
- have an opinion
- be listened to
- make choices
- be cared for
- make a mistake and know that you are still valued

Your responsibilities are to:

- respect the rights of others
- wear your uniform with pride
- follow St John and Divisional rules
- work as part of a team
- treat others fairly and with respect
- help others enjoy being a member of St John
- respect others' personal space

Different people have different feelings about the same situation



WHEN YOU FEEL UNSAFE OR UPSET YOU MAY:

- have the shivers
- be unable to sleep
- feel sick
- have bad dreams
- be unable to concentrate
- be unsure of what to do

These emotions and reactions are normal.

BULLYING AND HARASSMENT

Bullying and harassment occurs when someone uses behaviour that is hurtful, threatening, frightening, humiliating or intimidating.

It may include:

- unwelcome comments about the way a person looks or acts
- teasing or spreading rumours
- being put down or excluded by others
- unwelcome physical contact
- nuisance phone calls, SMS, emails, letters or inappropriate social media comments.

BULLYING OR HARASSMENT MAY MAKE YOU FEEL:

- unsure
- unconfident
- unwell

Any kind of harassment that makes you feel uncomfortable is unacceptable to St John. It is important that you speak to someone about it.

TALK TO YOUR:

- Trusted friend
- Trusted family member
- St John Leader
- St John Peer Support Group
- St John Child Protection Officer
- Teacher

This information aims to help you understand bullying and harassment and what your rights and responsibilities are in dealing with them.

Remember to use self talk when you're feeling unsafe or upset

THINK ABOUT BEING:

- happy
- confident
- satisfied
- comfortable
- relieved
- safe



Personal Space

We all prefer to maintain a certain amount of space around us. This 'space' depends on how we feel about, or know, the person we are with. You have the right to choose who you allow in your personal space and to feel comfortable.

NEED TO TALK?

You can contact any Peer Support Officer or Child Protection Officer on **1300 853 515**. To find out more about Personal Safety why not do a **Cadet Personal Safety Badge**.