

# Tips for using the **SPEAK UP** resource in your congregation

The purpose of this poster is to encourage children in your congregation to 'Speak Up' to a safe adult if they feel uncomfortable or unsafe about something. It could be something that is happening at church, home, school or elsewhere. The poster provides children with information and contact details about safe people and safe places they can contact if they need advice or help. It also helps you to fulfil the requirements of Child Safety Standard 2 and 6.

This poster can be tailored to your congregation.

We encourage you to identify a safe person or persons in your congregation who children can connect with and to add their contact details, including their photo, to the poster.

The person or persons selected must be confident and capable with assisting children and must have the following:

1. current working with children type check
2. up-to-date Safe Church Training.

If you don't have anyone who fulfils this, then it is best to leave that section blank. The poster still offers children other ways to speak up.

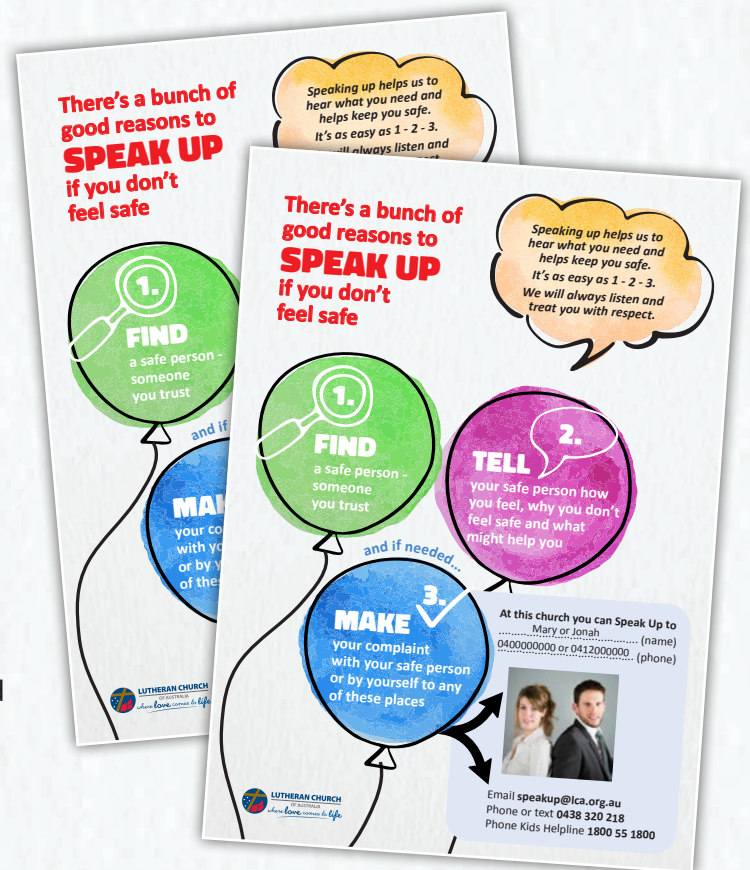
We know that providing more than one safe person gives children a choice about who they might speak up to. We encourage congregations to offer two safe people if this is possible. If you do have two people, you will need to upload a photograph of the two of them together. You can see from our example above that one photograph of two people can easily be uploaded, and there is space for two names and contact numbers.

Finally, we encourage you to:

- find a time to introduce the poster to the children of your congregation, perhaps before or after worship or Sunday school or as part of a children's message during worship
- print some mini flyers (separate document) for young people or their families to take home.

## How to insert a photo before printing

1. Click on the words, 'Add your photo here'.
2. In the pop-up window, click on the Browse button.
3. Locate the image (jpeg/gif/png file) you want to upload and either double-click it or click on the Open button.
4. Select the OK button if you are happy with your selection.
5. If you would like to delete the image you have uploaded, click on your uploaded image in the PDF and select Clear Image and then the OK button.



There's a bunch of good reasons to **SPEAK UP** if you don't feel safe

*Speaking up helps us to hear what you need and helps keep you safe.  
It's as easy as 1 - 2 - 3.  
We will always listen and treat you with respect.*

**1.**  
**FIND**  
a safe person - someone you trust

**2.**  
**TELL**  
your safe person how you feel, why you don't feel safe and what might help you

and if needed...

**3.**  
**MAKE**  
your complaint with your safe person or by yourself to any of these places

At this church you can Speak Up to  
..... (name)  
..... (phone)

ADD YOUR PHOTO HERE

Email [speakup@lca.org.au](mailto:speakup@lca.org.au)  
Phone or text **0438 320 218**  
Phone Kids Helpline **1800 55 1800**



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