



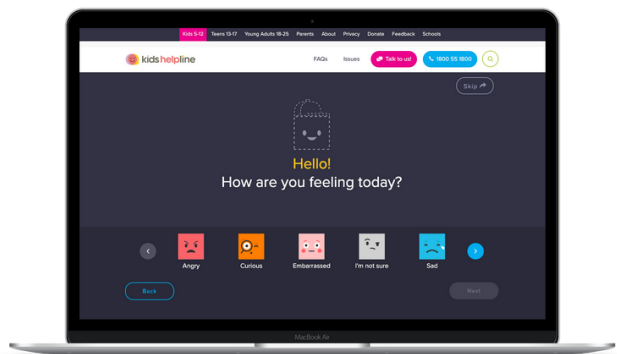
kids helpline

anytime.any reason.

Each term, students in all levels are participating in online safety and wellbeing incursions delivered by Inform & Empower. As part of these sessions, they have learnt about the importance of seeking help when encountering uncomfortable or unsafe situations.

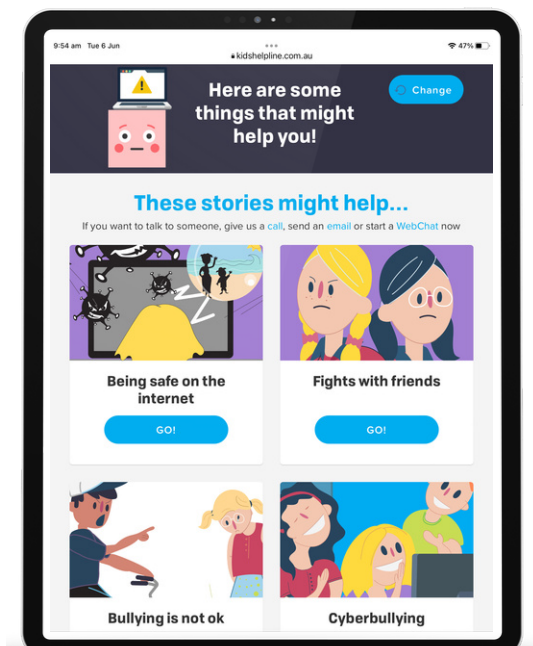
Despite our best intentions, young people are not always willing to seek help from their own parent or carer. In fact, a 2022 survey by Inform & Empower found only 33% of students in Years 3-6 were 'very likely' to seek help from a parent or carer if they encountered an issue online. For this reason it is vital that we provide other avenues for them to access support. One alternative is the free Australian resource, Kids Helpline.

www.kidshelpline.com.au



Kids Helpline provides a variety of evidence based support options via their interactive website. Kids, teens and young adults can seek help from trained counsellors via phone, email or even webchat.

We strongly encourage you to find some time to explore the website together with your child. This will provide an opportunity to open up important conversations as well as giving them the confidence and permission to visit the website independently.



Inform & Empower is a proud supporter of Kids Helpline. Thanks to your school (and many more) who participate in our live streamed incursions, we have donated \$57,804 to support this incredible service.