



Sunday the 13th of August 2026, Safeguarding Sunday

Our Lady of Perpetual Help Parish **Children's Bulletin**

We all deserve to feel safe!

God loves every person. You are important, you have dignity, and you deserve to be safe and treated with respect. Safeguarding means helping to make our parish, school, home and other places safe, welcoming and caring places for everyone.

How can you help?

You can:

- Be kind and respectful of others.
- Listen when someone says "Stop" or "No."
- Respect people's personal space and belongings.
- Include others and not bully or leave people out.
- Tell a trusted adult if someone is being hurt, bullied or made to feel unsafe.
- Be careful and respectful when using phones, games and the internet. Think about whether you would be happy if people said this, posted that or shared something before you do it.



What if something happens?

Sometimes something might happen that makes you feel worried, uncomfortable, frightened or unsafe.

You can:

1. Move away if you can and find somewhere safe.
2. Tell a trusted adult. This could be your parent, carer, teacher, priest, or another adult that you trust.
3. Keep telling if the first person doesn't listen or help. Keep going until someone does.

Remember that it is NEVER your fault if someone hurts you or makes you feel unsafe. You don't have to deal with a worrying situation by yourself. Speak up. Get help.



If something happened who would you talk to?

If they weren't available or couldn't help who would you go to?

Come and join the new Youth Group for Primary School Students (Years 4 to 6)

'Cana Kids' is starting this week. Cana Kids will meet from 11-12am every second Sunday in the St Monica's meeting room. The last meeting date for this term is the 20th of September.

For more information see the flyer in the foyer, the poster up in the foyer (or with the other notices outside the Church at St Michael's) or contact Rebecca and Katie (our Youth Coordinators) at youth.belconnennorth@cg.org.au.