

GOT A WORRY? WADDLE AND TELL!

Hi! I'm Waddles, your friendly penguin buddy at O'Brien Icehouse.

I'm here to remind you that it's always okay to tell someone if something doesn't feel right.

Has something made you feel unsafe?

Has someone been **mean to you**?

Has someone **hurt you**?

Has someone made you feel **scared or uncomfortable**?

Has someone asked you to **keep a secret**?

Are you worried about **someone else**?

It's okay to tell someone.

You can talk to a grown-up you trust, like a parent, carer, teacher or friendly staff member.

Scan the QR code and tell us what happened.



**Remember – Your feelings matter,
and you deserve to feel safe!**

