

# Who is on your Helping Hand Network?

A network helper must:

- Be available
- Listen to me
- Believe me
- Help me if I need it



Who are some adults you trust to be on your network?



I have chosen my mum, my soccer coach Nick, my neighbour Diane, my teacher Mr Fletcher and my friend's mum, Sally.



kidshelpline  
Anytime | Any Reason

1800 55 1800