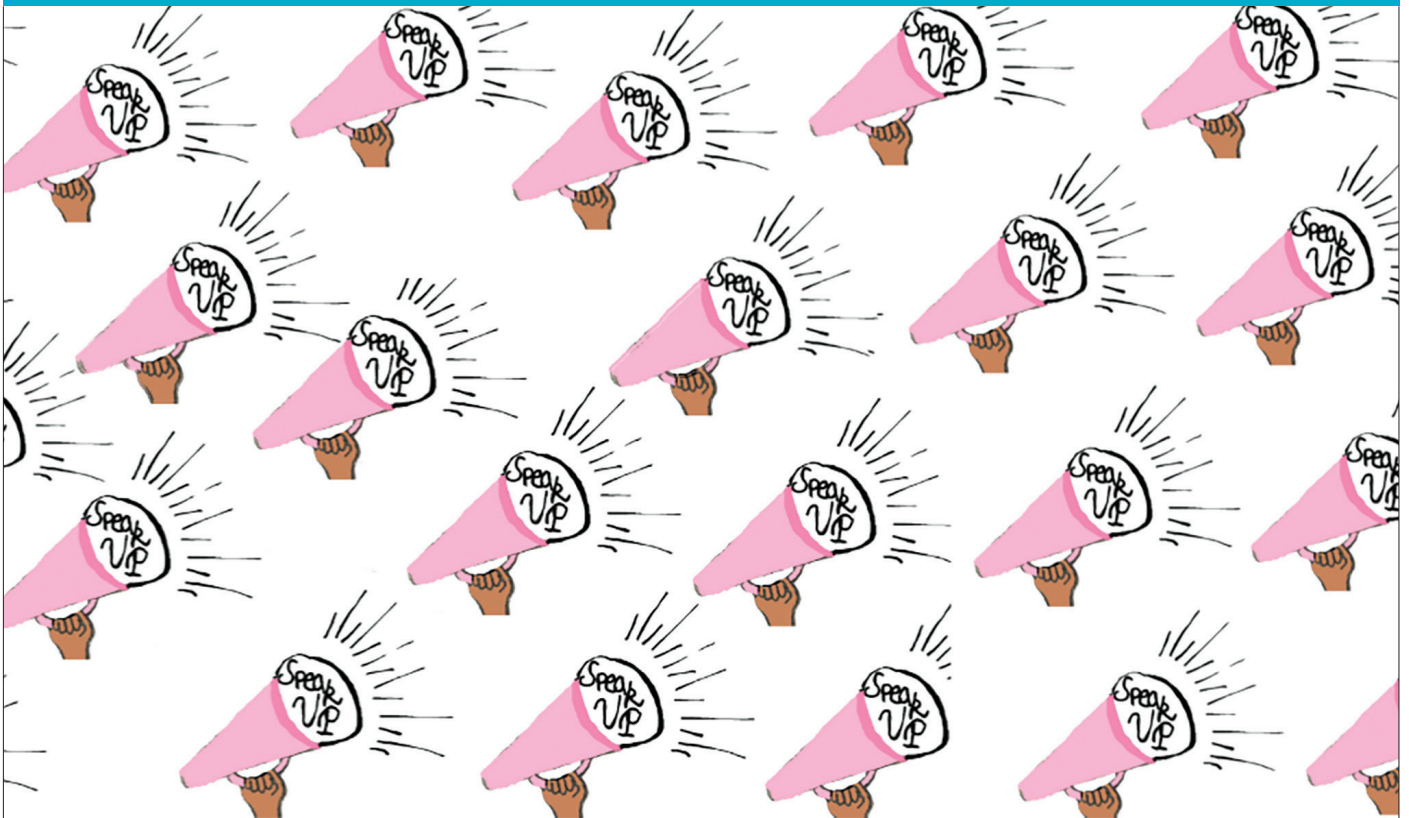


# It Starts with YOU.

We asked young people to express their thoughts about family violence through art and writing. This is what they had to say:



Safe homes. Safe families.

Artwork by Pip

Family is supposed to be our safe haven.

Sometimes, it's the place where we find our deepest heartache.

- by Tilly

Everyone has the right to feel safe at home.

Kids and young people under 25 years old can contact Kids Helpline ([www.kidshelpline.com.au](http://www.kidshelpline.com.au)) and talk with a counsellor about what's happening and receive help.

Call (any time, any reason)

1800 55 1800

Webchat (anytime)

[kidshelpline.com.au/get-help/webchat-counselling](http://kidshelpline.com.au/get-help/webchat-counselling)

Email (checked regularly)

[counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)

Supported by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

