

It's Okay to Speak Up!

Have you ever felt like something was not fair, or that someone was doing something wrong? Maybe you saw something that made you feel sad, angry, or even a little bit scared?

It is **totally okay** to talk about these things! When you tell a trusted adult about something that is bothering you, it is called making a **complaint**.

Why is it good to make a complaint?

- **It helps make things better!** When you speak up, others can learn what is going wrong and fix it. This helps you and other people feel safer and happier.
- **It shows you are brave!** It takes courage to talk about difficult things. By speaking up, you are showing how strong you are.
- **Your feelings matter!** If something is making you feel upset, it is important to share those feelings. Other people should care about how you feel.
- **It keeps you safe.** Sometimes, other people do not know if something unsafe is happening. Your complaint can help keep you and other people safe.



How can you make a complaint?

It is actually pretty simple! Here are some steps you can take:

1

Find an adult you trust

This could be:

- a. Your parents or guardians
- b. A grandparent
- c. A teacher
- d. A school counsellor
- e. Another trusted family member or adult friend

2

Choose a good time to talk.

Sometimes it is hard to talk when lots of other things are happening. Try to find a quiet moment when the adult can listen carefully.

4

Try to be clear about what happened.

Try to explain:

- a. Who was involved?
- b. What happened?
- c. When did it happen?
- d. Where did it happen?
- e. How did it make you feel?

Example: "At lunchtime today, Ethan pushed me on the playground, and it made me feel really angry."

3

Use your words or other ways you communicate.

In whatever way works best for you, let them know what happened and how you feel. You might want to start with:

- a. "Something happened that made me feel sad."
- b. "I need to tell you about something I saw."
- c. "I am worried about something."
- d. "I don't think that was fair."

5

It is okay to ask for help.

If you are not sure how to do this let the adult know that.

6

Keep trying.

If the adult can not help right away, or you do not feel heard, keep trying or try talking to another trusted adult until you get the help you need.