

**If you do find yourself in any of these situations and it's safe to do so, reach out for help. Consider using your useful numbers or seek a place of safety immediately. Like a shop, restaurant or café and tell a member of staff you need help.**



### **AM I GOING TO GET INTO TROUBLE IF I RUN AWAY?**

**Running away is not a crime.**

Police may try to find you and may want to see you in person to check on you and make sure you're okay.


If someone tells you that the police will arrest you if they find you or you will be in

trouble with the law, this is not true. They might be deliberately trying to mislead you.

**And remember, it's never too late to change your mind.**



### **SOMETIMES IT HELPS TO SPEAK TO SOMEONE SAFE WHO UNDERSTANDS WHAT YOU'RE GOING THROUGH...**

 Telstra payphones are now free for calls to standard national and mobile calls.

**There are a number of services available over the phone or online that you can access for support.**

**If you are in immediate danger contact emergency services on 000**

### **USEFUL CONTACTS**

**Kidshelpline** provides free 24-hour support. You don't have to provide your name if you don't want to.

Call **1800 55 1800** or go to **www.kidshelpline.com.au**

**eheadspace** have mental health professionals you can chat to on the phone. Call **1800 650 890**

**Lifeline** provides free 24-hour counselling support to anyone of any age.

Call **13 11 14** or Text **0477 13 11 14**

**Even if you have told friends or someone you trust that you're leaving, it's never too late to change your mind.**

### **YOUR CONTACTS**



**PROJECT PARADIGM**  
WORKING TO END CHILD EXPLOITATION

# **KEEPING SAFE**

*Running Away*



## RUNNING AWAY FROM HOME OR PLACE OF CARE.

There can be a variety of reasons someone might want to run away. Every person's situation is different.

Your home or place of care may not feel safe, and you feel the need to escape.

Sometimes life can feel a bit overwhelming. You might be worried or anxious and not know who you can talk to.

Perhaps someone is offering you somewhere to go that seems like a better, safer, or more exciting choice. Maybe you feel pressured into going somewhere with them and you're too scared to say 'no'.

Running away may feel like the answer, but it can also make things worse.

### THINGS TO CONSIDER...

Ask yourself why you are thinking about running away?

Are there other options you could consider?

Is there someone that you trust - e.g. teacher, carer, older sibling, counsellor etc. that you could chat to about how you feel?

#### *If you do decide to go...*

Think about who you can call in an emergency. Do you have their number on hand, or stored in your phone?

Think about where you will go. Is there somewhere safe to go?

### Do you have everything you need to stay safe and well, such as:

- Money/bank card
- Mobile phone & charger
- Phone credit/data
- Drinking water/ food
- Medication
- Clean clothing
- Personal hygiene items – clean underwear, sanitary pads/tampons
- Sexual health items – condoms, contraception etc.



### SITUATIONS THAT MIGHT BE RISKY OR UNSAFE...

- Being offered somewhere to stay in exchange for sex.
- Being invited and taken to parties by other young people, but not knowing

who's house or apartment it is.

- Meeting up with people you have only met online, or who are not who they say they are online.
- Being given alcohol, drugs, money and gifts, especially from people you don't know well.
- Looking after or selling drugs for other people.
- Having a controlling partner who forces you to have sex with their friends.
- Stealing things for other people.
- Friends who introduce you to abusive people.
- Being given lifts or taken to new places by people you have only just met.
- Meeting people through online gaming.
- Sending nude images or sexually explicit content to people by phone or online.



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