

Krystal









Division of Youth & Family Justice

You have the right to...

- Be safe and supported!
- Get help if someone is doing or saying things that make you uncomfortable.
- Ask for help without being punished or bothered by anyone.
- See someone from medical or mental health.

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No adult or other youth should...

- · Touch any of your private parts.
- Stare at you while you are changing clothes, showering, or using the bathroom.
- Do or say things about your body or the way you act that make you feel uncomfortable or unsafe.
- Bother you because of who you date or how you look or act.
- Ask or force you to kiss them or touch them in a sexual way.

How can I get help?

- Ask a staff member to help you call the Justice Center at 1-855-373-2122. You don't have to tell the staff member why.
- Ask your lawyer, a friend, or family member to request help for you.
- Tell any adult you trust, including staff.
- Write down what's going on and give it to any adult.
- You don't even have to share your name or the name of the person who is hurting you if you don't want to.

How can I support someone who is being bullied or hurt?

- · You can ask for help for them.
- · You can be a friend to them.

Where can I get more information?

 You can learn more about keeping yourself and others safe by talking to your caseworker or the ombudsman.

DON'T FORGET your safety is really important and being threatened or afraid is not part of detention!



