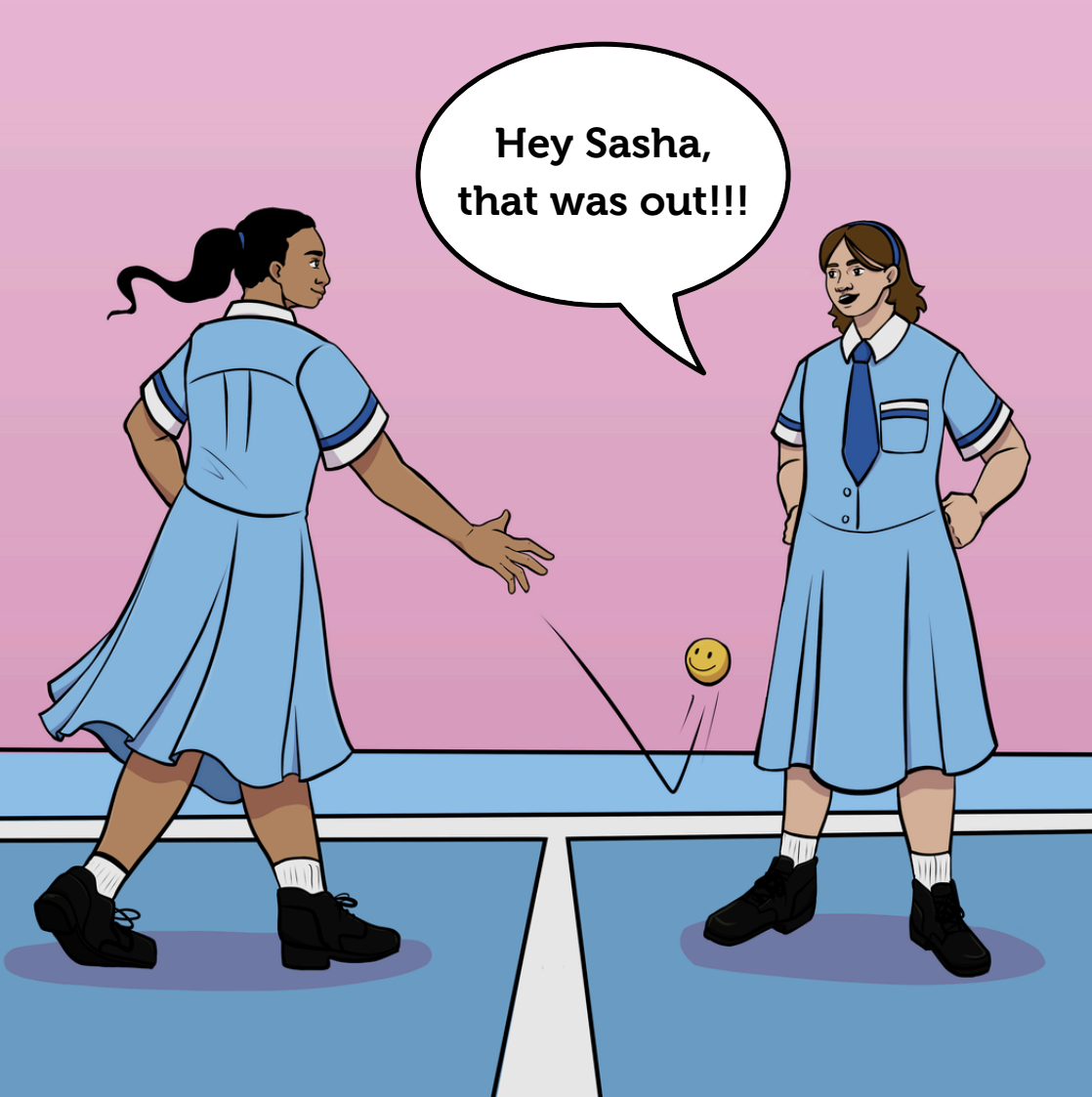


# It's **OK** to Be Me





**This is Jamie,  
she is trans and autistic.**



**This is Jamie's best friend,  
Sasha.**



Jamie feels angry, because what Geoffrey said is not okay. She would like to punch Geoffrey but she knows that's not okay either.



**Jamie knows to select one of her problem solving strategies and decides to walk away and find her friend.**

**Let's go see  
Miss Alinta. She will  
listen and help us.**



**Use your strategies and then  
talk to an adult who can help.**



Jamie is using her words and getting help from a trusted adult. That is someone who listens to you, believes you and helps you to feel safe.

What Geoffrey said was not ok. I will speak to your class about being respectful. Thank you for letting me know.



**It's always okay to ask for help  
if someone is being mean.**

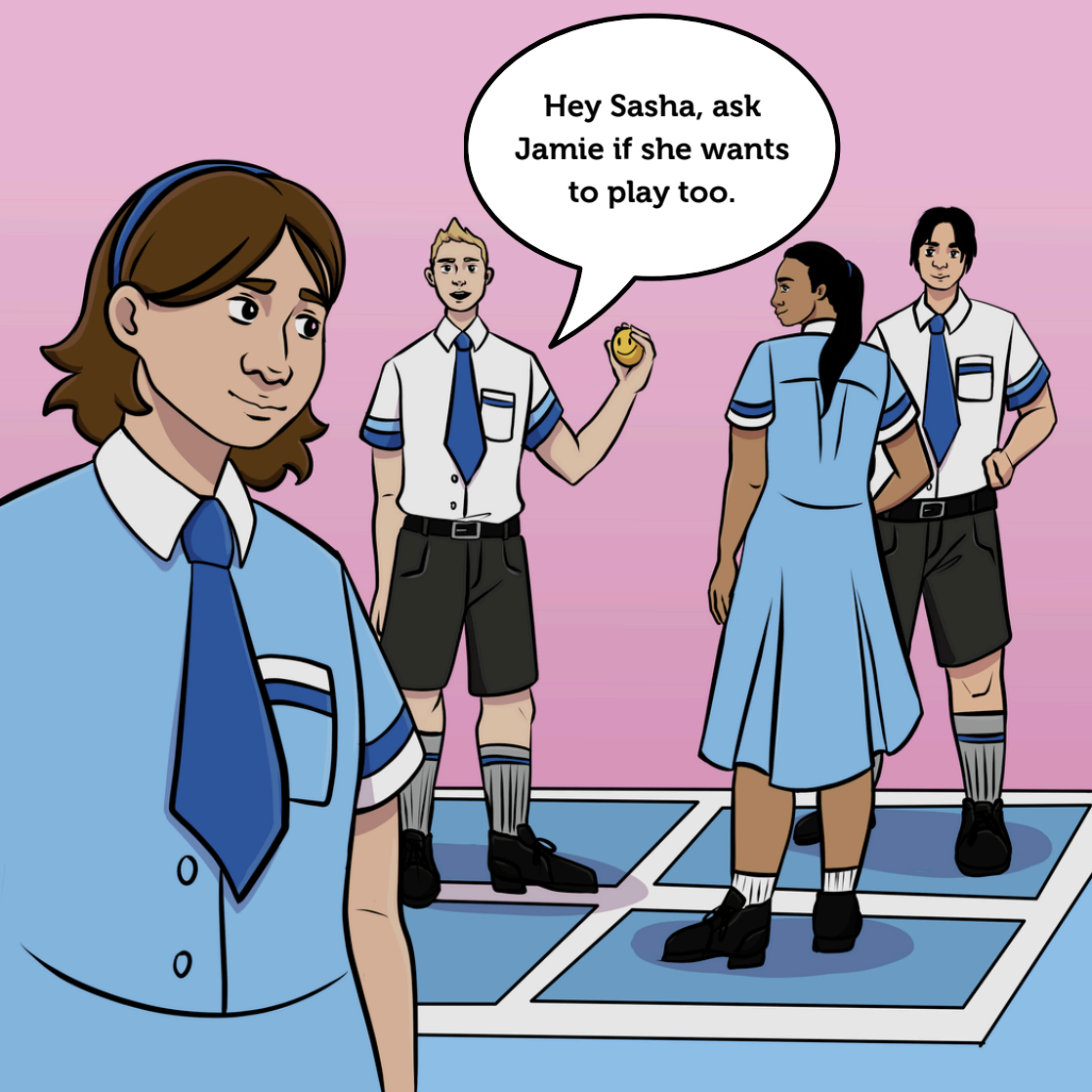




**Trusted adults can help you.  
They can tell other students how  
to speak respectfully to everyone.**



**Sometimes adults might need to  
learn how to help you.**



Everyone should feel safe at school. Everyone should feel okay to be themselves.

True Education Offices	<a href="https://www.true.org.au/education">https://www.true.org.au/education</a>
Kids Helpline	1800 55 1800
E- Headspace	<a href="https://headspace.org.au">https://headspace.org.au</a>
Inclusive Rainbow Voices	<a href="https://irv.org.au/about-irv/">https://irv.org.au/about-irv/</a>
QC (Queensland Council for LGBTI Health)	<a href="https://www.qciltc.com.au/">https://www.qciltc.com.au/</a>
Open Doors	<a href="https://www.opendoors.net.au/">https://www.opendoors.net.au/</a>
QLife	<a href="https://qlife.org.au">https://qlife.org.au</a>
Children's Gender Clinic	<a href="https://www.childrens.health.qld.gov.au/service-gender-clinic/">https://www.childrens.health.qld.gov.au/service-gender-clinic/</a>
Trans at School – Queensland Human Rights Commission	<a href="https://www.qhrc.qld.gov.au/_data/assets/pdf_file/0019/24535/QHRC_TransAtSchool_forschools.pdf">https://www.qhrc.qld.gov.au/_data/assets/pdf_file/0019/24535/QHRC_TransAtSchool_forschools.pdf</a>
National Autism Strategy	<a href="https://www.dss.gov.au/disability-and-carers/national-autism-strategy">https://www.dss.gov.au/disability-and-carers/national-autism-strategy</a>

Being Me:

