



# Guardian

for Children and Young People

## The Guardian for Children and Young People



### Who are we?

The **Guardian for Children and Young People** and her team **advocate** for you while you are in care!



### What does advocate mean?

**Advocate** means to speak up for yourself or others if you want something to change in your life



### Who is the Guardian?



Shona Reid is the **Guardian for Children and Young People**. Together with her team, Shona is here to help you feel safe and well cared for while in care



**Did you know:** When you are in care you have a special set of **RIGHTS** to make sure you feel safe and happy! This is the *Charter of Rights for Children and Young People in Care*. Ask your carer or case worker for a copy!





## How can we help?

If you feel like your rights are not being respected or you are not being listened to, **you can call us** and tell us what is going on.

We will chat with you, find out what is happening and work with you to try and make things better.



## What can you talk to us about?

- worries about your **safety** and **wellbeing**
- making **changes** about where you are living
- **having a say** in decisions that affect you
- seeing your **family** and friends
- your **future** after care
- finding out more about your **rights**

We can talk to adults on your behalf and help you to speak up for yourself!



## Meet our team!



## How can you contact us?

You can call us on **1800 275 664** during office hours (9am-5pm) (freecall for children and young people).



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