

COPING AS A PARENT

Your child has been
hurt by violence.



You hear that your child has been hurt by someone.
It was sexual hurt.



You may feel

- shocked
You did not know about the hurt.



- **angry**
This is bad.
You did not want this to happen to your child.



- **guilty**
You think you may have let your child down.



You may also feel

- confused

What do I need to do?

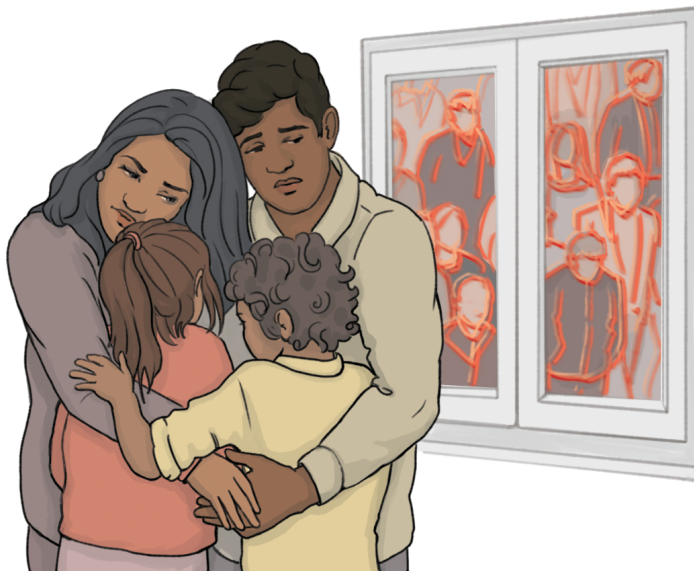
The bad person did not go to jail.



- sad

You are sad for your child and for you.

You may think you can not trust people any more.



You may worry

- What will other people think about me and my child?
- What will happen to me and my child?



What you can do to help your self

Make short and easy plans.

Plan to do 1 thing today.



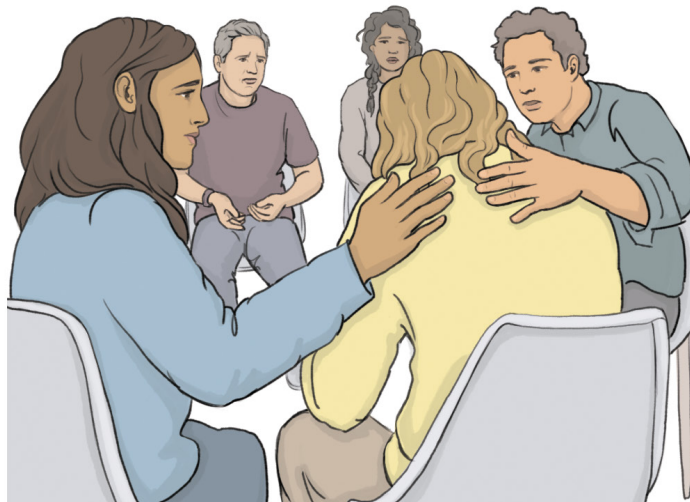
Ask for help if you can not do it.



Get help

You can talk to

- A counsellor
- Other parents who have had the same thing happen to their child.



Talk about

- Your feelings



- How to cope



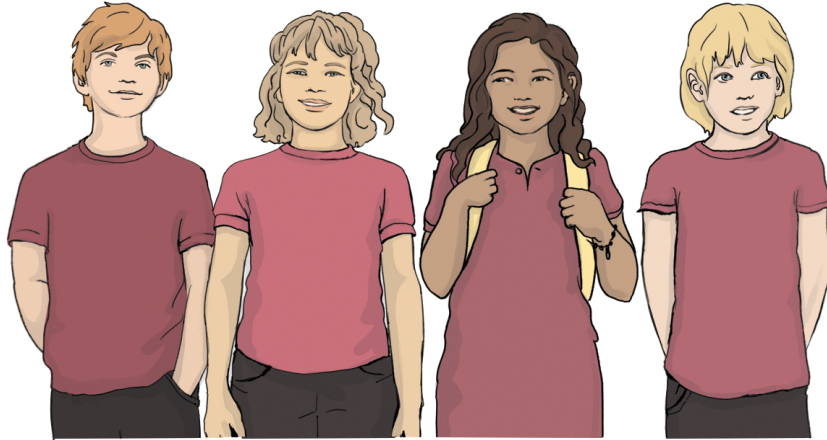
Be with other people.



See people who are **not** part of your child's hurt.



Some people do **not** need to know about your child's hurt. Do not tell them.



Try to keep some things the same for you and your child.

Like

- Going to school



- Meal time, bath time, bed time, play time



- Have friends visit



- Visit Family

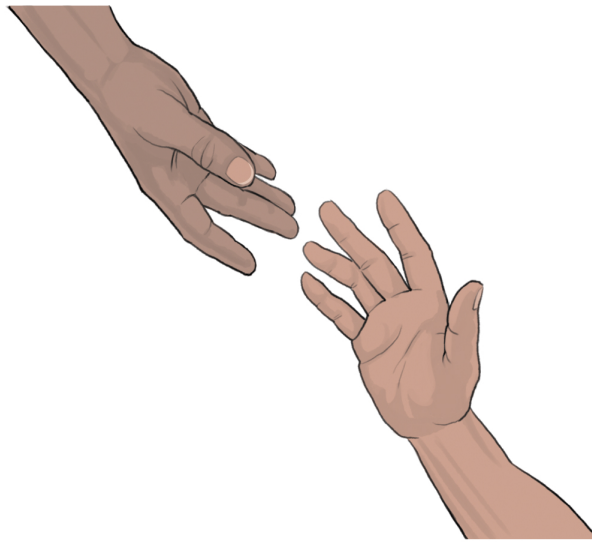


Remember

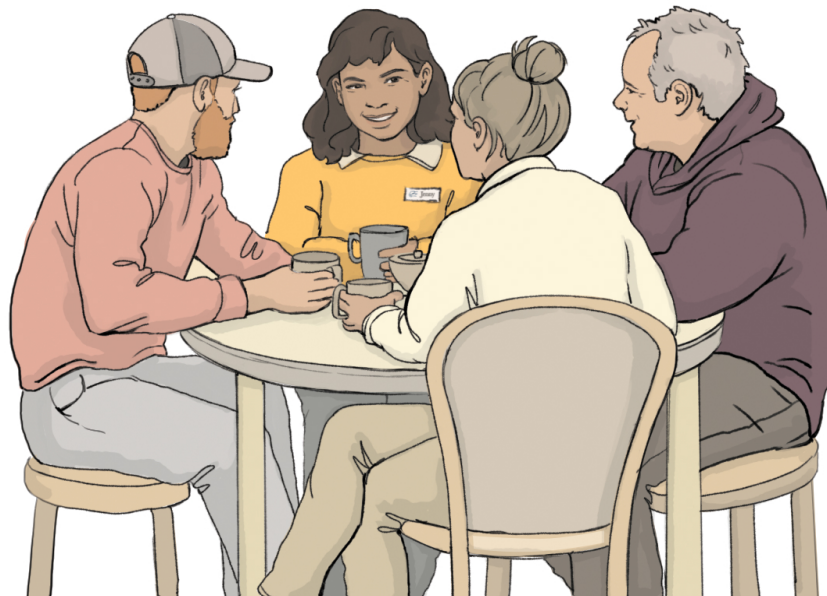
You may feel alone



Get help.



Talk to others. You are not alone.
Other people can help.



Places you can go to for help

If you are in danger and it is an emergency call the police 000



If you need to talk to the police and it is not an emergency you can call the police advice line 131 444



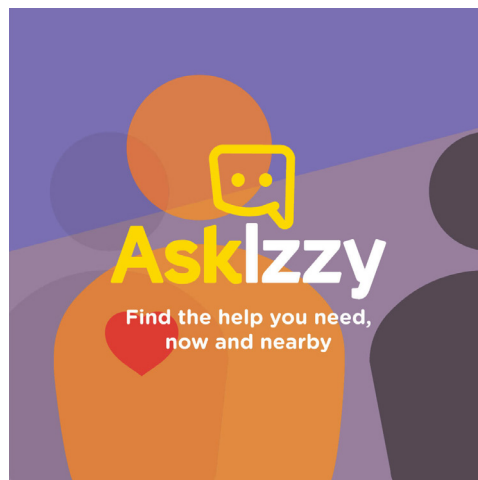
Or you can visit any Police station to ask for help

How to contact the eSafety Commissioner

You can make a report online at
<https://www.esafety.gov.au/>



If you need someone to help you make a report to the eSafety Commissioner you can ask for an advocate to help you. You can find support at
<https://askizzy.org.au/>



If you need crisis support you can talk to
someone at Lifeline call 13 11 14

<https://www.lifeline.org.au/>



If you need counselling support for sexual or
domestic violence you can call 1800RESPECT
1800 737 732

<https://www.1800respect.org.au/>



First People's Disability Network Australia

First Peoples Disability Network Australia (fpdn) is a national human rights organisation of and for Australia's First Peoples with disability, their families and communities.

You can call them on 02 9267 4195

<https://fpdn.org.au/>



First Peoples
Disability Network
Australia

Australian Human Rights Commission
Australian Human Rights Commission has a list of disability legal and advocacy services

You can call them on 1300 369 711

<https://humanrights.gov.au/>



**Australian
Human Rights
Commission**

everyone, everywhere, everyday

If you need legal help you can contact **IDRS** this is a free legal service for people with intellectual disability or cognitive impairment

You can call them on 02 9265 6300

<https://idrs.org.au/>



If you need help with English you can call the TIS
Translating and Interpreter Service
Call 131450

<https://www.tisnational.gov.au/>



Australian Government
Department of Home Affairs



Acknowledgments

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Illustrated by: Elizabeth Botte - eabotte@gmail.com www.illos.net

Written by: Josene Perri, Rachel Tozer and Cathy Want

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www.rosiesplace.org.au

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