

HOW TO HELP YOUR CHILD

Someone has hurt your child.
It was about sexual violence.



Stay Calm

Try not to show you are angry or upset.
This can scare your child.



Hug your child.

Tell your child you believe them.



Tell your child they have done nothing wrong.



You need to tell the Police.

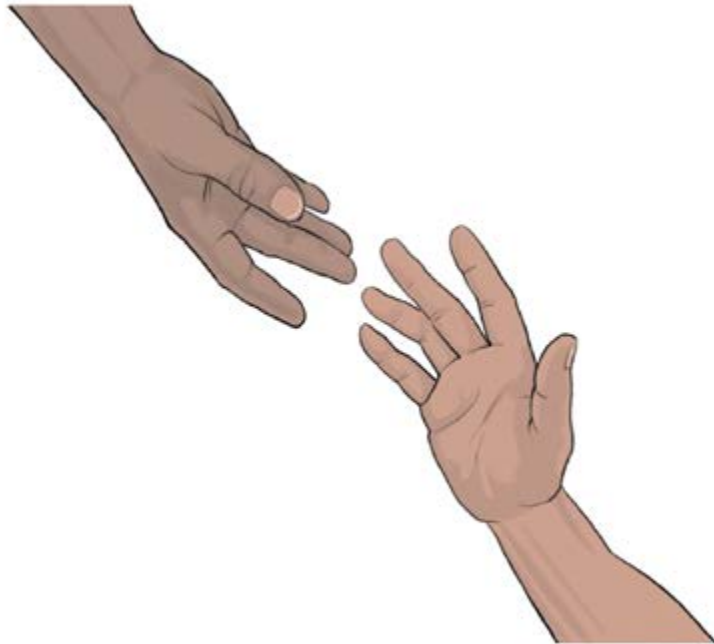


Listen to your child.

Let them talk about what happened.



Get Help.



Keep some things the same for you and your child.

Like

- Going to school



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



Do not talk to the person who hurt your child.
Do not let them see your child.



Do not show you are angry.
Do not blame your child.



Do not ask your child
"Why didn't you tell me?"



Do not ask your child for more
information.



You may want to talk to other people about the hurt.

Talk to others when your child is not with you.



Your child may feel:

- Angry
- Scared
- Confused
- Alone



You may notice that your child:

- Does not sleep well



- Has nightmares



- Worries



- Need to be with you all the time



Remember
Hug your child



Tell them you believe them.
It's not your child's fault.



Remember you are not alone. You can get help.



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



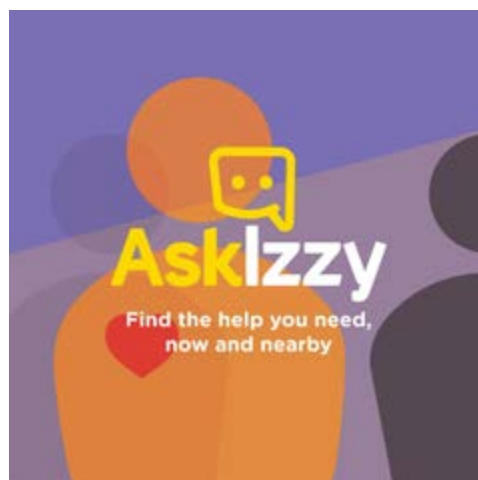
Or you can visit any Police station to ask for help

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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