

Conversations That Matter

with Grace Tame

GIVE
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FOUNDATION

Guests are advised that today's presentation discusses sexual abuse and trauma which may be distressing for some people.

If the content of this presentation brings up any concerns or distress for anyone, we encourage you to seek support from **The Sexual Assault & Family Violence Centre** who are in the room today and available to assist.

The Give Where You Live Foundation is proud to partner with The Sexual Assault & Family Violence Centre, who provide support to all people impacted by sexual assault and women and children impacted by family violence, whether that be crisis care, response, intervention and education or primary prevention.

The Foundation would also like to acknowledge those in the audience who have lived experience of trauma, and the bravery and resilience that they show each day.

Support is available...

While the journey to recovery from sexual assault and child sexual abuse can feel overwhelming, you don't have to face it alone, there are people available to help and support you.

There is no time limit on when you can seek support for sexual violence. Specialist sexual assault services provide free and confidential support, including crisis support services, therapeutic counselling for adults and children, support groups and coordinated care to women, children, young people, men and gender diverse people.

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Information provided by



How others respond can make a big difference

It takes courage for someone to share their story of a sexual assault and child sexual abuse.

How you respond and offer your support to a friend or family member can make a big difference. If they feel supported and encouraged, they may feel stronger to speak out and seek information to make informed decisions.

The most important thing you can do is listen without judging, respect their decisions, don't overstep their boundaries and help them find ways to feel supported:

- Listen
- Validate
- Make yourself available
- Ask what support they would find helpful and respect their choices
- Know where to point someone for assistance and your reporting obligations for child sexual abuse

Scan here for further information



The
**Sexual Assault
& Family Violence
Centre**

Support Services:

**The Sexual Assault & Family
Violence Centre** 03 5222 4318
reception@safvcentre.org.au

**Barwon Multidisciplinary
Centre** 03 5222 4318

Sexual Assault Crisis Line
(24/7) 1800 806 292

Orange Door 1800 312 820

Lifeline Australia 13 11 14

Bethany Community Support
03 5278 8122

Safe Steps 1800 015 188

1800RESPECT 1800 737 732

Emergency Police 000

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