

**Contact us**

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## OUR SERVICES



Services are supported by funding contributed by the Queensland Government.

### OTHER CONTACTS

**Department of Child Safety**  
4052 9500

**Kids Helpline**  
1800 551 800

**Lifeline**  
13 11 14

**Sexual Assault Helpline**  
[www.dvconnect.org](http://www.dvconnect.org)  
1800 010 120

**1800 RESPECT**  
[www.1800respect.org.au](http://www.1800respect.org.au)  
1800 737 732



For more information:  
[true.org.au/cf](http://true.org.au/cf)

Disclaimer: True Relationships & Reproductive Health (True) has taken every care to ensure that the information contained in this publication is accurate and up-to-date at the time of being published. As information and knowledge is constantly changing, readers are strongly advised to confirm that the information complies with present research, legislation and policy guidelines. True accepts no responsibility for difficulties that may arise as a result of an individual acting on this information and any recommendations it contains.

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**All children  
have the right  
to be safe  
and heard.**

*True Child & Family Service provides therapeutic & education services specialising in sexual assault, sexual abuse & sexually reactive behaviours.*

Safety. Support. Hope. Healing.



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We work from a trauma-informed base and understand the specific impact trauma has on a child's development. Our therapists employ a variety of modalities including play, art, experiential, expressive, narrative and talk therapies. Counselling is free, confidential and always at the child's pace.

### WHO WE WORK WITH

- Children and young people who have experienced sexual abuse or sexual assault
- Children and young people who display Problematic or Harmful Sexual Behaviours
- Children and young people who require Personal Safety Education and Safety Planning
- Non-offending family members, carers and significant others
- Professionals seeking advice or secondary consultation

### WHAT IS CHILD SEXUAL ABUSE?

- Kissing, touching or holding a child in a sexual manner
- Exposing a sexual body part to a child
- Sending sexual images or messages to a child
- Persistent intrusion of a child's privacy
- Showing pornographic material to a child
- Having a child pose or perform in a sexual manner
- Forcing a child to watch a sexual act
- Child sexual exploitation
- Penetration and/or oral sex

### PROBLEMATIC OR HARMFUL SEXUAL BEHAVIOURS

Problematic sexual behaviours (PSBs) or Harmful sexual behaviours (HSB's) are behaviours that are considered outside age appropriate healthy sexual exploration.

These behaviours may be solitary in nature or involve others. These behaviours need to be addressed through education and support.

The presence of PSB/HSBs does not necessarily mean a child has been sexually abused.

### PERSONAL SAFETY EDUCATION

True Child & Family Service provides Personal Safety Education (within counselling) to ensure children are informed about their bodies and their rights and given strategies to improve personal safety.

### IMPACTS OF SEXUAL ABUSE

Some children show signs of distress immediately after sexual abuse, whereas others might not show signs for some time.

Signs may include:

- feeling anxious or hyper-vigilant
- trouble sleeping
- difficulties making and maintaining relationships
- difficulties trusting others
- depression, withdrawal or 'clinginess'
- 'vague-ing out' (dissociating)
- Aggression
- self-loathing
- obsessive behaviours / desire to control situations
- fear (of certain people, places, situations, sounds, smells etc)
- self-harm
- suicidal ideation
- sexual promiscuity
- changes to established toilet routines
- overtly sexual themes in play
- sexual knowledge well beyond a child's age/stage of development
- engaging in problematic or harmful sexual behaviours

### SAFETY PLANNING

Safety Planning is a part of our counselling process, where we consider all aspects of a child's life to create a plan to optimise safety and protection of self and others.

### HOW TO SUPPORT A CHILD WHO HAS BEEN SEXUALLY ABUSED

- Remain calm
- Be a listener, not an investigator
- Be sensitive and supportive
- Tell them you believe them
- Reassure them they are not in trouble
- Talk about their right to be safe
- Inform the Department of Child Safety and/or the Queensland Police Child Protection Investigation Unit (CPIU)