



True Child & Family Service provides counselling and education services for children, adolescents and their family members who have been affected by child sexual abuse or assault. We also work with children and young people who display problematic or harmful sexual behaviours.

Our therapists use a range of therapies to connect with children. Counselling is free, confidential and always at the child's pace.

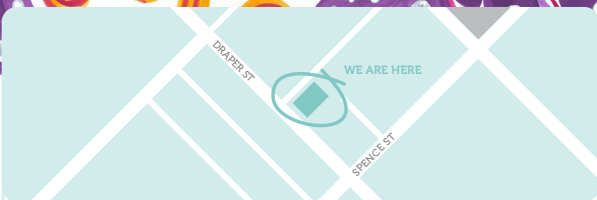
IMPACTS OF SEXUAL ABUSE

Some children show signs of distress immediately after sexual abuse, others might not show signs for some time. Signs may include:

- Feeling anxious
- Having trouble sleeping
- Relationships difficulties
- Depression
- Withdrawal
- Hating or hurting themselves
- Aggression
- Displaying sexual behaviours that are outside what is considered healthy or appropriate

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
- Call the Police (Child Protection Investigation Unit)
- Contact True Child & Family Service for professional support



Contact us



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Child & Family Service

For more information:
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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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Safety. Support. Hope. Healing.

