



## 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

## 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
- having trouble sleeping
- difficulties making and maintaining relationships
- depression
- withdrawal
- self loathing
- self harm
- aggression
- confused thinking and/or possibly engaging in sexually reactive behaviours.

## Sexually reactive behaviours

Sexually reactive behaviours (SRBs) are behaviours considered outside age-appropriate healthy sexual exploration.

SRBs may be solitary in nature or involve others. These behaviours need to be considered in the context of the child's life and addressed accordingly.

The presence of SRBs does not necessarily mean a child has been sexually abused.

## Personal Safety Education

All children have the right to be safe from abuse.

True Child & Family Service provides Personal Safety Education to ensure children are informed about their bodies and their rights, and given strategies to help keep themselves safe.

## Safety Planning

Safety Planning involves considering all aspects of a child's life and creating a plan to optimise their safety and protection.

This approach mobilises and coordinates a network around a child to improve their overall safety outcomes.

**Counselling is free,  
confidential and always  
at the child's pace.**

## Who we are

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

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 assault or sexual abuse
- Children and young people who display sexually reactive 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



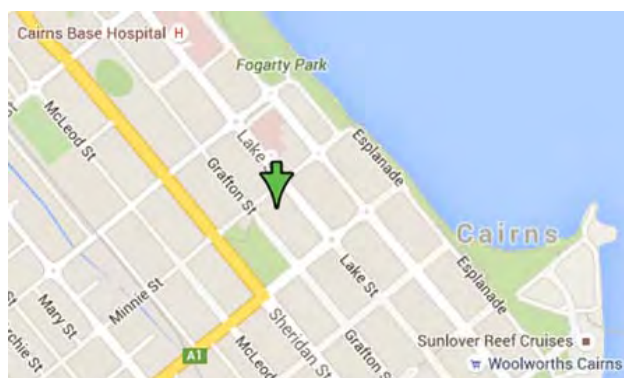
## How to support a child who has been sexually abused

- 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)
- Contact True Child & Family Service for professional support

## True Child & Family Service

The Solander Centre  
182 Grafton Street Cairns Q 4870  
(Opposite Munro Martin Parklands)

**P** (07) 4031 3590  
**F** (07) 4031 6017  
**E** [childandfamily@true.org.au](mailto:childandfamily@true.org.au)  
**W** [www.true.org.au/cf](http://www.true.org.au/cf)



**All children have the right to be safe from abuse.**

## Other contacts

|  |              |
|--|--------------|
| Department of Child Safety   | 4052 9500    |
| Kids Helpline  | 1800 551 800 |
| Lifeline   | 13 11 14     |
| Sexual Assault Helpline  |              |
| <a href="http://www.dvconnect.org">www.dvconnect.org</a>           | 1800 010 120 |
| 1800 RESPECT   |              |
| <a href="http://www.1800respect.org.au">www.1800respect.org.au</a> | 1800 737 732 |

