



**Being there for a friend really can make all the difference!**

### Tips on what to do next...

- Take a deep breath, you may feel panicky about what you've seen or what they have shared – that's ok!
- If they want to talk to you about what is going on, make sure you have somewhere private to chat.
- Listen to what they say.
- Be honest, you don't need to have all the answers.
- Let them know that you care and want to help.
- Ask them if they have anyone to support them or people that they trust – e.g. teacher, carer, parent, older sibling, counsellor, etc.

- Ask why they trust a particular person(s).
- Encourage them to talk to their supports or people they trust and see if they want you to do that with them.
- Thank them for speaking to you.
- Check-in with them.



### WHAT DO YOU DO IF THEY TELL YOU NOT TO TELL ANYONE?

**If you're feeling worried about what they have said**

- It is important to not gossip. They have confided in you because they trust you.
- Ask them if there is someone they trust that they would like to speak to.

- Be honest and tell them you need to talk to someone as you are worried.
- Tell them who you trust and suggest that you could speak to your own support person(s) together.
- If you feel your friend is in immediate danger or needs urgent help call Emergency Services (Police, Ambulance, and Fire) on **000**.

### USEFUL CONTACTS

**Kids Helpline** can be a useful contact for yourself and your friend – they provide a free 24 hour helpline. You don't have to provide your name if you don't want to.

You can call them on **1800 55 1800** or go to [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**eheadspace** chat on the phone to a mental health professional  
**1800 650 890**



### TAKING CARE OF YOU

**Having difficult conversations and hearing about abuse can be upsetting. It's important to take care of yourself.**

- Ask for help if you need it.
- Connect with others.
- Do something you enjoy.
- Move your body and stay active.
- You may also have some other strategies you already use, to take care of you!



**PROJECT PARADIGM**  
WORKING TO END CHILD EXPLOITATION

## POCKET GUIDE TO SEXUAL ABUSE

*How to help a friend*

SUITABLE FOR 12+

**Content Warning:** This pocket guide contains information about sexual abuse and harm, consider this before reading on.



## WHAT IS CHILD SEXUAL ABUSE?

**Child sexual abuse is sexual activity with a child (under 18 years old) by an adult or another young person.**

**The person carrying out the abuse may use power and control to get the child to engage in sexual acts. Child sexual abuse is never the child or young person's fault.**



## ARE YOU WORRIED THAT YOUR FRIEND IS BEING SEXUALLY ABUSED?

*Have you heard or seen something that's worrying you?*

*Is there something wrong but you can't quite put your finger on it?*

*Trust your gut, it's important to listen to that feeling!*



## THINGS THAT YOU MAY HAVE HEARD OR SEEN THAT ARE WORRYING?

- Your friend has told you they might be pregnant or have a sexually transmitted infection (STI)?
- You've discovered that your friend is sending or receiving sexual images?
- Your friend keeps running away from home, is missing school, or catch-ups and nobody knows where they are when this happens?
- Your friend has suddenly become secretive?

- You've noticed that your friend is scared about something or someone?
- You have observed a change in your friend's mood?
- Your friend seems sad, depressed or withdrawn?
- You have seen that your friend is anxious when around someone in particular?
- Your friend seems to be much quieter and less chatty?
- You've noticed a change in your friendship or the friendship they have with others?
- You've seen that they have a lot more money or are receiving gifts but won't say who they got them from?
- You have noticed that your friend is appearing with bruises or injuries that they don't want to talk about?



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