

## What happens when I make a disclosure?

When you disclose something that is happening to you or about to happen to you, it is important to understand that this report will be taken seriously and that depending on the information you have provided other agencies or people might need to be notified.

This includes:

- ▶ making contact with the NSW Police if a criminal offence has occurred
- ▶ making contact with the Department of Communities and Justice for support for your family
- ▶ contacting the Office of Safeguarding who might conduct an investigation if the offender is a diocesan worker
- ▶ a counsellor may be enlisted to speak with you and emotionally help you through an issue
- ▶ risk managements might need to be put in place to prevent further incidents from occurring.

It's important to understand that at all times your safety and wellbeing is what is most important! All steps taken are there to prevent you from being further impacted by something that has been happening or is about to happen. You have the right to feel safe!

## Who can I call when I need help?

**Emergency:** 000

**Child Protection Helpline:** 132 111

**NSW Police:** 131 444

**Kids Helpline:** 1800 55 1800

**Mental Health Line:** 1800 011 511

**Lifeline:** 13 11 14

**Office of Safeguarding:** 4979 1390

## Websites that can offer information and assistance

**Kids Helpline:** [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**What's Ok At Home:** [www.woah.org.au](http://www.woah.org.au)

**Youth Law Australia:** [www.yla.org.au](http://www.yla.org.au)

**Australian Human Rights Commission:** [www.humanrights.gov.au](http://www.humanrights.gov.au)

**Communities & Justice:** [www.facs.nsw.gov.au](http://www.facs.nsw.gov.au)

**Office of Safeguarding:** [www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)



**I want to report  
being abused**  
For teenagers in parishes



**Office of Safeguarding  
Diocese of Maitland-Newcastle**

50 Crebert Street, Mayfield NSW 2304

PO Box 29 Carrington NSW 2294

**P** 02 4979 1390

**E** [childprotection@mn.catholic.org.au](mailto:childprotection@mn.catholic.org.au)

**www.officeofsafeguarding.org.au**

[www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)



## It's never your fault

Abusers can be clever and manipulate people.

Sometimes, abusers try to trap their victims into silence by:

- ▶ trying to convince the victim that they will get into trouble if someone finds out
- ▶ saying that the victim is to blame
- ▶ telling the victim that they have done something wrong or even illegal
- ▶ isolating their victim and trying to make them dependent on the abuser
- ▶ trying to convince the victim that they are in love with each other
- ▶ threatening the victim or the victim's family or friends
- ▶ bribing the victim with alcohol, drugs or other gifts.

## THE VICTIM OF ABUSE IS NEVER TO BLAME

## What is Abuse?

There are different types of abuse.

**Physical abuse** is when someone hurts you or causes pain to any part of your body on purpose. This could leave bruises, marks, sores or can even break bones. It can be:

- ▶ hitting you hard with their hand or another object
- ▶ kicking you
- ▶ pushing you
- ▶ choking you
- ▶ biting you
- ▶ throwing things at you.

**Neglect** is when a parent or an adult who cares for you does not give you the things you need to grow up happy and healthy. This could be:

- ▶ not giving you food, clothes, baths or showers
- ▶ not giving you a safe place to live
- ▶ not sending you to school
- ▶ not taking you to the doctors if you are sick.

**Emotional abuse** is when an adult keeps saying or doing things over and over again making you feel bad, scared, sad or alone. This could be:

- ▶ yelling at you
- ▶ teasing you
- ▶ ignoring you
- ▶ calling you names
- ▶ making you feel bad about yourself.

**Sexual abuse** can be from a stranger or someone you know like a family member, a friend or a member of the parish. It can include:

- ▶ someone touching your private parts or making you touch their private parts
- ▶ someone showing their private parts to you or making you show your private parts to them
- ▶ someone showing you pictures or videos of other people's private parts.

**Domestic Violence** is when someone in your family hurts or is violent towards another person in your family. It is normal for families to argue at times, but when this happens a lot and makes you or others scared you need to tell a trusted adult.

## How do I report abuse or neglect?

Reporting something that is happening to you can be scary but it is very important to know that there are people who can help you. This can be:

- ▶ your parents or an adult family member or friend that you trust
- ▶ your priest, parish leader or other trusted adult member of the congregation
- ▶ your coach, school teacher or counsellor (you don't need parental permission to speak with a school counsellor)
- ▶ a NSW Police Officer
- ▶ the Department of Communities and Justice
- ▶ the Office of Safeguarding.

Reporting is as simple as approaching someone you trust and disclosing what is happening. Tell them what is happening to you, who is abusing or neglecting you and how you're feeling.

An adult's role is to support and protect you. If an adult is abusing you it is never your fault and you should not feel guilty for reporting it.

