

Central West Women's Health Centre Inc.

This service is a member of
Child & Adolescent Sexual
Assault Counselling Services
(CASAC)

- ◆ The aim of this service is to provide a safe environment for children & young people to discuss the effects of sexual assault.
- ◆ Sexual assault is a crime.
- ◆ Sexual assault includes any action in which someone is forced, tricked or threatened into sexual acts.
- ◆ The victim is **NEVER** to blame.

For more information contact the
CHILD & ADOLESCENT SEXUAL ASSAULT
COUNSELLOR
At

Central West Women's Health Centre

20 William Street,
Bathurst NSW 2795
Phone: 6331 4133
Fax: 6332 4310
Website: cwwhc.org.au
Email: csa@cwwhc.org.au

This is a FREE and CONFIDENTIAL
service available to children,
adolescents and non-offending carers



Child & Adolescent Sexual Assault Service



20 William St,
Bathurst NSW 2795
Ph: (02) 6331 4133

*We all have the right to feel safe
all the time.*

*This service is funded by
NSW Human Services (Community Services)*

Child & Adolescent Sexual Assault Service Provides Counselling:

- ◆ to children & adolescents (under 18) who have experienced recent sexual assault or are survivors of sexual assault.
- ◆ to address sexualised behaviours of children & adolescents (criteria applies).
- ◆ to children & adolescents (under 18) who have been affected by domestic violence.
- ◆ to non-offending carers.

An outreach service can be provided to some outlying communities.

Community education sessions may be requested, this service is dependent on availability of counsellor.

Counselling for children affected by Domestic Violence

If the service has room, children & young people who have grown up in violent homes can attend counselling as well. There are some excellent resources available now to help children understand that domestic violence is an adult problem, that they are not alone.

Assistance is provided to identify and express painful feelings, learn that violence is not acceptable, non-violent problem solving techniques, development of healthy self-esteem, re-establishing trust and protective behaviours.

Counselling
is to help make things different.

At first, you might feel shy or
nervous, and that's okay.

Remember, you don't have to talk about
anything that makes you
uncomfortable.

Protective Behaviours Education

This is to teach any child or young person about keeping safe, how our bodies give us early warning signs, and the importance of a network of trusted adults who children and young people can talk to about their worries.

The two main themes of Protective Behaviours are that ***we all have the right to feel safe all the time and nothing is so awful that we can't talk about it with someone.*** These themes are reinforced through stories, games, activities, worksheets, problem solving cards, power point presentations, videos and other resources appropriate to the child or young persons age and developmental needs.

Four sessions of forty-five minutes (again depending on the age and needs of the child) usually complete this program.

Educational Sessions in Schools & Pre-Schools

Sessions can be arranged on Protective Behaviours, healthy/unhealthy relationships, negotiating consent, and sexual harassment and the Law. Topics can be tailored to the needs and ages of the group.

Court Preparation & Court Support for Child & Adolescent Sexual Assault Victims.

Children & young people who have to testify in court are understandably anxious about what they are going to experience.

Court Preparation teaches children & young people who is who in the court system, visiting the court prior to their hearing to familiarise themselves with the environment, the importance of telling the truth and worries and concerns about going to court are addressed. The CSA Counsellor can also go with the child on the day as a support person.

Information & Referral

Information on the topics mentioned in this brochure and referral to other appropriate services can be provided by consultation with the CSA Counsellor at the Women's Health Centre.

All the above mentioned services are free of charge.