

# Help for parents wanting to talk about sexual assault

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## Resources and information to support you and your family at this difficult time

If you are concerned about your child in any way, or feel that you need support yourself, always seek professional advice. A good place to start is your family GP and your existing networks.

[Sexual Assault Services Victoria or SAS Vic \(https://www.sasvic.org.au/\)](https://www.sasvic.org.au/) is the peak body for sexual assault and harmful sexual behaviour services in Victoria.

SAS Vic's [Child Sexual Abuse in Early Childhood Education and Care Settings web page \(https://www.sasvic.org.au/ecec\)](https://www.sasvic.org.au/ecec) has a range of information and videos on talking to children about sexual assault, looking after yourself and your child and how to respond to your child.

The National Office for Child Safety also has a range of information and resources for parents, carers and guardians of preschool aged children. You can go to their website [National Office of Child Safety](https://www.childsafety.gov.au/having-conversations/having-conversations-children-and-young-people/preschool-age-children) or go directly to <https://www.childsafety.gov.au/having-conversations/having-conversations-children-and-young-people/preschool-age-children>.

## Fact sheets and resources for parents, educators and care services

There is a range of general information, posters and phonelines available where you can find further information to support you to discuss sexual assault with children.

- **National Office for Child Safety – [Conversations about child sexual abuse – How to talk to children](https://www.childsafety.gov.au/having-conversations/having-conversations-children-and-young-people/preschool-age-children)**  
<https://www.childsafety.gov.au/having-conversations/having-conversations-children-and-young-people/preschool-age-children>
- **raisingchildren.net.au – [Signs of sexual abuse in children and teenagers](https://raisingchildren.net.au/preschoolers/safety/child-sexual-abuse/signs-of-sexual-abuse)**  
<https://raisingchildren.net.au/preschoolers/safety/child-sexual-abuse/signs-of-sexual-abuse>
- **Kids Helpline – [Understanding child sexual abuse facts and information](https://kidshelpline.com.au/parents/issues/understanding-child-sexual-abuse)**  
<https://kidshelpline.com.au/parents/issues/understanding-child-sexual-abuse>
- **National Office for Child Safety – [Conversations about child sexual abuse - How to talk to children \(Easy Read version\)](https://www.childsafety.gov.au/system/files/2024-11/conversation-toolkit-easy-to-read.PDF)** <https://www.childsafety.gov.au/system/files/2024-11/conversation-toolkit-easy-to-read.PDF>.

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### **Help for people with hearing or speech communication difficulties**

Contact us through the National Relay Service (NRS). For more information about the NRS visit [National Relay Service](https://www.accesshub.gov.au/about-the-nrs) <https://www.accesshub.gov.au/about-the-nrs>, or call the NRS Helpdesk on 1800 555 660.

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Available at [Investigation of alleged incidents in childcare centres](https://www.dffh.vic.gov.au/childcare-centres-investigation) <https://www.dffh.vic.gov.au/childcare-centres-investigation>