



INFORMATION FOR CHILDREN AND YOUNG PEOPLE



I AM WORRIED

Whether you're worried about something that's happened, or something you have witnessed or heard, it can really help to talk to someone you trust.

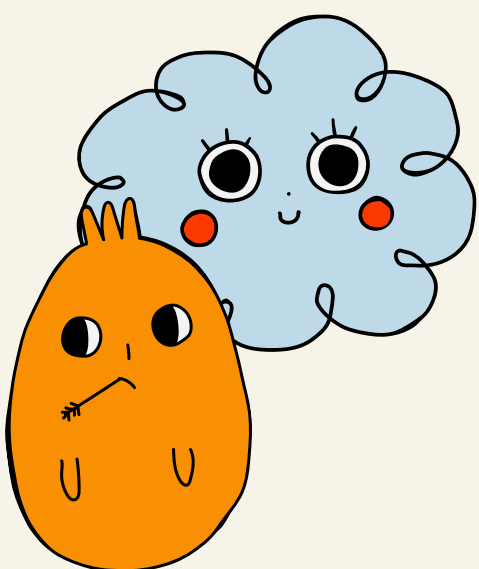
You might feel all sorts of things after something bad has happened. Everyone is different, but support is available.



I DON'T KNOW WHO TO TALK TO

You can ask a trusted adult for help, such as a family member, teacher, or healthcare worker. If you are worried about your safety, or someone else's safety, you can contact the **Police on 000**. They have special staff trained just to help children and young people.

Other support available is:
Kids Helpline: 1800 55 1800
www.kidshelpline.com.au
Headspace: 1800 650 890
www.headspace.org.au

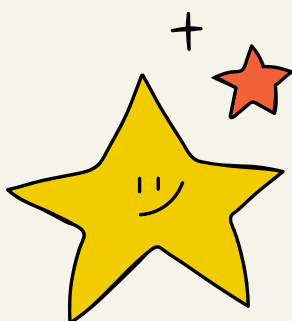


ABUSE AND SAFETY

Abuse is anything another person does that's meant to cause harm. But it's not always easy to know what's abuse or what to do about it. Abuse takes many forms, and includes:

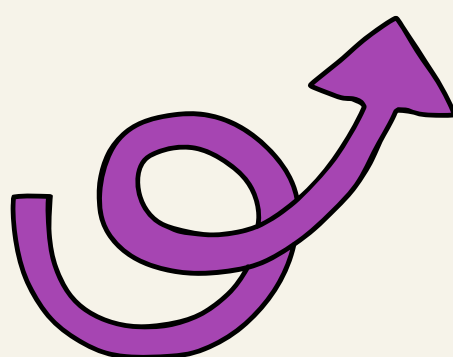
- Emotional abuse
- Physical abuse
- Sexual abuse

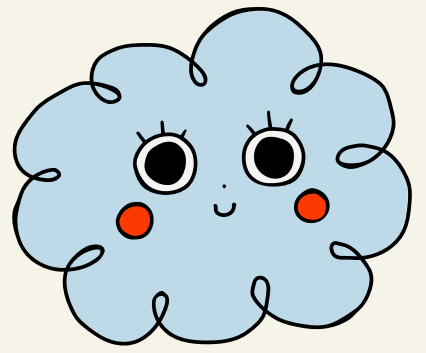
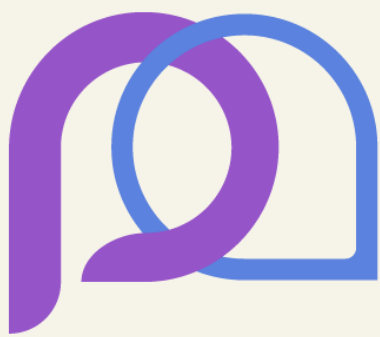
You have the right to feel safe, and to report anything that doesn't make you feel safe.



TALKING ABOUT WHAT'S HAPPENED

Talking to someone doesn't mean you have to open up if you're not ready. Over time, you might feel able to share what happened at a time that feels comfortable, and on your own terms. By telling someone what has happened, it can be the first step in stopping what is harming you or someone you care about. The law is there to protect you, and keep you safe.

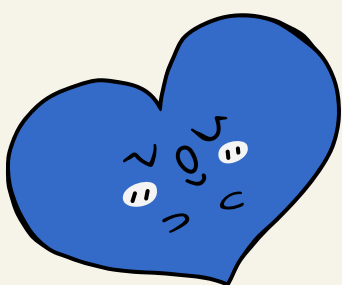
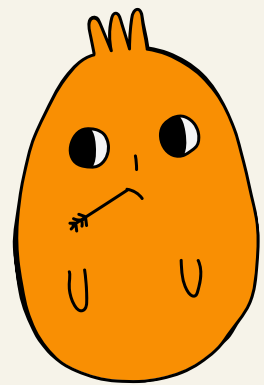




PATHWAYS RESPONSE VICTORIA

WHAT IS PATHWAYS VICTORIA?

Pathways Victoria is a support service to help people who have experienced abuse by someone within the Catholic Church in Victoria. This could be something that happened at your Parish Church, or by someone at your Church.



WHAT CAN YOU HELP WITH?

Talking about something difficult you have experienced can be really hard.

We can help you with:

- finding information on what supports are available
- listening to your story
- reporting to the police
- connecting you with a counsellor who can help you with talking about what has happened

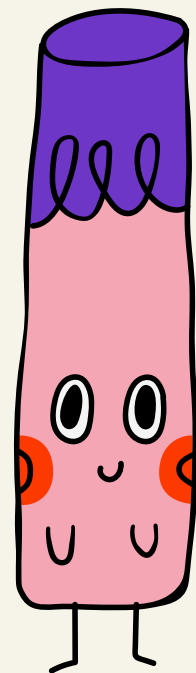
WHAT WILL PATHWAYS DO ABOUT IT?

We may report what has happened to the Police and other government organisations. Sometimes, we must do this, even without your consent, such as if you or another child is at risk of harm. We will tell you if we need to do this.

The Police are really really good at supporting children, and have specially trained Detectives to help you. They even have a special unit within Victoria Police that helps with reporting abuse that happened at Church, or by someone in the Church. It doesn't matter when the abuse happened, it is never too late to report it.

Pathways can provide you with access to a counsellor if you would like to speak to someone.

Pathways may investigate what has happened.



HOW CAN I CONTACT YOU?

We have lots of ways that you can reach us, and all are ok.

Send us an email at info@pathwaysvictoria.com

Call us at **03 7064 3940**

Send a message on our website at

www.pathwaysvictoria.com

