

Factsheet A | I am trying to work out if I should tell someone what happened to me or to my child



Working through this checklist might help.



These are the reasons why **I want to** talk about this

I can't keep this a secret anymore, it is making me always angry.

The person who abused me or my child is working with children – I am worried the children may not be safe.

Memories of the abuse keep coming back when I hear certain music, read a newspaper story or smell a certain smell. The memories are hard to live with. I need help.

I am using alcohol to forget what happened and I need help.

I am having nightmares about the abuse. They need to stop.

I must protect my child from more abuse.

I am exhausted from constantly protecting my child from being further abused by the offender.

These are the reasons why **I can't** talk about this

I won't be believed.

I will be blamed for not stopping the abuse. I am ashamed about what happened.

Our family will be destroyed, we will have to leave our home. Where will we go? We will have no money to pay for rent or food.

These are the reasons why I **can't** talk about this

People will look at me and treat me and my family differently.

I am not safe, the person who has abused me or my child will hurt me if I say anything.

I have no-one I can tell.

If I tell what has happened my child might be taken away from me.

People might think it is not safe to leave children in my care, that if I have been sexually abused I might go on to sexually abuse children.

People might think I am gay.

I do not want my community to know.

It makes me feel less of a person.

I don't want to cause any 'unnecessary' drama in my life or that of my family.

I may experience victim blaming from people I know and from my community.

I struggle to acknowledge and accept that this has happened to me as a child or that this has happened to my child.

A good place to start might be to answer these questions:

Who gives me strength? e.g. my mother

Where is a safe place for me? e.g. my house

How do you know when something is not good for you?
e.g. heart rate goes up

What happens when you are stressed? e.g. I talk more quickly

What do you enjoy doing? e.g. going for a walks with my dog

Where can I go for help? See details of services that might be able to help you.