



SAFE TO SPEAK

Skills for supporting community members experiencing domestic, family, and sexual violence

WELCOME

The content in this booklet was created by Full Stop Australia as a resource for the participants of the Safe to Speak program workshops. This digital version has been developed for the wider community, and we hope you find it useful.



SAFE TO SPEAK

Table of contents

OUR SERVICES	4
DOMESTIC AND FAMILY VIOLENCE	6
CONSENT AND SEXUAL VIOLENCE	14
UNDERSTANDING TRAUMA	18
TRAUMA INFORMED RESPONDING	20
SUPPORT SERVICES	27

OUR SERVICES

Our services are for victim-survivors as well as their family, friends and professionals supporting them.

Our Helplines

24/7 | FREE | CONFIDENTIAL

1800 FULL STOP NATIONAL COUNSELING AND RECOVERY SERVICE

1800 385 578

For anyone in Australia impacted by sexual, domestic and family violence.

NEW SOUTH WALES SEXUAL VIOLENCE HELPLINE

1800 424 017

For anyone in Australia impacted by sexual, domestic and family violence.

RAINBOW SEXUAL DOMESTIC AND FAMILY VIOLENCE HELPLINE

1800 497 212

For anyone from LGBTQ+ communities impacted by sexual, domestic and family violence

NATIONAL SEXUAL ABUSE AND REDRESS SUPPORT SERVICE

1800 211 028

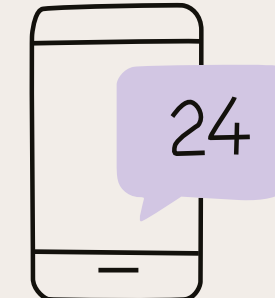
For adult survivors of institutionalised child sexual abuse involved in the National Redress Scheme

Our Counselling Service



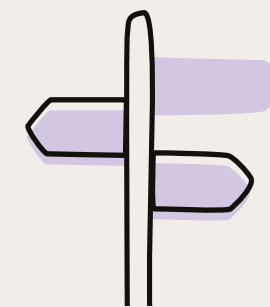
PROFESSIONAL TRAUMA-SPECIALIST COUNSELLORS

Social workers and psychologists with 3+ years experience and specialist training



TELEPHONE AND ONLINE SUPPORT

Free, confidential, 24/7



INFORMATION ABOUT OTHER SERVICES



VICARIOUS TRAUMA SUPPORT AND DEBRIEF

Including health, mental health, legal, police and journalists

DOMESTIC AND FAMILY VIOLENCE

Domestic and family violence is any behaviour that is:

- violent • threatening • controlling.

It is also any behaviour that makes someone feel scared or unsafe.



Family & domestic violence can affect anyone in all types of relationships including:

people who are or have been in a romantic relationship or close friendship

carers of people with disability or medical conditions

relatives and guardians

family groups that are recognised in a particular culture

Understanding types of abuse in domestic and family violence

Below are explanations of the types of behaviour domestic and family violence can include.

EMOTIONAL ABUSE

Emotional abuse takes away a person's confidence and independence. It makes them feel bad about themselves.

Examples:

- blaming the person experiencing family and domestic violence for problems in the relationship
- making someone feel less confident about themselves by comparing them to others
- ignoring someone
- intentionally embarrassing someone in public
- name calling
- telling someone what to wear
- threatening to 'out' someone's sexuality, transgender or intersex status
- using emotional blackmail

VERBAL ABUSE

Verbal abuse is when someone always says things that hurt the other person or make them feel bad about who they are.

Examples:

- name calling
- shouting
- continuous criticism
- swearing
- making someone feel embarrassed or ashamed, in private or in public
- making hurtful comments about someone's intelligence, sexuality, body or how they look
- saying things that criticise someone's abilities as a parent or partner

SOCIAL ABUSE

Social abuse is when someone stops a person from spending time or communicating with family, friends and community, or from joining in with social activities.

Examples:

- cutting someone off from family, friends or community
- moving to a new place where someone has few social supports or work opportunities
- stopping someone from going out to meet people
- monitoring someone's phone calls and emails
- continuously criticising family and friends
- stopping someone from meeting or spending time with neighbours

FINANCIAL ABUSE

Financial abuse includes taking control over bank accounts or not allowing someone to work or spend their own wage.

Examples:

- controlling money and bank accounts
- not allowing someone to use bank accounts
- not giving someone enough money to live on
- not allowing someone to look for a job or to work
- taking wages earned by someone else

SPIRITUAL ABUSE

Spiritual abuse includes not allowing someone to practise their religion. It also includes using religious or spiritual beliefs as a reason to control or dominate someone.

Examples:

- making someone take on a lower or powerless role
- using religious or spiritual beliefs to justify violence or abuse
- stopping someone from practising their spiritual beliefs
- stopping someone from meeting with their religious or spiritual community

PHYSICAL ABUSE

Physical abuse is when someone uses physical force to hurt someone or stop them from doing something.

Examples:

- hitting or hurting someone's body
- using weapons or other objects to hurt someone
- hitting or hurting children
- hurting family pets
- locking someone out of the house
- stopping someone from sleeping or eating
- destroying property or throwing things



Understanding types of abuse in domestic and family violence **Cont. on next page**

Domestic and family violence can include cont./

SEXUAL ABUSE

Sexual abuse includes forcing someone into sexual activity that they do not want.

Examples:

- causing someone pain during sex
- forcing someone to have sex
- forcing someone to have sex without using protection to prevent pregnancy or sexually transmitted infection
- making someone perform sexual acts against their will
- saying hurtful or disrespectful things during sexual activity
- forcing someone to watch pornography

STALKING

Stalking is when a person keeps following or trying to contact someone else against their will.

Examples:

- making repeated phone calls to someone
- sending lots of text messages to someone
- waiting around near someone's home or work
- leaving notes on someone's car
- leaving messages on someone's social media
- monitoring someone's use of technology

TECHNOLOGY FACILITATED ABUSE

Technology-facilitated abuse is when a person uses digital technology, a mobile phone, app, camera or listening device to monitor someone's movements or intimidate them.

Examples:

- checking someone's computer and phone use
- using spyware on someone's phone to track them
- publishing intimate photos or videos of someone without their agreement
- sharing or threatening to share photos or messages with the intention of outing someone's sexuality or gender identity



Coercive control

Coercive control is when someone uses abusive behaviour against a person over time, to limit that person’s freedom and control them.

People can sometimes shift from using physical violence from time to time to using other abusive behaviours as well. They do this to strengthen their control over someone. In her book See What You Made Me Do: Power, Control and Domestic Abuse (published by Black Inc, 2020), author Jess Hill describes the 12 signs of coercive control. We’ve listed these below:

12 SIGNS OF COERCIVE CONTROL

1. Cutting you off from your support system

An abusive partner will cut you off from friends and family, or limit your contact with them so you don’t receive the support you need.

2. Checking on your activity throughout the day

3. Denying you freedom, control and choice

A person using coercive control may limit your freedom. For example, not letting you to go to work or school, restricting transportation, stalking, taking your phone and changing passwords

4. Gaslighting.

The abuser makes you doubt your truth, experience, and sanity by insisting they are right and imposing their version of events, despite contrary evidence. Gaslighting involves lies and truth manipulation.

5. Name-calling and severe criticism

The abuser uses hurtful words and malicious put-downs, which are extreme forms of bullying.

6. Sticking to outdated ideas about roles for men and women

This includes forcing you, as the woman, to take care of all the cleaning, cooking and childcare.

7. Limiting access to money and controlling finances.

- This restricts your freedom to leave the relationship. Financial control uses strategies such as:
- giving you only just enough money to buy essentials such as food or clothes
 - limiting your access to bank accounts
 - hiding financial resources from you
 - stopping you from having a credit card
 - checking on everything you spend

Coercive control can include different kinds of abusive behaviour, including:

- physical abuse
- sexual abuse
- monitoring a victim-survivor’s actions
- restricting a victim-survivor’s freedom or independence
- social abuse
- using threats and intimidation
- emotional or psychological abuse
- spiritual and religious abuse
- financial abuse
- sexual coercion
- reproductive coercion – behaviours that affect decision-making related to reproductive health
- lateral violence
- systems abuse – the manipulation of the legal system by perpetrators of family violence, done to exert control over, threaten and harass a partner (current or former)
- technology-facilitated abuse
- animal abuse.

8. Turning your children against you.

- If you have children with the abuser or someone else, they might use the children against you by:
- criticising you
 - belittling you in front of them
 - claiming you’re a bad parent

Sometimes the techniques develop slowly and are not easy to notice but they slowly build a story that views you as abnormal

9. Controlling aspects of your health and your body.

The abuser will monitor and control how much you eat, sleep, exercise, or how much time you spend in the bathroom. They may also control where you go for medical help, and the medications you take.

10. Making up jealous false stories about the time you spend with family or friends

The abuser will try to gradually stop all your contact with the external world except for them.

11. Regulating your sexual relationship

for example making demands about the amount of times you engage in sex each day or week, and the kinds of activities you perform.

12. Threatening your children or pets as an extreme form of intimidation.

When physical, emotional or financial threats do not work for the abuser, they may make threats against other beloved members of the household, such as your loved ones, children and pets

CONSENT AND SEXUAL VIOLENCE.

Consent to sexual activity exists only if a person:

- agrees to take part
- chooses to take part of their own free will (not feeling like they have to)
- checks frequently to make sure everyone wants to take part
- shows or says they want to take part in a clear, open way.

In 2025, the Department of Social Services defined consent:

Consent is a free, voluntary and informed agreement between people to participate in a sexual act. This agreement is only present when these people mutually and genuinely feel they want to engage in that sexual act and actively make sure their partner does too. Consent can be withdrawn at any time and should always be free of violence, pressure or control. Consent is not a problem that requires a solution or a contractual agreement where someone 'gives' or 'receives' consent.

Sexual violence is sexual activity that happens when someone:

- does not freely consent
- takes back their consent or changes their mind
- cannot consent because they are under 16
- cannot consent for other reasons
(for example, they are unconscious, incoherent, asleep, on drugs or alcohol, have cognitive impairment, think you are someone else).



Defining key phrases for talking about sexual violence

Sexual violence includes a range of behaviours. Below are definitions for some key phrases we use when talking about sexual violence.

SEXUAL ASSAULT

A sexual act committed against someone's will that uses or tries to use:

- physical force
- intimidation
- coercion.

Sexual assault includes:

- rape
- attempted rape
- aggravated sexual assault
- indecent assault which is any form of touching, or the threat to touch, without someone's consent
- penetration with objects
- forced sexual activity without penetration
- attempts to coerce someone into sexual activity.

Sexual assault happens when someone is forced, coerced or deceived into a sexual act against their will or without their consent, even if they have previously consented.

This also includes sexual assault in marriage which was criminalized in 1983.

SEXUAL TOUCHING

Unwanted touching of a person's body by another person. This can include kissing or inappropriate touching of a person's breasts, bottom or genitals.

IMAGE-BASED ABUSE

When someone shares or threatens to share an intimate image or video of a person without their consent. This includes digitally altered images or videos.

SEXUAL HARASSMENT

A sexual advance, request for sexual favours or other sexual behaviour that offends, humiliates or intimidates someone. Sexual harassment is behaviour that a reasonable person believes is not acceptable in the situation.

Common workplace sexual harassment includes:

- making sexual comments about someone's appearance
- touching inappropriately
- staring at someone way they don't like or want.

CHILD SEXUAL ABUSE

Any act that exposes a person under 18 to, or involves them in, sexual activities that they:

- do not understand
- do not or cannot consent to.

Child abuse also includes any act that is not accepted by the community or is unlawful.



UNDERSTANDING TRAUMA

What is trauma?

The National Plan to End Violence Against Women and Children (2022–2032) defines trauma:

Trauma is the lasting emotional, physical or psychological impact of harmful experiences. The impacts of trauma may surface at any time particularly when the victim-survivors tell or repeat their experiences, or when they encounter similar experiences that are shared by others. Trauma looks different for people depending on their experience of trauma and other factors such as exposure to previous traumatic events, access to support and mental health status.

What could trauma look like?

People experience trauma in different ways. Some people may not show signs that you can see. Trauma-informed support is about not making assumptions and making a safe space for people to respond in their own way and in their own time.

EMOTIONAL / PSYCHOLOGICAL IMPACTS	PHYSICAL IMPACTS
<ul style="list-style-type: none">• Ongoing fear, anxiety, or panic attacks• Depression or low mood• Shame, guilt, or self-blame• Feeling numb or disconnected• Flashbacks or intrusive memories• Difficulty trusting others• Hypervigilance (always on edge or “watching for danger”)• Suicidal thoughts or self-harm	<ul style="list-style-type: none">• Fatigue or exhaustion• Sleep problems, including nightmares or insomnia• Headaches, stomach aches, or other unexplained pain• Startle responses or easily frightened• Muscle tension or trembling• Long-term health problems related to stress or injury• Physical injury
COGNITIVE IMPACTS	IMPACTS ON BEHAVIOUR
<ul style="list-style-type: none">• Trouble concentrating or staying focused• Memory problems (short- or long-term)• Feeling confused or having racing thoughts• Difficulty making decisions or thinking clearly	<ul style="list-style-type: none">• Avoiding certain people, places, or situations• Increased use of alcohol or other substances• Changes in eating patterns (loss of appetite or overeating)• Withdrawing from social contact• Difficulty managing everyday tasks or work
IMPACT ON RELATIONSHIPS	
<ul style="list-style-type: none">• Isolation or feeling cut off from support• Difficulty parenting or caring for others• Struggles with setting boundaries or feeling safe in relationships• Conflict in family or intimate relationships	

TRAUMA-INFORMED RESPONDING

As social responders, you are often the first trusted contact for people experiencing domestic, family or sexual violence (DFSV). Your response in these moments matters. A trauma-informed response acknowledges each survivor's expertise in their life, helping them feel safe, respected and in control.

The four pillars help us respond in a trauma-informed way

The four pillars guide us in supporting someone facing DFSV:

Pillar 1:
**Survivor-Centred
Practice**

Pillar 2:
**Culturally Responsive &
Safe Practice**

Pillar 3:
**Trauma-Informed
Practice**

Pillar 4:
**Strengths-Based
Practice**

These pillars help guide us to be respectful and empower us to create a safe space when we are supporting someone.

Pillar 1: Survivor-Centred Practice

A survivor-centred approach prioritises the person's needs and values. It's not about giving solutions. It's about building trust and supporting their choices.

This means:

- listening without judgment
- respecting their decisions
- supporting choices, such as who is present, what language to use and what happens next.

Survivors of DFSV often feel they've lost control of their lives. Small gestures – such as asking their preferred name or if they want a support person – can help restore dignity and control.

Pillar 2: Culturally Responsive & Safe Practice

Cultural safety is more than being aware of differences. It means recognising how culture, identity, power and history shape experiences and being willing to learn, unlearn and reflect on our assumptions and judgments.

Things to keep in mind:

- survivors may find it hard to disclose abuse because of fear, shame or pressure to keep the family or community together
- some forms of violence, such as forced marriage or dowry abuse, might not be talked about openly but still cause harm
- survivors from migrant or refugee backgrounds might worry about problems with their visa or immigration consequences, not speaking English well enough or making their community look bad
- faith and cultural values can be both a source of strength and a source of pressure
- supporting someone in a culturally responsive way means understanding their context and showing respect for their values while still keeping safety at the centre.

Always ask rather than assume.

Pillar 3: Trauma-Informed Practice

Being trauma-informed means recognising how trauma affects people and striving to make things easier for them.

People who've experienced trauma might:

- seem passive or withdrawn
- take a long time to tell their story
- be scared of authorities or systems
- avoid eye contact or get angry suddenly.

Instead of judging these behaviours, try to understand them as protective responses. You can:

- create a sense of safety, both emotional and physical
- be clear, consistent and predictable
- let them set the pace and only share what they feel ready to
- focus on relationship and trust – this is what supports healing.

Pillar 4: Strengths-Based Practice

This approach recognises all the ways the survivor has coped and protected themselves or their children, instead of only focusing on what has gone wrong. Survivors are resilient.

You can support this by:

- pointing out the strengths you notice (for example, 'It sounds like you've been doing so much to keep yourself safe.')
- asking about what's helped them so far ('What's been getting you through?')
- respecting their faith, community, children or whatever gives them strength
- avoiding language that makes them feel like a victim.

A script can help you talk to someone experiencing trauma

It’s helpful to have some key words and phrases at the front of your mind when talking with someone who is experiencing trauma.

INSTEAD OF THIS...	TRY THIS INSTEAD...
Why didn’t you leave?	What has helped keep you and your children safe?
You seem affected by this.	You’ve shown so much strength getting through this. What has kept you going?
The only safe choice is this.	We can explore a few different paths to find what feels right for you.
That’s not how abuse usually looks.	Thank you for your trust. Everyone's experience is different.
Report this.	Would you like to discuss some options?

Here are practical tips on supporting someone who has experienced trauma, including what to say and avoid.

Things to Avoid Saying

- “You just need to leave.”
- “That doesn’t sound like real abuse. At least he isn’t hitting you.”
- “It’s not that bad.”
- “You should have told someone sooner.”
- “This will all be fine if you just...”
- “But what will your family think?”

Questions to ask yourself

- Have I made it safe for them to share this?
- How have I shown that I can be trusted?
- Am I respecting their choices?
- Can I create an environment that feels safe for us both?
- Am I focusing on their strengths?
- Am I respecting their needs and identity?



SUPPORT SERVICES

Provide clear, compassionate information about the services available and what each can do to assist.

Please note that this list was created for locations where the Safe to Speak program was delivered. Some of the listed services are local to Canterbury Bankstown or the Northern Rivers region in NSW. However, many are state-based or national services that people can access.

TYPE OF SUPPORT	WHAT YOU CAN SAY	SERVICE INFORMATION
Telephone Support	<ul style="list-style-type: none">“You can contact a domestic violence helpline 24/7. They provide confidential support and advice and help you explore your options.”“These services are there to listen, help you assess your safety, and connect you with local resources. You don’t have to give your name if you don’t want to.”	1800 FULL STOP Phone: 1800 385 578 National Violence and Abuse Trauma Counselling and Recovery Service – 24/7, free, confidential trauma-specialist telephone counselling for anyone in Australia who has been impacted by sexual, domestic, or family violence, their loved ones and professionals supporting them.
		NSW Sexual Violence Helpline Phone: 1800 424 017 24/7, free and confidential trauma-specialist counselling, information and referral for anyone in NSW who has experienced or been impacted by sexual assault, their loved ones and professionals supporting them.
		NSW Domestic Violence Line Phone: 1800 65 64 63 or TTY: 1800 671 442 Telephone counselling, information and referral for women and same sex partners who are experiencing or who have experienced domestic violence.
		NSW Health Sexual Assault Services (Bankstown) Daytime phone number: (02) 8738 4844 After hours phone number: (02) 9828 3000
		NSW Health Sexual Assault Services (Grafton) Daytime phone number: (02) 6620 2970 After hours phone number: (02) 6624 0200

TYPE OF SUPPORT	WHAT YOU CAN SAY	SERVICE INFORMATION
General Support	<ul style="list-style-type: none">“Sometimes just having someone to talk to can make a big difference – there are services that offer free and confidential support.”“You don’t need to be in crisis to reach out – support is available for anything affecting your wellbeing.”	Jannawi Family Centre Phone: (02) 9750 0500 or Email: info@jannawi.org.au Offers flexible and culturally responsive services to support children and families who have experienced trauma through violence, neglect, psychological harm or sexual assault.
		CatholicCare Family Support Phone: 13 18 19 Intake: 0428 292 167 Email: fsreferrals@catholiccare.org Address: 9 Garrong Rd Lakemba Website: www.catholiccare.org Has professional and compassionate teams for counselling, emotional support, and practical strategies. Helps individuals, couples and families through confidential services tailored to suit unique situations.
		Women Up North Phone: (02) 6621 7730 Email: shs@wunh.org.au Women Up North supports migrant and refugee women experiencing or at risk of violence with safety, essentials, and practical help, and connects them to housing, legal, health, Centrelink, visa, and court services.
		Women’s Health Northern Rivers (formerly NORWACS) Phone: (02) 6621 9800 Email: womenshealth@norwacs.org.au Offers safe, inclusive, and confidential women’s health and wellbeing services, including counselling, DFV support, health and wellbeing groups, a women’s health nurse clinic, as well as drop-in support, information and referrals.

General support **Cont. on next page**

TYPE OF SUPPORT	WHAT YOU CAN SAY	SERVICE INFORMATION
General Support cont.	<ul style="list-style-type: none">“You can contact a domestic violence helpline 24/7. They provide confidential support and advice and help you explore your options.”“These services are there to listen, help you assess your safety, and connect you with local resources. You don’t have to give your name if you don’t want to.”	Metro Assist Phone: (02) 9789 3722 or Email: metroassist@metroassist.org.au Empowers individuals and families from diverse backgrounds through services such as settlement support for migrants and refugees, family wellbeing, tenancy advice, youth support, employment support, financial inclusion programmes, and community events.
		Immigrant Women’s Speakout Association NSW Phone: (02) 9635 8022 For migrant and refugee women who are victims of violence. Counselling and bilingual workers.
		Family Support Network Phone: (02) 6621 2486 Email: admin@fsn.org.au Family Support Network supports children, parents, and caregivers with playgroups, parenting programs, individual support, and community activities, available across the Lismore area.
		Interrelate Phone: (02) 6623 2700 Email: lismore@interrelate.org.au Separation support, counselling, mental health support, relationships and sexuality education, relationships and parenting courses, relationship resources, First Nations services, I relate Health and I relate Family Law.
		Northern NSW Health Phone: (02) 6639 9109 Email: rita.youssefprice@health.nsw.gov.au The Multicultural Strategies Officer can assist with education about health issues and services by providing group information sessions, hospital tours, and assistance to understand the health services.

TYPE OF SUPPORT	WHAT YOU CAN SAY	SERVICE INFORMATION
Emergency and Crisis Accomodation	<ul style="list-style-type: none">“Homelessness support services can help connect you with food, clothes, and other essentials if you need them.”	Link2Home Phone: 1800 152 152 Link2home is the homelessness information and referral service that is making it easier for people across NSW to get the information they need, get help with accommodation and be referred to local services.
		Linking Hearts Multicultural Family Services Muslim Womens Association Phone: (02) 9786 4404 or Email: info@linkinghearts.org.au Provides crisis/transitional accommodation supporting families from culturally and linguistically diverse backgrounds.
		Momentum Collective Phone: 1800 387 867 Offers support for women and children experiencing homelessness or at risk of homelessness due to DFV across the Northern Rivers. Refuges located in Lismore, Tweed and Ballina.

TYPE OF SUPPORT	WHAT YOU CAN SAY	SERVICE INFORMATION
Legal Support	<ul style="list-style-type: none">“Legal support services can help with things like intervention orders, immigration matters, family law, and tenancy issues.”“You don’t need to face legal issues alone – there are free services that can give you confidential advice about your rights and options.”	Legal Aid NSW Phone: 1300 888 259
		Women’s Legal Services NSW Phone: 1800 801 501 or (02) 8745 6988 Free confidential legal information, advice and referrals about domestic violence and Apprehended Domestic Violence Orders (ADVOs).
		Women’s Domestic Violence Court Advocacy Services (WDVCAS) - Burwood Phone: 1800 938 227 or Email: dvburwood@bcw.org.au WDVCAS provides women and their children with information, advocacy and safety planning where appropriate.
		Marrickville Legal Centre Phone: (02) 9559 2899 Provides free and accessible legal support to those who have experienced domestic and family violence. At Canterbury City Community Centre (130 Railway Parade Lakemba) every last Wednesday of the month from 9:30am – 12:30pm.
		Northern Rivers Community Legal Centre Phone: (02) 6621 1000 or 1800 689 889 WDVCAS provides women and their children with information, advocacy and safety planning where appropriate.
		Women’s Domestic Violence Court Advocacy Services (WDVCAS) - Northern Rivers Phone: (02) 6621 1044 or 1300 720 606

TYPE OF SUPPORT	WHAT YOU CAN SAY	SERVICE INFORMATION
Services for Lesbian, Gay, Bisexual, Trans/ transgender, Queer, Intersex, and other sexual, gender, and bodily diverse (LGBTQI+) people	<ul style="list-style-type: none">“If you are not sure where to start, I can link you with services that are trained to support LGBTQI+ individuals.”“You deserve support that respects your identity and understands your experiences	ACON Phone: (02) 9206 2000 LGBTQI+ health organisation offering information, referrals, counselling, advocacy and practical support for LGBTI people in NSW experiencing domestic and family violence.
		Inner City Legal Centre Safe Relationships Project Phone: (02) 9332 1966 Free legal advice and court support for LGBTQI+ people experiencing domestic and family violence in NSW.
Men's Services		Men's Referral Service Phone: 1300 766 491 The Men's Referral Service is the national counselling, information and referral service for men looking to change their behaviour. This service is 24/7, free, and you can remain anonymous.
		MensLine Australia Phone: 1300 78 99 78 Free telephone and online counselling service offering support for Australian men with concerns about mental health, relationships, anger management, family violence (using and experiencing), stress, and suicidal thoughts

TYPE OF SUPPORT	WHAT YOU CAN SAY	SERVICE INFORMATION
Reporting Violence	<ul style="list-style-type: none">“If you feel in immediate danger, the police can help ensure your safety and provide protection.”“You are not required to report anything if you are not ready – but if you want to, there are safe ways to do it.”“If you decide to report, you can ask for a support worker or interpreter to be with you.”“Reporting can feel overwhelming, but there are people who can support you through the process and help make it feel safer.” Child Protective Services (if children are involved) <ul style="list-style-type: none">“If you're worried about your children's safety, Child Protective Services can help ensure they are protected and connect you with resources to support your family.”“CPS can help you keep your kids safe and provide support to help you get back on your feet.”	NSW Child Protection Helpline Phone: 132 111 or TTY: 1800 212 936
		Report Sexual Assault or Domestic Violence to NSW Police Phone: 131 444 NSW Police also have useful information on their website about domestic violence and sexual assault.
		SARO – Sexual Assault Reporting Option Enables people to provide information about sexual assault to police informally, rather than by making a formal complaint. SARO can be completed anonymously and accessed online via police website (www.portal.police.nsw.gov.au/adultsexualassault) If you suspect someone is at risk of Female Genital Mutilation/Cutting, report it immediately to: Contact the Child Wellbeing Coordinator at the South Western Sydney Local Health District: (02) 9780 2803. They can provide local service information and pathways into health services; The Child Protection Helpline on 132 111 (TTY 1800 212 936)

