

FACT SHEET — *This fact sheet is for young people, parents, carers, educators and members of community groups.*

Will CASA tell my parents?

Whatever you say to a CASA counsellor is confidential. We won't inform your parents if we think you're old enough to make that decision. Although there are some exceptions. For example: if we believe someone may hurt you, or you may hurt yourself. In these instances, we'd seek advice from other agencies like child protection or the police. We would chat with you about your concerns about your parents knowing. If we believe your parents care about you and have your best interests at heart, we'll encourage you to seek their support. But ultimately, it's important you have as much control over who you tell, so unless you're very young, or we don't think you're safe, we'll respect your decision.

Because sexual assault can have a big impact on your mood and your state of mind, it can be helpful if your family knows what has happened so they can provide the proper supports. Sometimes people can feel angry or depressed after a sexual assault. Your family may notice a big change in you. If they know what's happened it can help them be more supportive when you have ups and downs in your moods. Sometimes, telling a parent can be a huge relief. Telling can help you to recover quicker because a massive weight has been lifted from your shoulders as you're no longer dragging around a big secret at home.

A counsellor can be with you while you tell your parents.

It can feel really awkward and worrying to tell your parents about a sexual assault. This might be because it happened in a situation you weren't supposed to be. You might have gone to a party and not told them, or you were underage drinking. You might feel you'll get into trouble rather than be given care and support. Though what usually happens is that parents blame themselves because they feel they didn't protect you. They might feel a little annoyed that you did something they asked you not to do, but their biggest worry will be how you are now and how they can help you recover. Occasionally some parents may get angry, but our counsellors can be there to help deal with that situation.