



**CENTRE AGAINST
SEXUAL ASSAULT**
CENTRAL VICTORIA

REFOCUS **program**

For young people



What is the REFOCUS Program?

REFOCUS is a program where you can come and talk about behaviours that are causing problems for yourself and that are sexually based. Sometimes these problems include things you say, do, or the way you think about sexual things. This is especially important if you are ten years of age or older as it can sometimes help to divert you from criminal courts and help with therapy.

Sex can be confusing for all young people (even though they usually don't admit it). It can be rude or funny and so it's awkward to talk about. These funny feelings can lead to us to doing and saying things that can cause us problems in our lives.

Young people are often given mixed messages about sex and sexual acts. We know that TV, movies, pornography, sexting and video games send some very confusing messages. It can be hard to find someone you can trust to talk to about these things.

In a REFOCUS session you can talk about everything!

We won't be shocked, and we won't judge you. We've had thousands of conversations with young people about sex, sexual behaviours, fantasies, friendships and expectations. We've helped heaps of young people go on and lead a fantastic and fun filled life.

We want you to go on to lead a happy and healthy life.

What happens during the program?

We like to be up-front with you, so we'll let you know that we are going to talk to your parents or carers. This will give us a better idea about how we can best help you.

Then we'll see you by yourself. Together we can work out what approach is best for you. We'll probably see you for six sessions, once a week for six weeks. This is so we can really get to know you. After these six weeks or so, together with your carers we can all discuss what to do next. By this stage you will likely feel much happier and less worried.

If we think it would be helpful for you to keep coming to see us for a while, then that's what we'll do.

CASA Central Victoria
Weekdays 9am-5pm
(03) 5441 0430

**Calls outside office hours are diverted to
Sexual Assault Crisis Line (SACL)**

After-hours confidential, telephone crisis counselling service for recent and past sexual assault. 5pm through to 9am weeknights and throughout weekends and public holidays.

1800 806 292 (Free call)

CASA also offers specialised advocacy, secondary consultation, community education and professional training within the community and across the sector.



For more information contact
CASACV

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casacv.org.au

CASACV acknowledges the traditional owners of this Country.
We acknowledge their living culture and their unique role in the life of
the Loddon Campaspe region.

CASACV celebrates cultural diversity, and we welcome people of all race,
religious or political views, sexual orientation or gender identity.

