



Voices for Action – Final Report

Victim-survivors of child sexual abuse tell us about their key priorities for change

October 2026

Acknowledgements

The National Centre for Action on Child Sexual Abuse (National Centre) respectfully acknowledges and celebrates Aboriginal and Torres Strait Islander Nations and we pay our respects to ancestors and Elders past and present.

We recognise that Aboriginal and Torres Strait Islander communities, culture and lore continue to lead Aboriginal and Torres Strait Islander communities and acknowledge the tireless work to pursue justice outcomes for children and young people.

The National Centre supports decisions affecting people's lives being fundamentally informed by those people. And upholds truth telling and agreement making for justice as essential components of healing.

We seek to honour the lived and living expertise of all victim-survivors of child sexual abuse, harnessing all ages, cultures, abilities and backgrounds, and commit to substantially addressing the harm of child sexual abuse, now and into the future.

We recognise that there are children and young people today who are experiencing sexual abuse and dedicate ourselves to doing all we can to expedite and promote their effective protection and care.

A note on terminology

The National Centre understands that language can shape, affirm or disrupt oppressive narratives. We acknowledge that preferences around terminology vary, often as a way for individuals to reclaim language around their experiences. We also understand that some people may find no terms befitting their experience.

In this report we use the term **victim-survivor** to refer to people who have experienced child sexual abuse. We acknowledge that victim-survivors have the right to define their identity, and the terms "victim" and "survivor" can for some be considered as existing on a continuum of recovery. We also recognise that some people may not identify with either of these terms. Sometimes, victim-survivor is used interchangeably with **person with lived experience** (of child sexual abuse).

For further reference, we have developed the Child Sexual Abuse Language Guide¹ which provides language informed by victim-survivors and definitions that are respectful, inclusive and trauma-informed. The guide reflects the perspectives of more than 100 victim-survivors of child sexual abuse, who identified terms that reduce harm and support recovery and terms that should be avoided.

The artwork on the front cover is by Dee Melbourne, Survivor Advocate, Submission to Voices for Action.

Take care reading this report

The National Centre has attempted to shape this report as a document that can hold the complexities of the experiences shared in *Voices for Action* submissions, while providing a narrative structure with possibilities for collective sense-making and healing. **This report contains themes and material that might cause distress or activation in some readers.** We encourage you to take care in engaging with this report; to take breaks; to debrief after reading with someone you trust; or, if activation does occur, to reach out to the support services listed below.

Support service	Telephone	Website
	1800 184 527	qlife.org.au
	13 11 14	lifeline.org.au
	13 92 76	13yarn.org.au
	1800 737 732	1800respect.org.au
	1300 657 380	blueknot.org.au
	1800 55 1800	kidshelpline.com.au
	1800 385 578	fullstop.org.au

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Sandra Collins, Lived Experience Advocate, Submission to *Voices for Action*

With warmth, respect and deep gratitude

A message to submitters from the National Centre

To everyone who contributed to *Voices for Action* by making a submission, thank you for the courage, care, generosity and trust it took to share your stories, reflections and truths with us.

It has been a profound honour to sit with your words and creative submissions. We witnessed the many capacities reflected across your submissions and stories: honesty, creativity, advocacy, relational insight, systems thinking and deep care for others. These strengths stood alongside, and are inseparable from, the pain, harm and injustice you experienced.

Across your submissions, we heard a clear call for society to grow its capacity to understand the realities and scale of child sexual abuse. Many of you spoke of the ways this harm continues to be rendered invisible through silence, denial, stigma and misunderstanding, and of the immense burden placed on victim-survivors to challenge that invisibility.

We witnessed stories of relentless determination to break through the shame and confusion, and through that, the slow process of placing responsibility back onto perpetrators and systems that continue to enable those forms of abuse.

You highlighted the need for responses that move beyond narrow or purely clinical models, toward approaches that hold space for connection, culture, creativity, truth telling and growth. You also shared how systems and services can further harm victim-survivors through power imbalances, insufficient understanding and limited resourcing.

We heard about the profound impacts child sexual abuse has on relationships and family systems, and the importance of even one safe, supportive person in a victim-survivor's journey. The extraordinary effort required to survive and navigate these realities did not go unnoticed by us.

Thank you for your contributions towards a future where children are free from sexual violence, and where victim-survivors are met with belief, respect and meaningful support.



Mel Clark, Lived Experience, Survivor Advocate, Submission to *Voices for Action*

About the *Voices for Action* campaign

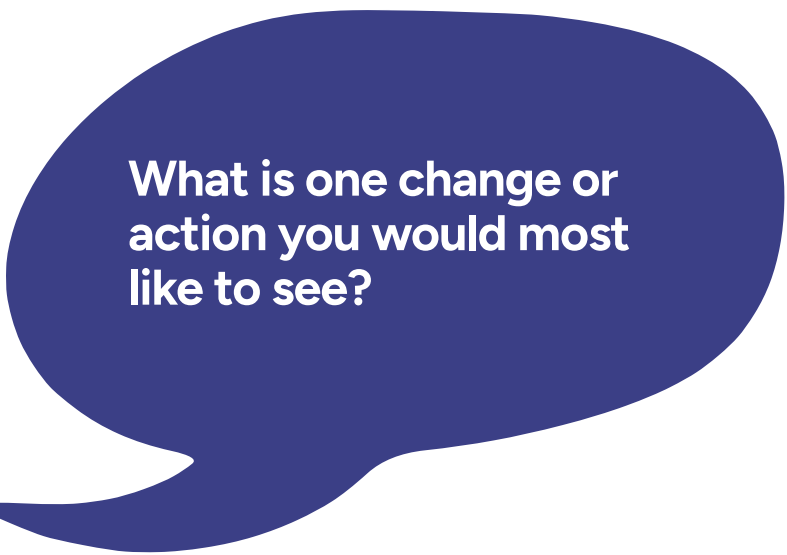
A commitment to embedding and centring lived experience knowledge and wisdom was central to the establishment of the National Centre. As an organisation, we believe that people with lived experience are the experts on the complexities of the impacts of child sexual abuse; that their wisdom strengthens the relevance, safety and effectiveness of response efforts; and that victim-survivor led approaches ensure that efforts to address child sexual abuse reflect lived realities rather than simplified narratives.

We created the *Voices for Action* campaign to hear directly from victim-survivors of child sexual abuse about the changes they want to see. The campaign was launched in October 2025 and was designed to inform action by helping us understand what is working, what is missing and what needs to change. The insights shared through *Voices for Action* will drive the National Centre's policy, advocacy, lived experience and sector capability work – and should also shape the reform efforts of governments and other key stakeholders.

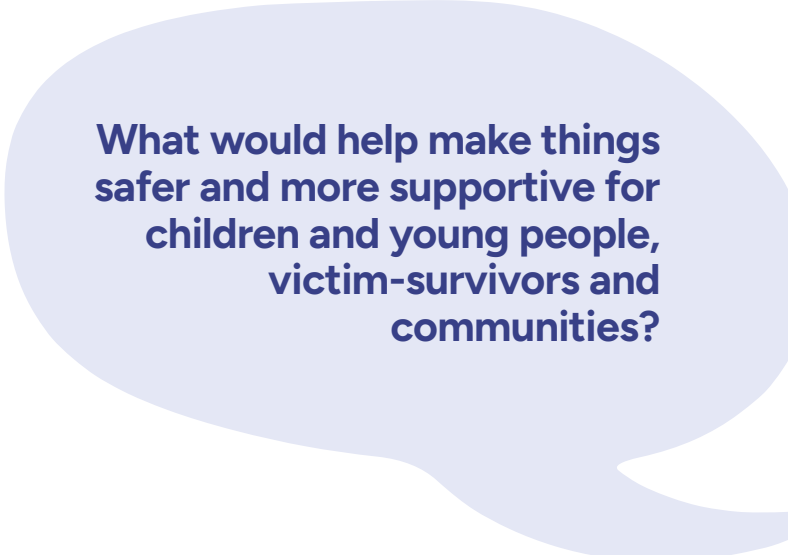
How people participated in the campaign

Victim-survivors of child sexual abuse were invited to share their views through a secure online portal over a six-month period. They were able to contribute in whatever form felt right for them. Submissions included written responses, stories, letters, poetry, artwork, photography, music, audio recordings and videos.

Participants were asked two questions they could choose to answer:



What is one change or action you would most like to see?



What would help make things safer and more supportive for children and young people, victim-survivors and communities?

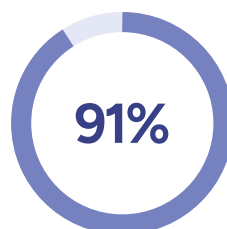
While these questions often prompted responses about what needs to change, many people used them as a starting point to share personal experiences, reflections, insights and creative works that extended beyond the questions themselves.

Voices for Action participation at a glance

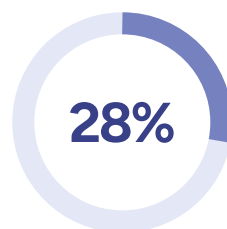
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submissions to
Voices for Action

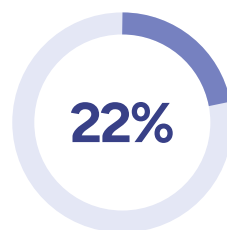
Submissions took a range of forms



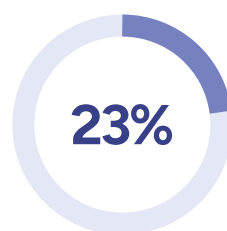
 provided a direct response to the campaign questions



 included a poem



 included visual art (eg a painting, collage or photograph)



 included another form of creative work

Submissions could take more than one form, so percentages add to more than 100%.

About this report

This report would not exist without the generosity of the people with lived experience who shared their experiences, ideas and insights through submissions to *Voices for Action*.

Selected quotes, poems and artworks from submissions are featured throughout the report. We have published this content after receiving the informed consent of those who submitted it, as discussed in the Appendix. The process we used to consider and analyse submissions is also outlined in the Appendix.

The submissions content in the report reflects the diverse ways people elected to communicate their experiences and priorities for change. It conveys the depth, complexity and humanity of the experiences shared through *Voices for Action* and provides readers with the opportunity to engage with some of these perspectives directly. While all *Voices for Action* submissions informed this report, it was not possible to include every story, quote, artwork or idea.

The experiences and priorities shared through submissions sit alongside a substantial body of knowledge on child sexual abuse, including research, policy and practice evidence. However, this report intentionally centres the expertise and perspectives of victim-survivors. It provides a unique opportunity to learn directly from people with lived experience about the interconnected impacts of child sexual abuse, the barriers they continue to face, and the changes they believe are needed to improve responses and support recovery.

How to read this report

This report intentionally does not include an Executive Summary up front. Rather, it is structured so that it centres what we heard from victim-survivors through submissions to *Voices for Action*. We encourage readers to consider and engage with this rich content in the order it is displayed in the report, so their understanding is informed by the diversity of lived experiences we heard about, before considering the actions needed to progress change.

The report includes:

- 1 a high-level overview of the three cross-cutting threads and five key themes that emerged from submissions
- 2 a detailed discussion of the three cross-cutting threads, the five key themes and victim-survivors' priorities for change
- 3 reflections on hope, healing, growth and life beyond child sexual abuse
- 4 a high-level summary of victim-survivors' priorities for change
- 5 a discussion of how the priorities for change should be acted on by governments, systems, services, organisations and the community, and how the National Centre will draw on this knowledge and expertise to drive critical reforms.

What we heard from victim-survivors

The common threads and key themes identified across submissions provide one way of understanding the experiences and priorities shared through *Voices for Action*.

Three recurring threads emerged across many submissions: the strength and resilience of victim-survivors, carrying shame and facing stigma, and ongoing experiences of re-traumatisation. These threads cut across multiple themes and reflect the complex dynamics of child sexual abuse, influencing people's experiences and recovery, as well as responses to child sexual abuse.

Five key themes were identified across submissions, bringing together common experiences and priorities for change:



Theme 1

Bringing child sexual abuse into view



Theme 2

Addressing child sexual abuse in family settings



Theme 3

Understanding the lifelong impacts of child sexual abuse



Theme 4

Changing systems and services so they don't compound harm



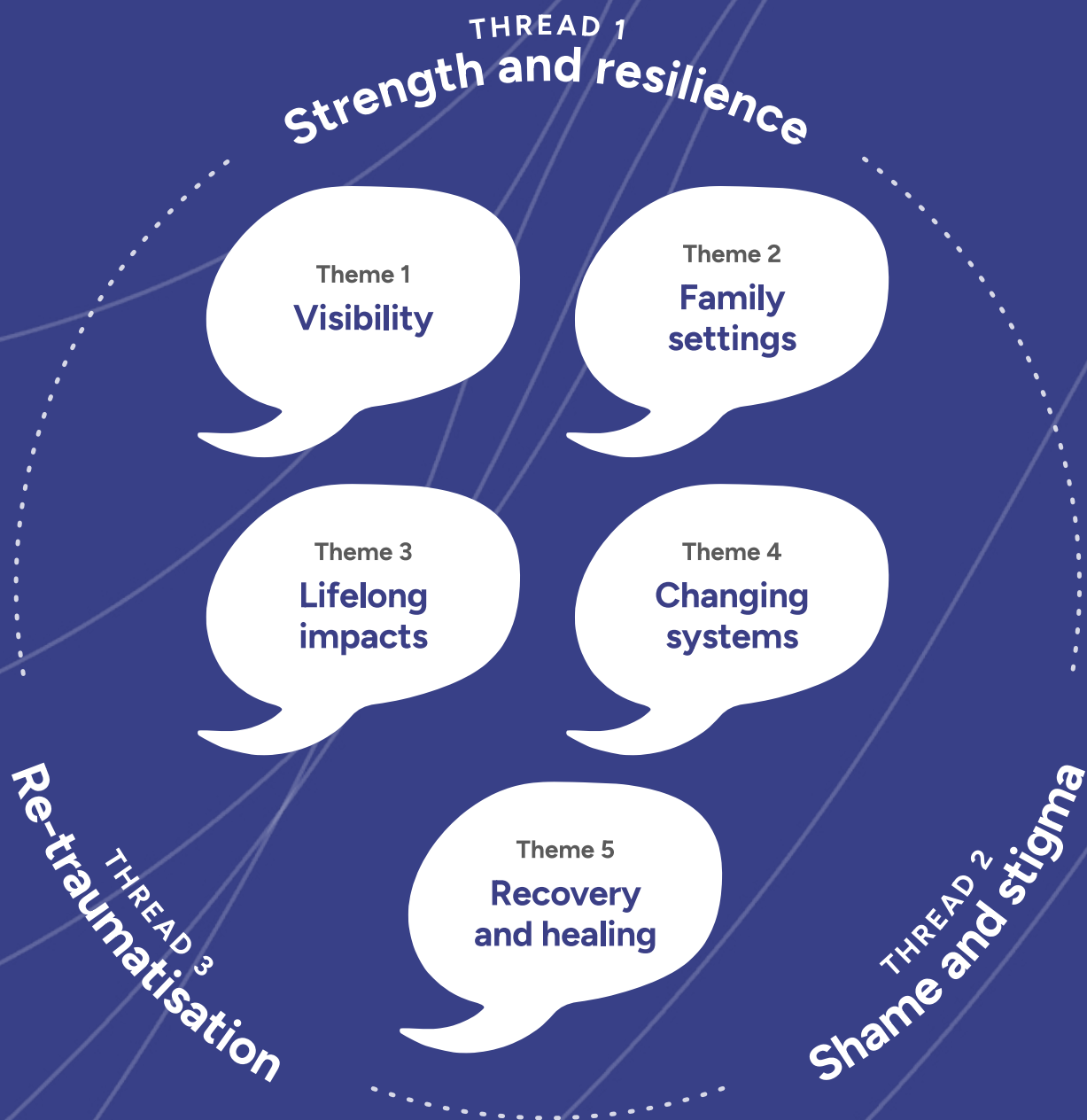
Theme 5

Supporting recovery across the lifespan

Together, these themes reflect the broad and interconnected impacts of child sexual abuse, and the wide-ranging changes people with lived experience felt mattered most. Many people described experiences that spanned several themes at once. While the themes are presented separately, they are deeply interconnected.

How the threads and themes interconnect

The diagram below shows the interconnection between the three threads and five themes identified across the submissions.





**“It’s not that the pain
has suddenly vanished.
It’s that I’m learning
how to live beside it.**

To breathe through it. To look for the light leaking in through the cracks. I’m not whole yet, but maybe I don’t have to be. Maybe I just have to keep going. Because somewhere beneath the pain, there’s a flicker – small, trembling, but alive. A flicker of something soft and defiant. Something that says, I want more. More than just surviving. More than flinching at footsteps and counting ceiling cracks.

I want nights that don’t fade into fear. I want to smile and feel it spread through me. I want to be seen without having to tremble. And that has to be enough. For now, that has to be enough as I begin to forget him. Because he doesn’t get to determine my story anymore. I do. So I’ll write. Even if my hands shake. Even if my voice cracks. I’ll write the truth, and in doing so, I’ll stitch myself back together, thread by trembling thread.

I’m still learning how to live in a body that remembers his touch. Still learning how to love it. How to trust it. But maybe, one day, I’ll stop seeing his handprints when I look in the mirror. Maybe I’ll see just me instead.”

Milly, Victim-Survivor, Submission to *Voices for Action*

Common threads across submissions

Strength, determination and resilience

Across *Voices for Action* submissions, people with lived experience described the ongoing realities of living with the impacts of child sexual abuse. Running alongside many of these experiences were stories of determination, persistence and survival. People described what it had taken to navigate abuse, disclosure, interpersonal relationships, justice processes, services and systems, recovery and everyday life, often over many years.

Determination took many different forms. People wrote about continuing (and struggling) to seek and receive support, rebuilding relationships, advocating for change, caring for others, creating, writing, speaking out and finding ways to keep moving forward. These experiences appeared throughout the stories that were shared and were evident in the ways people described responding to the impacts of child sexual abuse.

Carrying shame and facing stigma

Shame was a common and enduring experience described by many people with lived experience. People spoke about carrying shame over long periods of time and the ways it could shape how they understood themselves, their experiences of abuse and their relationships with others. Shame was also linked to self-blame, confusion, difficulties with feeling a sense of belonging and a diminished sense of agency in daily life.

People described the impacts of stigma and social judgement specifically associated with child sexual abuse. They spoke about the ways these attitudes could contribute to silence, isolation and difficulties seeking support. Some people described feeling judged for the ways they coped with the effects of child sexual abuse, which reinforced feelings of shame.

For some, an important part of healing involved challenging shame and placing responsibility for the abuse with perpetrators and systems that enabled them.

Ongoing experiences of re-traumatisation

Many people with lived experience described experiences throughout their lives that reactivated or compounded the impacts of child sexual abuse. These experiences did not end with the abuse itself. People spoke about significant life events, responses to their disclosure, contact with perpetrators, experiences of further violence and interactions with systems and institutions that brought those impacts to the surface again.

People described these experiences occurring in many different settings, including family and social relationships, health and social services, justice processes and other everyday interactions. Across the stories that were shared, it was clear that responses to child sexual abuse can either support healing or contribute to further harm.

Key themes and priorities for change

The following themes explore what people shared through *Voices for Action*, first highlighting the issues that mattered most to them and then the priorities for change they identified.



Theme 1

Bringing child sexual abuse into view

Voices – what we heard

In submissions, people described child sexual abuse as something that often remains hidden in society. Many spoke about the challenges of disclosing and the ways silence, secrecy and misunderstanding can keep child sexual abuse out of view. We heard that:

- **Child sexual abuse continues to be hidden by silence, stigma and secrecy.** Many victim-survivors highlighted the difficulties of speaking openly about their experiences and the isolation that can result. Misunderstanding, discomfort and silence continue to shape conversations about child sexual abuse within families, communities and society.
- **The hidden nature of child sexual abuse can make disclosure difficult.** Many people described long and difficult pathways to disclosure, sometimes years or decades after the abuse. Being able to disclose often required overcoming fear, shame, uncertainty and the risk of not being believed.
- **Victim-survivors are not always believed or understood.** Some people reflected that their experiences of abuse were minimised, dismissed, denied, misunderstood or explained away when they disclosed. Those responses reinforced isolation and made it harder to seek support.
- **The signs and dynamics of child sexual abuse are not always recognised.** Many people highlighted a need for greater understanding of the nature of child sexual abuse, including grooming and disclosure. Opportunities to prevent child sexual abuse or respond to concerns or disclosure are often missed or ignored.

“I am a survivor of child sexual abuse. I grew up in plain sight, at school, in community, surrounded by adults, yet I was unseen in my suffering. My behaviour changed. I stopped talking. My sister answered for me. I withdrew so deeply that silence became my language. These were red flags that should have triggered concern, but no one intervened. The world was awake, and it chose not to see me.”

Sarah Barnbrook, Victim-Survivor, Submission to *Voices for Action*

Priorities for change

In submissions, victim-survivors outlined their priorities for change. The National Centre urges governments, systems, services, organisations and communities to place these priorities at the centre of their future legislative, policy, service and reform efforts.

Increase awareness of child sexual abuse and reduce stigma

People with lived experience highlighted the need to increase public awareness and understanding of the realities and prevalence of child sexual abuse, and to challenge silence and stigma in the community.

- › Increase public understanding of the prevalence, experiences and lifelong impacts of child sexual abuse.
 - › Reduce stigma, shame and silence surrounding child sexual abuse, creating greater confidence for victim-survivors to talk openly about their experiences and seek support.
 - › Improve recognition and understanding of aspects of child sexual abuse that are often overlooked or misunderstood, including child sexual abuse within family settings, late disclosure, and experiences of boys and men as victim-survivors.
 - › Strengthen opportunities for victim-survivors to contribute to public understanding, prevention and responses to child sexual abuse.
-

Improve community recognition of and responses to child sexual abuse

Priorities for change focused on strengthening public education to improve recognition of child sexual abuse, including grooming, and building understanding of how to respond to concerns and disclosures.

- › Increase community understanding of perpetrator behaviours, including grooming, and the signs and dynamics of child sexual abuse. This should include improving recognition of concerns, disclosures and the range of ways children may respond following sexual abuse.
- › Build the knowledge and confidence of parents, families and communities to respond safely and appropriately to concerns and disclosures, including by reducing disbelief, blame and other responses that can discourage disclosure or compound harm.
- › Increase education and awareness for children and young people about child sexual abuse, protective behaviours and how to seek help safely. This should include understanding when, where and how they can raise concerns, disclose abuse and access support.
- › Strengthen the implementation and evaluation of child sexual abuse prevention and protective education across schools and other community settings, including age-appropriate education on consent, bodily autonomy and protective behaviours.



I came to you...

I came to you to ask for the men to be
stopped

I came to you teacher

I came to you parent

I came to you friend's parent

I came to you

You did not know

You did not know what to do

You did not know who to tell

You did not know what to think

You did not know

Remembering is hard

Remembering is hard when the smell

Remembering is hard when the ground

Remembering is hard the fear

Remembering is hard

I felt so alone

I felt so alone when you said no

I felt so alone when they hurt me

I felt so alone broken and on and on

I felt so alone

They knew I was

They knew I was not "right"

They knew I was alone

They knew I was known

They knew I was

I said stop

I said stop taking my soul

I said stop taking my heart

I said stop taking my fire

I said stop

Fast forward forty years

Fast forward the psychiatrist

Fast forward the restraint

Fast forward the assault

Fast forward forty years

I came to you to ask for the men to be
stopped

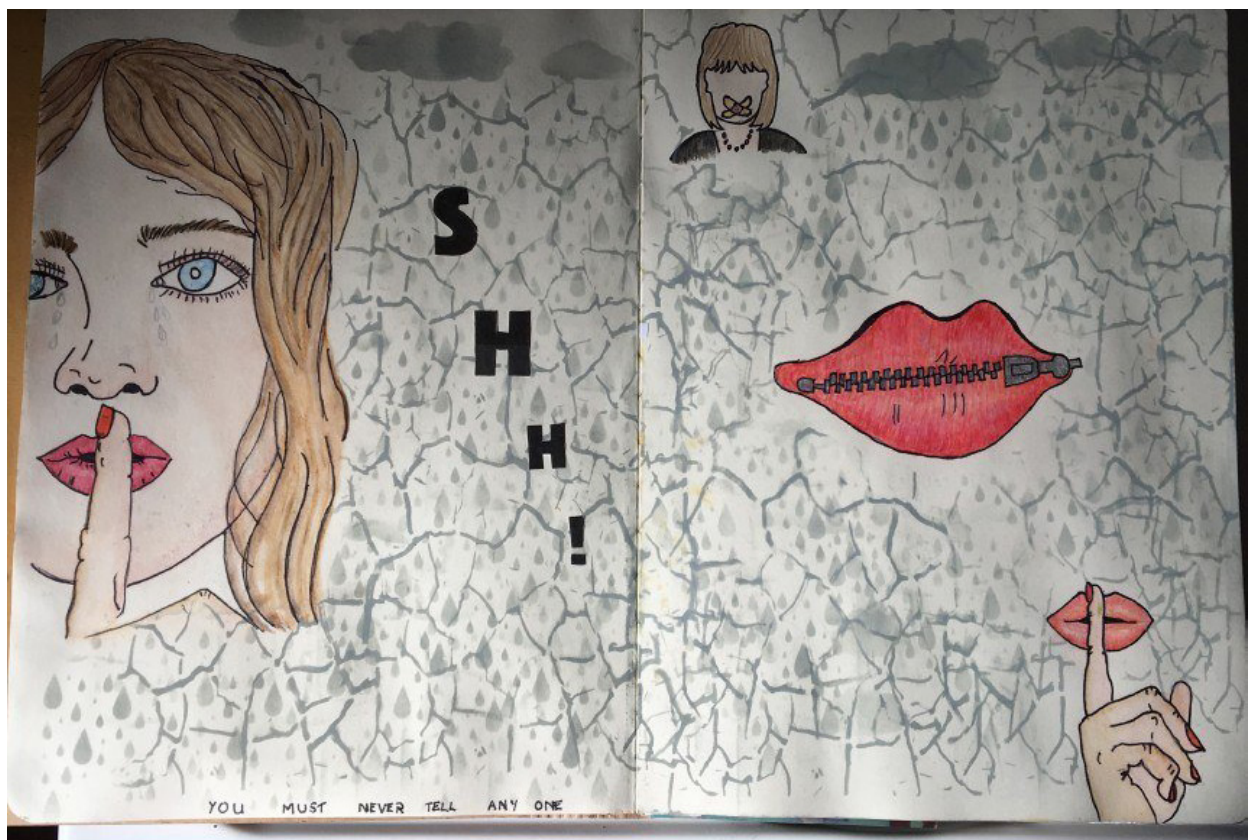
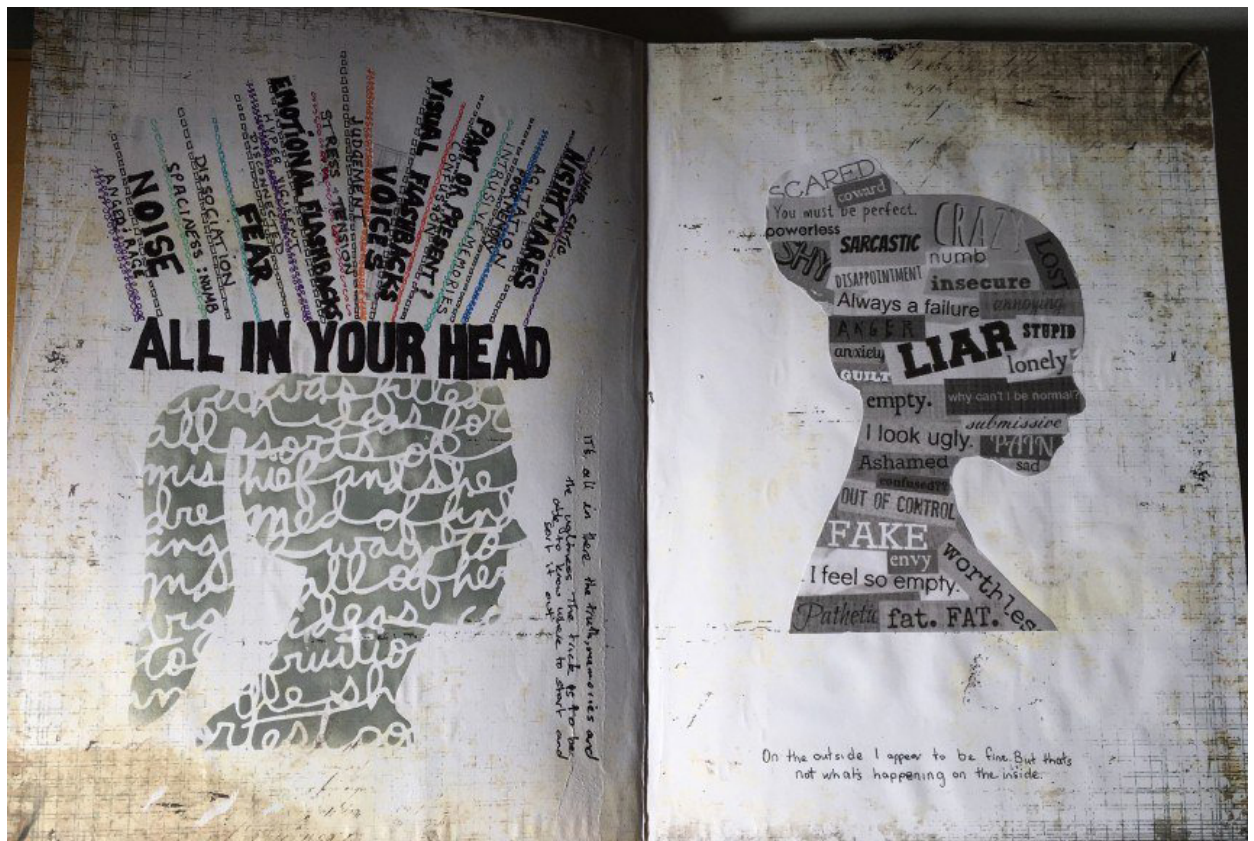
I came to you nurse

I came to you doctor

I came to you system's administrator

I came to you

Ailsa, Survivor, Submission to *Voices for Action*



Lee Jones, Survivor Advocate, Submission to Voices for Action



Theme 2

Addressing child sexual abuse in family settings

Voices – what we heard

In submissions, people with lived experience described child sexual abuse in family settings as a distinct experience, shaped by complex family relationships, dependence on caregivers and ongoing contact with those involved. We heard about child sexual abuse by parents, siblings and other family members, as well as those considered part of trusted family networks. Many people reflected on the ways that abuse within families could remain hidden, continue over time and affect family relationships across the lifespan and generations. We heard that:

- **Intrafamilial child sexual abuse presents distinct challenges and harms.** Family relationships, care responsibilities and patterns of dependence can make child sexual abuse in family settings difficult to recognise, understand or respond to.
- **Family settings have received less visibility than institutional abuse.** Some people highlighted the greater public attention given to institutional child sexual abuse and the ongoing relative invisibility of child sexual abuse occurring within families.
- **Disclosure within families can carry significant risks with extended impacts.** Victim-survivors described their fears of disrupting family relationships, not being believed, causing conflict or losing important sources of connection and support following disclosure. People also reflected on the ongoing effects on families, including impacts on non-offending family members and wider family networks.
- **Justice, redress and accountability can be difficult to achieve for child sexual abuse in family settings.** Some people felt that legal, justice and redress responses did not adequately address the dynamics of child sexual abuse within families, including sibling sexual abuse and other forms of intrafamilial abuse. Some questioned where victim-survivors could go for justice, acknowledgement and healing.

“I know government funding can only stretch so far – but for those like me who were abused in our homes, and who can’t access the support available for survivors of institutional abuse, what are my options? I need counselling. What I would really love to see is more specialised trauma counselling funded for survivors of CSA. It is such a gap.”

Anonymous, Victim-Survivor, Submission to *Voices for Action*

Priorities for change

In submissions, victim-survivors outlined their priorities for change. The National Centre urges governments, systems, services, organisations and communities to place these priorities at the centre of their future legislative, policy, service and reform efforts.

Increase recognition and visibility of child sexual abuse in family settings

Priorities for change focused on increasing awareness and understanding of child sexual abuse in family settings, improving visibility of these experiences, and recognising that child sexual abuse can occur within any family or community.

- › Increase visibility, awareness and understanding of child sexual abuse in family settings. This should include challenging assumptions about how and where child sexual abuse most often occurs and increasing understanding that children can be exposed to child sexual abuse in any family or community.
 - › Improve recognition of the distinct dynamics and risks associated with child sexual abuse in family settings, including significant barriers to disclosure and the distinct impacts.
-

Support victim-survivors and families affected by child sexual abuse in family settings

People highlighted the need to improve support, recovery and healing for victim-survivors and families affected by child sexual abuse in family settings, including the effects on victim-survivors, non-offending parents, siblings and other family members.

- › Improve access to specialist, long-term and flexible support for victim-survivors affected by child sexual abuse in family settings throughout their recovery and healing. Responses should recognise the complex and ongoing impacts within families, including the distinct challenges associated with disclosure, ongoing safety concerns and relationships.
- › Strengthen supports for non-offending parents, siblings and other family members affected by child sexual abuse in family settings.

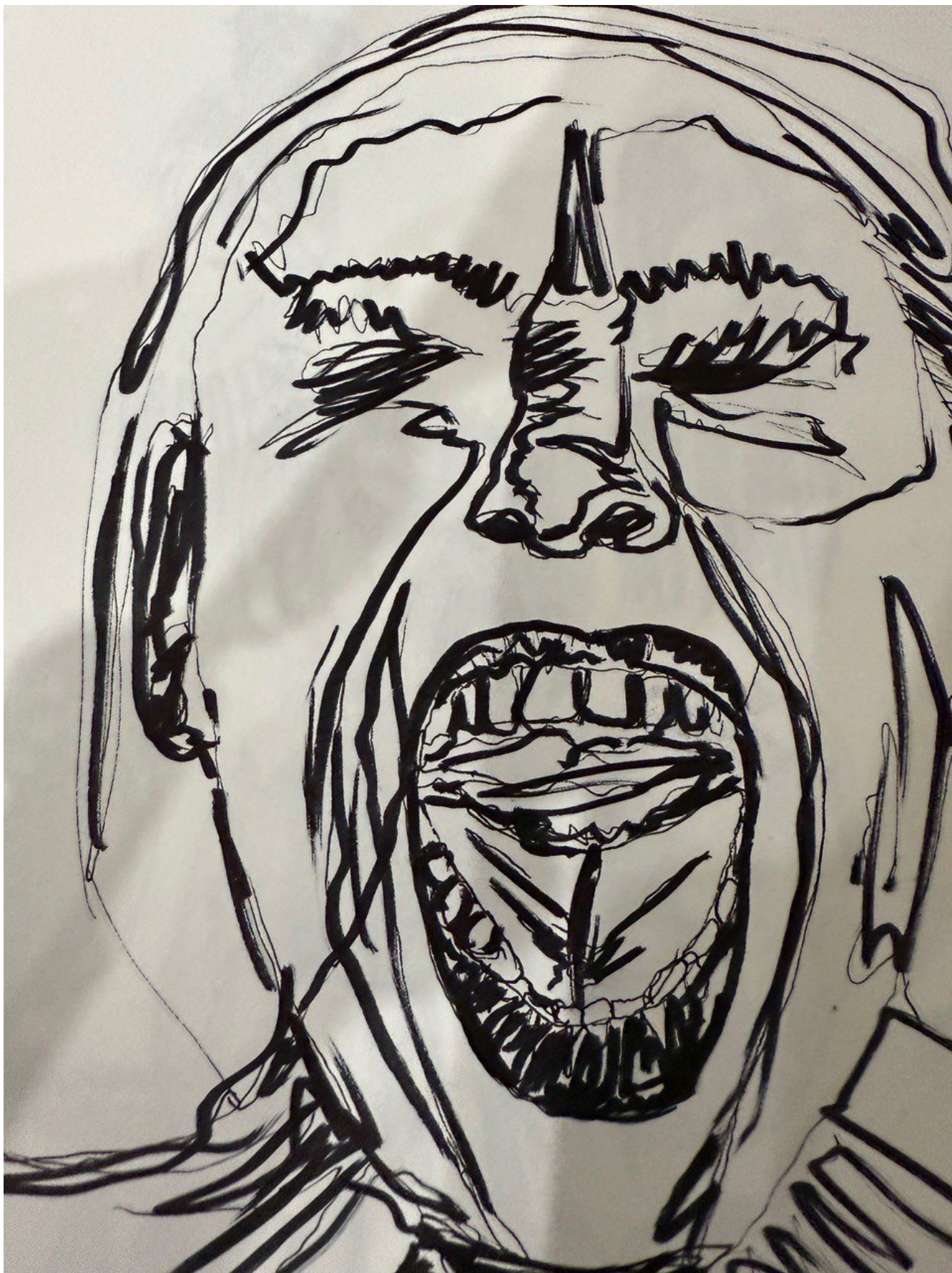
Improve justice, accountability and healing pathways for child sexual abuse in family settings

Priorities for change focused on strengthening child protection, improving accountability and creating pathways to justice, acknowledgement, reparation and healing for victim-survivors of child sexual abuse in family settings.

- › Systems and services should recognise and respond to child sexual abuse across all families and communities.
- › Ensure children and young people are protected when child sexual abuse occurs within families, including through custody and access arrangements that prioritise children's safety and wellbeing.
- › Increase access to justice, acknowledgement and reparation for victim-survivors of intrafamilial child sexual abuse. This should include strengthening accountability for people who perpetrate the abuse, and for family members and systems who enable it.
- › Ensure access to appropriate recovery and healing pathways for victim-survivors and non-offending family members, including restorative and other healing approaches where these are sought.

"When you educate children on sexual abuse through existing programs, you tell them to tell a trusted adult. How can they possibly be expected to tell a trusted adult when it might be that trusted adult that abuses them? Or if they tell a teacher or something a teacher has to alert the parents – what if the abusers ARE the parents? What if their disclosures lead to more abuse? Communities and societies need way more education on the impact of these crimes and the abuse of the legal system."

Poppy, Victim-Survivor, Submission to *Voices for Action*



Portia Freeman, Survivor Advocate, Submission to *Voices for Action*



Theme 3

Understanding the lifelong impacts of child sexual abuse

Voices – what we heard

People with lived experience described the impacts of child sexual abuse as profound, interconnected and often lifelong. Many reflected on the ways these impacts could emerge, change or be reactivated at different points across the lifespan, affecting health, wellbeing, relationships and daily life. Their accounts highlighted the breadth and complexity of these experiences and their far-reaching effects. We heard that:

- **Mental health and wellbeing can be profoundly affected.** Victim-survivors described a wide range of impacts on their emotional wellbeing, including depression, anxiety, emotional distress and other mental health challenges. Some also described complex trauma, dissociation, memory difficulties and other coping responses. These included responses such as drug and alcohol use, which were often stigmatised or misunderstood. Many reflected on the cumulative and enduring effects of living with these experiences over time.
- **Victim-survivors can experience suicidality across their lives.** Some people described suicidal thoughts and attempts associated with surviving child sexual abuse and the ongoing impacts of suicidality in their lives. These experiences were often associated with feelings of hopelessness, isolation, shame or despair.
- **Physical, social and economic impacts can occur across the lifespan.** Many people reflected on significant physical health impacts, experiences of addiction, financial hardship, housing insecurity, difficulties with education and employment, or other profound social and economic consequences of child sexual abuse.
- **Child sexual abuse can affect identity, relationships and a sense of belonging.** People described lasting impacts on their self-worth, confidence and self-understanding. Victim-survivors also reflected on challenges forming and maintaining relationships, feeling safe with others, expressing their sexuality and experiencing connection and belonging. Some connected these experiences to the effects of shame and stigma over long periods of time.
- **The impacts of child sexual abuse can flow through families and communities.** People reflected on the effects of child sexual abuse on immediate and wider family networks, and the ways relationships could be affected over time and over generations.
- **The breadth and complexity of these impacts are poorly understood.** Some people reflected on the challenges of living with impacts that could be invisible, misunderstood, minimised or attributed to other causes. This left victim-survivors feeling unsupported or isolated in their experiences.

Priorities for change

In submissions, victim-survivors outlined their priorities for change. The National Centre urges governments, systems, services, organisations and communities to place these priorities at the centre of their future legislative, policy, service and reform efforts.

Increase community understanding of the lifelong impacts of child sexual abuse

People with lived experience highlighted the need for greater understanding in society of the impacts of child sexual abuse for victim-survivors, and of the impacts across families and communities.

- › Increase public understanding of the lifelong, complex and compounding impacts of child sexual abuse. This should include awareness of impacts on mental and physical health, identity, relationships, education, employment and wellbeing, and recognition that the impacts of child sexual abuse can be compounded by other forms of maltreatment and adversity.
- › Increase community understanding that the impacts of child sexual abuse can extend beyond victim-survivors to affect family members, relationships and communities across generations.
- › Ensure understanding of the impacts of child sexual abuse is informed by the knowledge and lived experiences of victim-survivors, and that this wisdom is used to inform system design and service delivery.

“The impacts of child sexual abuse do not end when the abuse stops, or when a case goes to court. For me, the lasting effects include chronic PTSD, ongoing anxiety, and an enduring fear of being in public or leaving my home. These impacts have affected every part of my adult life, including my ability to work, to feel safe in the community, and to build stability. Survivors are often expected to “move on” once legal proceedings conclude, but in reality, the trauma continues long after. The abuse, combined with years of legal stress, uncertainty, and re-traumatisation, has left lasting psychological harm that requires ongoing care that I must continually find the means to address and have enough money to pay for...”

Amanda Williams, Person with lived experience, Submission to *Voices for Action*



My body remembers the trauma,
My body remembers the pain,
My body remembers the unforgivable things you
did to it,
My body remembers the shame!

My body recalls the lack of sleep,
The fear as you enter my room.
Decades pass, were there others?
One could only assume.

My body goes through therapy,
To heal and make the burden lighter,
Years of silence and darkness,
The cracks are getting brighter.

Did he really do it? They ask.
The question, a burden in itself.
She will have to prove it! They say,
The whispers do not help.

He knows what he has done.
Yet will cry of innocence!
The years he took, he stole mine.
It's time to face the consequence!

Fight or flight will always be there,
It will never go away.
The memories burn as a sickening image stuck
inside my brain!

Those who are suffering in silence,
From what he did to them.
It is scary, draining and painful.
But you no longer have to pretend!

We will carry the burden together,
I will be the voice for you.
I am taking back my power,
You can take back yours too!

He no longer has control,
Of what I choose to speak.
Years of trauma in silence,
Please know that I am not weak.

I remember the smell, the
touch, the feelings and the pain.
His actions have ramifications,
It's time he takes the blame!

For my body remembers the trauma,
Of everything he did,
Invisible scars, he deserves bars.

Because I was just a kid!



Theme 4

Changing systems and services so they don't compound harm

Voices – what we heard

People with lived experience described seeking support, justice, acknowledgement and accountability through a range of services, institutions and processes. While some encounters supported healing, many victim-survivors reflected on experiences that reinforced shame and stigma, created additional barriers, or contributed to re-traumatisation. We heard that:

- **Accessing support can be difficult and costly.** Long waiting periods, limited availability of services and the cost of support can delay victim-survivors accessing help. Some victim-survivors described reaching points of crisis before being able to access appropriate support, while others felt the support they needed was simply unavailable or out of reach.
- **Support systems are often fragmented and difficult to navigate.** People described moving between multiple services and systems, repeatedly having to explain their experiences to different professionals and navigating complex pathways to support. Doing so while already managing the impacts of child sexual abuse was often exhausting and overwhelming.
- **Workforce capability and service responses remain inconsistent.** Many victim-survivors reflected on the importance of trauma-informed and specialist responses. People had encountered services that did not always understand the dynamics and impacts of child sexual abuse. Misunderstanding, disbelief, mislabelling of behaviours and inadequate responses to disclosure compounded harm and reinforced shame and stigma. People were left feeling unsupported or unsafe. Some people also reflected on the importance of culturally safe and inclusive responses that recognised their identities, backgrounds and circumstances.
- **Justice and redress processes can be re-traumatising.** Victim-survivors identified difficulties achieving justice, acknowledgement or accountability through existing processes. Legal, justice and redress pathways were often described as lengthy, costly and emotionally demanding. Some people felt these processes did not adequately account for the realities of child sexual abuse. Others recounted having their experiences questioned, challenged or repeatedly revisited in ways that contributed to further harm.

- **How organisations respond after disclosure matters.** Victim-survivors reflected on the importance of being listened to, believed and treated with dignity following disclosure. Acknowledgement of harm, transparency and organisational accountability had a significant impact on their experiences.
- **Organisations are not always equipped to safeguard children and respond effectively.** People highlighted the importance of institutions recognising abuse, acting on concerns and responding appropriately when concerns are raised. Some reflected on situations where organisations were ill-equipped to safeguard children, manage risks or to take meaningful steps to prevent future harm.

“From my own experience, slow, procedural responses that lack empathy can cause deep and lasting damage. Earlier processes retraumatised me and failed to keep others safe, while later trauma-informed responses showed how much difference accountability, genuine apology and having a say can make to healing and dignity. Getting this right doesn’t just support survivors, it helps prevent future abuse. Things are safer and more supportive when survivors are believed, listened to, and given real control over how processes affect them.

That means acting early when abuse is disclosed, taking responsibility to prevent further harm, and putting people’s emotional and physical safety ahead of convenience or bureaucracy. Support also needs to continue beyond an investigation or redress process. Healing doesn’t end there. Ongoing, trauma-informed support, including meaningful apologies, consistent care, and help navigating life after redress makes a real difference. When survivors are supported over time, the positive impact reaches families, communities, and the long-term safety of children.”

Margaret, Person with lived experience, Submission to *Voices for Action*

Priorities for change

In submissions, victim-survivors outlined their priorities for change. The National Centre urges governments, systems, services, organisations and communities to place these priorities at the centre of their future legislative, policy, service and reform efforts.

Improve access to specialist, affordable and sustained support across the lifespan

Priorities for change focused on ensuring specialist support is available whenever needed and in ways that reflect the long-term and often non-linear impacts of child sexual abuse.

- › Ensure specialist, affordable and sustained support is available across the lifespan for victim-survivors of child sexual abuse. This should include providing support that is available whenever needed throughout recovery and healing, reducing waiting times, improving service availability, and removing financial barriers, treatment caps and reliance on crisis pathways.
 - › Increase access to specialised and evidence-based supports that address the complex, compounded and ongoing impacts and trauma of child sexual abuse. This should include trauma-informed mental health care and long-term counselling.
 - › Strengthen Australia's public mental health and support systems to respond to the long-term and complex impacts of child sexual abuse. This should include investment in specialist services, long-term mental health care and significant expansion of inpatient treatment options.
-

Ensure service systems are coordinated and easy to navigate

People highlighted the need for coordinated and connected systems, clearer pathways to support, and practical assistance to help victim-survivors navigate services and processes.

- › Create more coordinated and connected support systems that provide a 'no wrong door' approach for victim-survivors. This should include integrated services, single entry points to support, trauma screening and referral pathways, and 'tell-once' approaches that reduce the need to repeatedly recount experiences of abuse.
- › Provide practical navigation support to help victim-survivors find, access and navigate services and processes. This should include survivor navigation advocates, clearer information about available services, and easier access to government support schemes.

Build specialist workforce capability and trauma-informed service responses

People highlighted the need for workforces and services to better recognise child sexual abuse, respond safely to disclosure, avoid misdiagnosis and provide culturally safe, trauma-informed support.

- › Improve recognition of child sexual abuse across health, education, justice and other frontline services. This should include training to identify child sexual abuse, recognise behavioural indicators and other signs of abuse, support earlier identification of concerns, respond safely to disclosure, and avoid misdiagnosis or mislabelling of behaviours.
- › Design and deliver services that are trauma-informed, culturally safe and responsive to the needs of victim-survivors of child sexual abuse. This should include creating systems that prioritise safety, respect people's experiences and strengths, respond to disclosure in ways that support healing and recovery, and recognise the distinct support needs associated with child sexual abuse.
- › Embed lived experience expertise in service design and delivery, including through formal lived experience roles alongside professional expertise. Build services that value and respond to the experiences, strengths and diverse needs of victim-survivors.

Make police, investigative and legal processes victim-survivor-centred

Priorities for change focused on reducing re-traumatisation and ensuring victim-survivors are supported, heard and treated fairly throughout police, investigative and legal processes and proceedings.

- › Ensure victim-survivors have access to practical, emotional and legal support throughout police, investigative and legal processes. This should include victim advocates, legal assistance and support before, during and after proceedings.
- › Reduce re-traumatisation and improve victim-survivors' experiences of police, investigative and legal processes. This should include trauma-informed approaches that protect dignity and support participation, as well as alternative reporting, investigation and evidence options designed to minimise harm and enable victim-survivors – both children and adults – to engage in ways that feel safe and appropriate.
- › Strengthen the capacity of police, investigative and justice systems to respond effectively to child sexual abuse. This should include specialised child sexual abuse reporting pathways, thorough investigations, and responses that do not create unnecessary barriers to justice.

Achieve justice, accountability and meaningful redress for all victim-survivors

People highlighted the need for more effective pathways to justice, accountability, acknowledgement and redress, including legal reforms that improve access, fairness and outcomes for victim-survivors of all forms of child sexual abuse.

- › Ongoing reforms are needed to laws and legal processes that limit access to justice for victim-survivors of child sexual abuse in all settings. This should include removing persistent barriers that prevent perpetrators of child sexual abuse and exploitation from being investigated, held accountable and convicted.
- › Improve access to fair, transparent and meaningful redress for victim-survivors of all forms of child sexual abuse. This should include addressing exclusions, legal inconsistencies, loopholes, delays, costs and other barriers that limit access to acknowledgement, compensation and redress for victim-survivors whose experiences have been overlooked or inadequately recognised.
- › Increase access to acknowledgement, formal apologies and restorative approaches as part of justice, healing and redress, where these are sought by victim-survivors. This should include culturally informed pathways that support recognition of harm and accountability where criminal justice outcomes are not possible or do not meet the needs of victim-survivors.

Strengthen organisational accountability for safeguarding and responses to child sexual abuse

People highlighted the need for stronger safeguarding, more effective responses to concerns and greater accountability when organisations fail to protect children, conceal abuse or respond in ways that cause further harm.

- › Embed the perspectives of children, young people and people with lived experience of child sexual abuse in the design, governance and ongoing improvement of safeguarding systems, complaints processes and organisational responses. Their experiences should help shape responses that address ongoing failures in safeguarding and organisational practices that can compound harm.
- › Strengthen safeguarding, screening and reporting systems in organisations that work with or have a duty of care for children. This should include more rigorous screening of workers and effective reporting pathways that support disclosure and safeguard children from further harm. These protections should extend across all settings where children spend time, including community sport, music education and other settings where safeguarding measures remain inconsistent or absent.
- › Ensure organisations respond to child sexual abuse with full transparency, accountability and timely action when concerns are raised. This should include independent oversight, transparent record keeping and significant consequences for organisations or individuals who conceal abuse, discourage or silence complaints, ignore concerns or fail to act.



“Justice shouldn’t require us to be harmed all over again...”

The one change I want to see is a national commitment to building Aboriginal and Torres Strait Islander-specific child sexual abuse (CSA) services – services that are led by community, designed for us, by us – it needs to be funded on a national and state level, and if not sole organisations, but a dedicated work force within the existing services...

Our young people deserve pathways that centre culture, Country, and community, not just clinical models that strip away identity...

At the heart of the change I want to see is this:

No more abandoning victim-survivors.

No more leaving children and families to navigate lifelong consequences alone.

No more systems that punish complexity instead of understanding it.

We need planning, investment, community education, and funding that support prevention and healing. We need care that is flexible, culturally safe, person-centred, and responsive – not clinical boxes, not pathways that shut people out, and not silence.

If we truly want to keep children safe, then we must build systems that are capable of holding their stories, responding to their needs, and walking with them through recovery – for as long as it takes.

If we are serious about change, then we must build systems that protect, uplift, and honour victim-survivors, starting with culturally led CSA services and a legal process that heals rather than harms.

Justice shouldn’t feel impossible, and the process itself should never be damaging.

Child sexual abuse (CSA), child sexual exploitation (CSE), and institutional abuse are not rare events – they are contemporary crises that continue because our systems refuse to confront their own failures. The truth is that these experiences can be life-destroying. Not everyone makes it out alive. And this alone should be enough to demand change.”



Theme 5

Supporting recovery across the lifespan

Voices – what we heard

People with lived experience identified a range of factors that supported their healing and recovery. Recovery was shaped by relationships, support, acknowledgement and finding approaches that worked for individual needs, circumstances and stages of life. We heard that:

- **Recovery is a lifelong and non-linear process.** Victim-survivors described recovery as an ongoing process rather than a fixed destination. Many reflected on the ways healing could take time, involve setbacks and look different at different stages of life.
- **Truth-telling, being heard and being acknowledged matter.** Victim-survivors highlighted the importance of being able to tell the truth about what happened to them and having that truth recognised by others. Being listened to, believed and acknowledged by the people in their lives and by services they engaged with was often identified as a fundamental part of healing.
- **Connection, belonging and relationships support healing.** Many people reflected on the importance of supportive relationships, connection and a sense of belonging. Feeling accepted, understood and less alone helped to counter the isolation often associated with child sexual abuse.
- **Peer support can play an important role in healing.** Some victim-survivors identified particular value in connecting with others who had similar experiences. Shared understanding, validation and mutual support helped to reduce isolation and create opportunities for healing and connection.
- **There is no single pathway to healing.** People identified a wide range of approaches that supported healing, including counselling, therapeutic support, practical assistance and peer connection. Community connection, cultural practices and creative expression were also identified as important parts of healing for many victim-survivors. Many emphasised the importance of having choice and access to approaches that reflected their individual needs, identities and circumstances.

Priorities for change

In submissions, victim-survivors outlined their priorities for change. The National Centre urges governments, systems, services, organisations and communities to place these priorities at the centre of their future legislative, policy, service and reform efforts.

Strengthen culturally safe support, connection and belonging

Priorities for change focused on strengthening culturally safe responses and opportunities for peer support, connection and trusted relationships that recognise people's identities, experiences and sources of healing.

- › Increase access to culturally safe, community-led supports for First Nations victim-survivors of child sexual abuse. This should include services designed and led by First Nations people, and healing approaches that strengthen culture, identity, truth-telling, connection and wellbeing beyond clinical models.
 - › Strengthen opportunities for connection, belonging and peer support for victim-survivors of child sexual abuse. This should include opportunities to reduce social isolation throughout recovery and to build supportive and trusted relationships with people who understand and validate the impacts of child sexual abuse.
-

Expand access to diverse healing pathways for victim-survivors

People highlighted the importance of supporting different pathways to healing and recovery that reflect victim-survivors' diverse needs, experiences and sources of healing across the lifespan.

- › Expand access to diverse healing and recovery pathways for victim-survivors of child sexual abuse, beyond counselling. Different approaches may be needed that recognise the emotional, physical, relational and spiritual impacts of child sexual abuse. These include therapeutic, creative, physical, sensory, faith-based and community-led approaches, as well as body-based, animal-assisted and other holistic supports.

"That moment of being believed, being met with calm validation, was the start of real healing.

Because relationship, safety, safeness, and trust aren't tick-box items. You can't measure them on a form. You can't rush them through a care plan. They're built over time, through consistency, presence, and belief.

Lived experience doesn't offer all the answers. But it does offer truth. It shows us what systems miss, what shame hides, what healing can look like, even when it's slow. As a survivor, lived experience inclusion, in spaces such as these, also gives me back my voice that was taken away for so long."

Portia Freeman, Survivor Advocate, Submission to *Voices for Action*



Dee Melbourne, Survivor Advocate, Submission to *Voices for Action*

Beyond survival – hope, healing and growth

Reflections on agency, meaning and possibility

While many submissions described the profound and ongoing impacts of child sexual abuse, some victim-survivors also reflected on what healing, growth and recovery had made possible in their lives. These reflections offer insight into the ways healing can support the rebuilding of agency, connection, meaning and a sense of life beyond the abuse experienced by some victim-survivors.

Reclaiming agency and identity

Some victim-survivors reflected on the ways healing had allowed them to develop a stronger sense of self that was not overshadowed or defined solely by the abuse they experienced. This included rebuilding confidence, trusting their own judgement, setting boundaries and making choices that reflected their own values, needs and aspirations. For some, recovery involved moving from surviving day to day towards a stronger sense of agency and greater control over their lives.

Finding meaning and direction

Some victim-survivors reflected on the importance of having goals, interests, relationships and activities that felt meaningful to them. Family, work, creativity, spirituality, advocacy and connection with others were identified as important parts of life and recovery for some people. Creative expression, advocacy or supporting others also provided ways to give shape to experiences that had long been silenced. For some, these experiences helped create a stronger sense of direction, purpose and possibility.

Challenging shame and self-blame

Victim-survivors reflected on the ways healing from child sexual abuse involved challenging long-held feelings of shame and self-blame. For some, a significant part of recovery was recognising that responsibility for the abuse lay with the individuals and systems that caused the harm, rather than with themselves. Developing greater self-acceptance and self-compassion was identified as an important part of healing for some people.

Growth, possibility and building a life beyond abuse

Several victim-survivors reflected on changes they had experienced over time as part of healing and recovery. While the impacts of child sexual abuse often remained present, some described a growing sense of possibility, connection and engagement with life. Their reflections suggest that healing is not about forgetting what happened, but about the way other parts of life and identity can become more prominent over time.

“Our broken pieces are not signs of defeat, but become our stepping stones to creating something new, something different...”

A group program I was involved in gave us the opportunity to create a mosaic, something I've never done before! We were given a small paver. From there it was a matter of deciding what to put on it?!

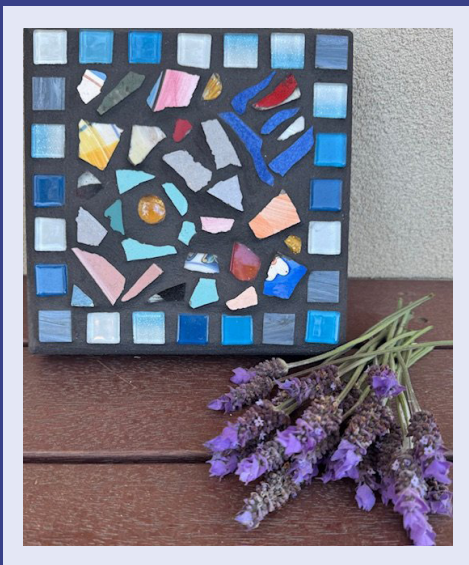
I wanted colour, I love colours. And I wanted positivity.

Looking at the broken pieces of crockery and glass pieces, some of them stood out.

I started by bordering the paver with the blue glass tiles. Blue is my favourite colour. We chatted as we glued. Each tiny, fractured piece coming together to become part of a beautiful mosaic just like our own lives – seemingly, shattered and disjointed we can repurpose and rebuild into something truly beautiful. Our broken pieces are not signs of defeat, but become our stepping stones to creating something new, something different, something better than before. It is in the imperfection of each piece coming together that a profound beauty can be found, a testament to the power of transformation and growth.

When we returned a week later and added the grout, that's when the colours really popped. Can you see it? Look again.

Once you see it, you can't unsee it.”



Lily Fetter, Victim-Survivor and Advocate,
Submission to *Voices for Action*

Summary of victim-survivors' priorities for change



Theme 1

Bringing child sexual abuse into view

> **Increase awareness of child sexual abuse and reduce stigma**

Increase public understanding of child sexual abuse and challenge shame, stigma, silence and misunderstanding.

> **Improve community recognition of and responses to child sexual abuse**

Strengthen public education to improve recognition of child sexual abuse, including grooming, and build understanding of how to respond to concerns and disclosures.



Theme 2

Addressing child sexual abuse in family settings

> **Increase recognition and visibility of child sexual abuse in family settings**

Increase awareness and understanding of child sexual abuse in family settings, improve visibility of these experiences, and increase recognition of the distinct dynamics of abuse within these settings.

> **Support victim-survivors and families affected by child sexual abuse in family settings**

Improve support, recovery and healing for victim-survivors and families affected by child sexual abuse in family settings, including the effects on victim-survivors, non-offending parents, siblings and other family members.

> **Improve justice, accountability and healing pathways for child sexual abuse in family settings**

Strengthen child protection, improve accountability, and create pathways to justice, acknowledgement, reparation and healing for victim-survivors of child sexual abuse in family settings.



Theme 3

Understanding the lifelong impacts of child sexual abuse

> **Increase community understanding of the lifelong impacts of child sexual abuse**

Increase understanding of the impacts of child sexual abuse for victim-survivors, and of the impacts across families and communities.



Theme 4

Changing systems and services so they don't compound harm

➤ **Improve access to specialist, affordable and sustained support across the lifespan**

Ensure specialist support is available whenever needed and in ways that reflect the long-term and often non-linear impacts of child sexual abuse.

➤ **Ensure service systems are coordinated and easy to navigate**

Create coordinated and connected systems, clearer pathways to support, and practical assistance to help victim-survivors navigate services and processes.

➤ **Build specialist workforce capability and trauma-informed service responses**

Improve recognition of child sexual abuse, respond safely to disclosure, avoid misdiagnosis, and provide culturally safe and trauma-informed support.

➤ **Make police, investigative and legal processes victim-survivor-centred**

Reduce re-traumatisation and ensure victim-survivors are supported, heard and treated fairly throughout police, investigative and legal processes and proceedings.

➤ **Achieve justice, accountability and meaningful redress for all victim-survivors**

Create more effective pathways to justice, accountability, acknowledgement and redress, including legal reforms that improve access, fairness and outcomes for victim-survivors of all forms of child sexual abuse.

➤ **Strengthen organisational accountability for safeguarding and responses to child sexual abuse**

Strengthen safeguarding, improve responses to concerns, and increase accountability when organisations fail to protect children, conceal abuse or respond in ways that cause further harm.



Theme 5

Supporting recovery across the lifespan

➤ **Strengthen culturally safe support, connection and belonging**

Strengthen culturally safe responses and opportunities for peer support, connection and trusted relationships that recognise people's identities, experiences and sources of healing.

➤ **Expand access to diverse healing pathways for victim-survivors**

Support different pathways to healing and recovery that reflect people's diverse needs, experiences and sources of healing across the lifespan.

Addressing victim-survivors' priorities for change

The priorities for change expressed through *Voices for Action* submissions highlight areas where victim-survivors believe action is most needed to better prevent, recognise and respond to child sexual abuse and its impacts. Achieving these wide-ranging reforms and societal changes requires leadership, sustained investment and action at many levels.

The National Centre urges governments, systems, services, organisations and communities to place the expertise and priorities for change shared through *Voices for Action* submissions at the centre of their future legislative, policy, service and reform efforts.

The priorities for change outlined in this report provide a valuable source of lived experience insight into the changes victim-survivors believe are needed to strengthen prevention, improve responses, address gaps and better support people affected by child sexual abuse. The experiences shared also highlight the barriers to change still faced by victim-survivors, and the importance of addressing the ways that system, service and community responses can reinforce shame and stigma, compound harm and affect recovery.

The National Centre is committed to ensuring that the experiences, expertise and priorities for change shared through *Voices for Action* continue to inform our policy, advocacy, knowledge mobilisation, sector capability and lived experience work. We will use the insights gained through submissions to shape our contributions to discussions, decisions and reform efforts aimed at preventing child sexual abuse and improving outcomes for victim-survivors across the lifespan.

The National Centre will:

- 1 Continue to increase the visibility of child sexual abuse and its impacts by widely sharing this report and its insights** with governments, sector leaders, advocacy organisations, services and the general public.
- 2 Use the key priorities for change identified through *Voices for Action* submissions to inform the development and implementation of major national reforms.** These priorities have already informed – and will continue to inform – our contributions to the consultation process for development of the Second Action Plans under the *National Strategy to Prevent and Respond to Child Sexual Abuse 2021–2030* and the *National Plan to End Violence against Women and Children 2022–2032*.² Beyond this, we are committed to actively seeking opportunities for victim-survivor wisdom and expertise to be centred in systems reform.
- 3 Advocate for access to lifespan supports for all victim-survivors of child sexual abuse.** This will build on our lifespan supports policy and advocacy work to date, which is grounded in what we have heard from victim-survivors and our Lived Experience Advisers. We will continue to advocate for greater integration and coordination of services and a dedicated Lifespan Supports Program to ensure access to support when and where victim-survivors need it.
- 4 Shape our policy submissions and advocacy drawing on the experiences, expertise and priorities shared by victim-survivors through *Voices for Action*.** For example, these insights have already informed our submissions to the Joint Standing Committee Inquiry into the continuing operation of the National Redress Scheme and the National Redress Scheme Eighth Anniversary Review.³
- 5 Apply what we have learnt from *Voices for Action* about different approaches to engaging victim-survivors,** ensuring that we prioritise hearing from those who have faced multiple forms of marginalisation. We will do this by developing an implementation package to enliven the National Centre’s Lived Experience Framework and to support our work in elevating and amplifying lived expertise in safe, meaningful and influential ways.
- 6 Further develop our understanding of alternative approaches that support healing,** including creative and arts-based methods. We will do this through our Lived Experience Project Partnerships Fund, including two partnership projects that offer arts-based engagement approaches.
- 7 Strengthen sector capability through knowledge translation and mobilisation** by using the insights and priorities identified through *Voices for Action* to inform practical resources, evidence briefings, webinars and In Conversation events that support learning and action across the sector. Together with evidence from the National Centre’s commissioned research program and forthcoming findings from the second wave of the Community Attitudes Study, this work will help organisations, leaders and practitioners apply lived experience insights and evidence to improve responses to child sexual abuse.



Robbie Gambley, Victim-Survivor, when he was around 10 years old, with his bay mare, Brownie, Submission to *Voices for Action*. Robbie is currently a Lived Experience Adviser and Advocate with the National Centre's Legacy Circle.

Appendix – How we developed this report

How we reviewed and analysed submissions

We used a qualitative approach to analyse submissions, drawing on lived experience perspectives. Two team members with lived experience of child sexual abuse read all submissions and identified recurring issues and ideas, which were grouped into themes. This report summarises the five key themes that emerged from submissions, the three strong threads identified across submissions, and the priorities for change nominated by victim-survivors. We intentionally looked for strengths and resistance as the foundation of our analysis. This helped us to meet stories of violence and harm and their lifelong impacts with courage, compassion, determination and discernment.

Using submissions content with informed consent

The National Centre is committed to using contributions from people with lived experience respectfully and in line with their wishes.

When making submissions, participants indicated whether their submissions could be shared publicly, and, if so, whether they wished to be identified or remain anonymous. Some participants chose for their submissions to remain confidential. After preparing the outline of this report, we selected submissions to accompany the text. It was important to us that participants could have a sense of agency about whether and how their submissions would appear in the report. We contacted the people who submitted that content to seek their consent for its inclusion and to explain how it may be used in the report. We also gave participants the option of revising the privacy preferences they selected when first making their submission. Participants chose how they wished to be identified where their quotes, poetry or artwork appeared in the report.

Endnotes

- 1 National Centre for Action on Child Sexual Abuse, *Child Sexual Abuse Language Guide*, 2025.
- 2 National Centre for Action on Child Sexual Abuse, *Submission on the Second Action Plan under the National Strategy to Prevent and Respond to Child Sexual Abuse*, August 2026.
- 3 National Centre for Action on Child Sexual Abuse, *Submission to the Joint Standing Committee Inquiry into the continuing operation of the National Redress Scheme*, March 2026; National Centre for Action on Child Sexual Abuse, *Submission to the Eighth Anniversary Review of the National Redress Scheme*, July 2026.



nationalcentre.org.au



If reading this report has raised concerns for you, support services are listed on page 3.