

How to respond to a disclosure

Responding to disclosures made by young people is very important as it lays a foundation for the healing and recovery journey ahead. You will likely do this to the best of your ability if you are mindful of the following:

1.

Be authentic – the child will be expecting you to be the person they know you to be, so if you are the sort of person who cries at a Kleenex tissue ad, trying not to show any emotion may be distracting for the child which will not engender reassurance.

2.

Listen – actively, show this by using open body language, nodding when appropriate.

3.

Validating – BELIEVE the young person and let them know that you believe them. Take what they are saying seriously as they would have already overcome some barriers before talking to you. Remember, they have chosen you because they believe you are the right person to talk to.

4.

No blame and no judgement – Sometimes you might want to ask questions that blame. Try to avoid these types of questions and remember that victims are never to blame for their experience. Be mindful of facial expressions and body language to avoid appearing judgemental.

5. Explore protective factors that will continue to keep them safe.

6. Inform them – Let them know that for you to help them further you may need to seek support from an expert organization.

7. Reassure the young person that they have done the right thing and that it is not their fault. You could say "Thank you for telling me. You have the right to feel safe, it's not your fault."

KIDS HELP LINE 1800 55 1800

LIFELINE 13 11 14

QLIFE 1800 18 4527



To Future Me would like to acknowledge the Traditional Custodians of the land on which we are gathered and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and future.



We celebrate and value diversity. To Future Me has the HEART for providing support to the community in the most inclusive manner.