



Please listen to me

Believe me

Recognise me

Do not judge me

Trauma changes people



HISTORICAL ABUSE NETWORK

Attention!

lotusplace.org.au

Health professionals

Community service providers

Emergency services

Support persons

Law enforcement

Please read this card



HISTORICAL ABUSE NETWORK



Please listen to me

Believe me

Hear me

Do not judge me

I may be **confused**

I may feel **threatened**

Trauma changes people



HISTORICAL ABUSE NETWORK

I am a Forgotten Australian

A survivor of Australia's past child welfare system. The reality of my childhood was one of:

- depravity
- neglect
- physical, emotional and sexual abuse
- denial of basic human rights.

Childhood trauma drastically changes development and it may effect the way I am relating to you right now.

Please consider my past when you engage in the present.

Initiative of the HAN Reference Group NQ

I am a Survivor

...of Australia's past child welfare system. The reality of my and my peers' experience was often one of:

- depravity
- neglect
- physical, emotional and sexual abuse
- denial of basic human rights.

Childhood trauma drastically changes a person's development and the way they will relate to other people and situations for the rest of their life.

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I am a Survivor

One of 500,000 others who spent part of their childhood in institutional/out-of-home care.

Often the reality of our childhood was one of brutality, neglect and physical, emotional and sexual abuse.

I carry the trauma of my childhood through many parts of my life. It *doesn't* define me but it can change my ability to respond rationally to stressful situations.

Trauma changes people

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