

# Supporting parents and carers of children who may have been affected by another child displaying problematic and/or harmful sexualised behaviours (PHSB).

## What is PHSB?

Problematic and/or harmful sexualised behaviours is the term used to describe sexualised behaviour that is outside the expected range for a child or young person's level of development. The behaviours may cause harm to the child themselves or others. You have been given this information as your child has been exposed to the PHSB of another child/young person.

## Home and school working together

Communication between the parents and carers of children and the school is essential. It is important to work with school staff to help make plans for everyone to be safe. It is also important to consider what supports and services could be helpful to support your child and family.

These situations can be distressing. As a parent or carer, you may feel a range of emotions. Remaining calm is important as you support your child.

## Your child may have a variety of responses. They may

- Feel embarrassed, confused, sad, guilty, or angry.
- Show distress or no emotion at all.
- Worry that no one will believe them or will blame them.
- Be worried everyone will hear about it.
- Feel unsafe.
- Have mixed feelings about the young person responsible.

## How you can support your child/young person



### I am here for you and support you.

- Reassure your child that you are there to support them.
- Let them tell their story in their own words and in their own time.
- Acknowledge their feelings and concerns.
- Spend time with your child and family doing positive things.
- Provide support to maintain usual activities and routines, such as school and sporting activities.
- Children with disability may need additional care, patience, and support to share their feelings.



### I want to help you feel safe.

- Calmly talk with your child and help them feel safe.
- Reassure your child that it was the right thing to tell people and it is not their fault.
- Obtain accurate information about what might happen next so you can discuss with your child what supports they may need.



### You are not alone.

- Work with the school to develop plans to support your child.
- Reach out for support from family and friends.
- Seek support and counselling from professionals who can support you with what has happened and help find the best path ahead for your child and family.



### Take care of yourself.

- Be aware of your own reactions and how you are coping.
- Look after yourself, so you can look after your family.
- Do things that are enjoyable and help you manage stress.

## General Support Services



**Kids Helpline**  
1800 55 1800



**1800RESPECT**  
1800 737 732



**13YARN**  
13 92 76



**Parent Line**  
1300 130 052



**Lifeline**  
13 11 14



**Q Life**  
1800 184 527

The **1800 011 511** [Mental Health Line](#) is NSW Health's 24/7 statewide phone service which links people with NSW Health mental health services. It is a free service.

It is staffed by trained mental health professionals who:

- offer mental health advice
- complete a brief assessment
- make recommendations for appropriate care, including referrals to NSW Health Child and Adolescent services.

The mental health professional will ask you questions to understand your child's needs and recommend appropriate services.

*Please take care when reading this information, as it may contain content you may find to be sad, disturbing or distressing.*