



The Royal  
Children's  
Hospital  
Melbourne



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## SASH Support After Sexual Harm

# Welcome

Information for  
children under 12  
years of age

**Support After Sexual Harm (SASH) Service**  
The Royal Children's Hospital Melbourne  
50 Flemington Road Parkville  
Victoria 3052 Australia  
Telephone +61 3 9345 6391  
[www.rch.org.au/sash](http://www.rch.org.au/sash)



## Why do kids come to SASH?

At SASH, we see children who have experienced sexual harm.

Sexual harm is any kind of sexual behaviour done to you by someone else that maybe made you feel yucky or scared.

Sometimes this harm can make you:

- have big or scary feelings
- have confusing or sad thoughts
- have yucky feelings in your body like an upset tummy
- have bad dreams or trouble sleeping
- want to stay away from people or places that remind you of what happened.

Some days you might feel OK, some days you might not feel OK.

## What do SASH counsellors do?

A SASH counsellor is a grown-up who helps children with big feelings and confusing thoughts.

Sometimes we talk about the thoughts and feelings, sometimes we play with toys and games or use arts and crafts.

In counselling, you can talk if you want to, but you can also play and draw.

A SASH counsellor can help you to:

- know that what happened to you is not your fault
- know that it is OK to feel upset, angry or confused
- find ways to feel better when you are upset
- make problems feel less scary and not so big.

