

Restoring Childhood

Information for Adolescents

Being a young person can be intense.

Young people have to manage lots of different stresses in their life — such as school, social pressures, romantic relationships and family. It's common for siblings and family members to argue with each other. However, for some young people, this can lead to them (and other family members) feeling scared and getting hurt. When people feel scared and get hurt, this is family violence and it's not acceptable.

What is Restoring Childhood?

Restoring Childhood is a service run in the Central Highlands by the Berry Street Take Two service. We work with young people and their caregivers who have experienced family violence.

Your experience of family violence might look very different to another young person's. Family violence includes patterns of behaviour including physical, verbal, emotional, social, financial and sexual abuse. You may or may not have experienced some or all of them.

As a result of the family violence, young people may experience harm to their:

- body (physical injuries and bruises)
- mind and heart (overwhelming worries and feeling scared/angry/sad/frightened)
- identity (culture, spirituality, gender, sexuality or sense of belonging in the world).

For some young people, these harms lead to:

- worries about safety and the possibility that you may get hurt
- difficulties concentrating maybe leading to struggles at school
- difficulties with peers and friendships
- pains and aches in your body
- feeling like your heart is racing
- feeling sad/angry/lonely/confused.



How will you help me?

The staff in Restoring Childhood are called 'clinicians' and we are all experienced counsellors and therapists. The Restoring Childhood clinician hopes to build a trusting relationship with you, where you feel supported, listened to and believed. We try to get to know you better so we can understand what it's like to be you. This helps us work together to see what supports might be most helpful.

The aim of counselling is to help young people (and their caregivers) start to understand and talk about what has been going in their family, how these experiences may be impacting on daily life, and how they would like things to be different in the future.

When you have a session with us you will:

- be able to ask questions and be given answers where possible
- have opportunities to see a clinician on your own and/or with your caregiver
- be given a chance to express your ideas and these will be listened to and taken seriously
- be treated with respect
- have opportunities to talk about some of your painful experiences (when/if you can)
- think about goals for the future.

Your sessions may be held in an office or at a school.

Young people have told us that talking about their feelings and experiences can be difficult, but that it helped them to feel better eventually.



