



Information for parents/carers of ADF Cadets

Sexual misconduct is not tolerated in Defence or ADF Cadets

Sexual misconduct is the term used to cover a range of inappropriate or unwanted behaviours of a sexual nature. For ADF Cadets it includes, but is not limited to, sexual discrimination, sexual harassment, sexual offences (including sexual abuse, unwanted touching, being forced to kiss or touch someone), and recording, photographing or transmitting incidents of a sexual nature. Sexual misconduct can occur in any sex or gender configuration regardless of sex or gender identity.

ADF Cadets have the right to be safe, secure and supported

ADF Cadets have the right to be safe, and the responsibility to ensure others are safe, while participating in Australian Defence Force (ADF) Cadets activities. ADF Cadets must treat everyone with dignity, respect and courtesy, and not engage in harassment, unlawful discrimination, sexual misconduct or bullying (including cyber bullying).

If your child tells you they have been affected by sexual misconduct of any kind:

- ◆ **Listen** – Stay calm and be attentive.
- ◆ **Affirm** – Acknowledge the disclosure and thank them for telling you.
- ◆ **Don't blame** – Tell them it is not their fault.
- ◆ **Clarify the information** – “Can you tell me what you mean by that?” or “What happened?” Avoid asking too many questions and focus on listening.
- ◆ **Support them** – Acknowledge “that must have been difficult to tell me”.
- ◆ **Ensure their safety** – Let them know you will keep them safe. Let them know, “I will need to tell someone about this so we can try and keep you safe”.
- ◆ **Report** – Consider your options, such as an ADF Cadets staff member, the police or child protective services (this will depend on the nature of the incident, so seek advice from SeMPRO if you are unsure).
- ◆ **Seek support** – SeMPRO can assist you to find an appropriate local option for you.

Victim focused – from care to recovery





Why might your child have delayed telling you?

- ◆ Pressure or threats from the perpetrator
- ◆ Relationship to the perpetrator
- ◆ Expected consequences of telling
- ◆ Fear of negative reactions
- ◆ Fear of not being believed
- ◆ Feelings of shame or embarrassment
- ◆ Self-blame or feelings of misplaced responsibility
- ◆ Worry about what will happen next
- ◆ Worry about who else will find out

If this has happened to your child, you may feel:

- ◆ Numbness and disbelief
- ◆ Fear and hurt
- ◆ Shock and confusion
- ◆ Anger at yourself - for not knowing
- ◆ Anger at the perpetrator - for doing this
- ◆ Guilt and betrayal
- ◆ Worried about what other people will think/say
- ◆ Anger at your child for not telling you sooner
- ◆ Self doubt - did I notice and not realise?

Seek support

SeMPRO offers advice, information and support to ADF Cadets, Officers and Instructors of Cadets, volunteers, and the families of eligible personnel who have been affected by sexual misconduct at ADF Cadets.

SeMPRO support coordinators are social workers and psychologists. They are available 24 hours a day, seven days per week. SeMPRO support coordinators have experience responding to adults and young people who have been affected by sexual misconduct, and the people who support them. They can provide you with advice on supporting your child, reporting incidents, and information about support services in your local area for you and your child.



1800SeMPRO
(1800 736 776)



sempro@defence.gov.au

Victim focused – from care to recovery

