



Adsafe<sup>®</sup>

# Intentional Safeguarding of our Families



Seventh-day  
Adventist Church™

*Trans Pacific*



# Intentional Safeguarding of our Families

We all want a **safe environment for our children our families** and our communities to engage and experience God's love authentically. We have the power to create this as it is promised in Acts 1:8 ... you will receive power when the Holy Spirit comes upon you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. If we truly want our homes, churches, and schools to be spaces where a thriving disciple making movement takes place, **we must intentionally and strategically engage in the difficult conversations.** As a leader in the church within this region, whether you are a mother, father, aunt, or uncle, I am certain that you would join with me in prioritizing the safety of our children and vulnerable people. There is no priority higher than protecting children, and vulnerable people, within our care. This is something close to the heart of God and cannot be done through wishful thinking or vague aspirations. These resource offers you 5 tips to safeguard your family.

## Five Tips on how to Prevent Family Violence



### 1. **If you suspect someone in your family is being abused, this is what you do:**

There are important things you should remember if you suspect someone in your family is being abused.

- Seek help from a trusted confidant, church leader or member of the police force. Help is always available, you are not alone.
- The person who is being violent may try to make you feel responsible, ashamed, or guilty about what is happening to you. Remember you are not to blame for their actions, what they have done is wrong.
- Don't believe them if they say something bad will happen to you if you tell someone about what is happening at home. There are people who will listen and can help you.
- Keeping family violence a secret is unsafe. It's okay to tell someone and it will help you and your family to become more safe.
- Nothing is so awful that it can't be talked about.

## **2. You better tell somebody if there is family violence or abuse at home:**

- Tell a trusted adult who can help keep you safe and help put a stop to the abuse at home.
- If the abuser is someone you know, please report him/her directly to the police or any adult you trust whether they are your teacher, pastor, church leader, friend, neighbor, or any adult you trust.
- Get in touch with your local government's abuse hotline to report abusive behaviours. You are not alone, seek help from the relevant government agencies
- You can report the abuse directly to the police.



## **3. Do this, Listen and Believe if someone you know is being abused:**

If a friend tells you that abuse is happening to them, or you suspect they are experiencing family violence/abuse:

- Do not react shocked to the disclosure.
- Listen and believe your friend and offer them comfort, your support and understanding.
- Encourage them to tell an adult they trust or to report it to the police and let them know you will accompany them if they want.
- Don't keep it to yourself – tell an adult you trust. It is important that your friend is reassured that they are safe, and the situation is being addressed.
- Provide the survivor with the relevant local government support numbers and network along with the Adsafe website and resources: <https://www.adsafe.org.au/>
- Reassure your friend that you are there for them and that you believe them.

# “Talk to Someone, you trust and who will listen”



## 4. Stay Safe by...

There are ways that you can stay safe including:

- **Understand the difference between safe and unsafe touch** – some touch may make you feel a little uncomfortable. If this happens. You must say “Stop it, I don’t like it!” and then move away.
- **Talk to people** – find someone you can trust and who will listen to you. It might be someone like a pastor, your teacher, the police or another trusted adult. They will help protect you. Keep on talking to people about what has happened to you until you feel you have been heard.
- **Remember that your body belongs to you** – no one has the right to touch any part of your body in a way that makes you feel uncomfortable, scared, embarrassed or hurt.





## 5. Seek help from...

- Trusted family member or friend
- Teacher, Church Pastor, school counsellor or trusted adult
- Police
- Sexual Abuse Unit, Domestic and Family Violence Counselling service in your country.



**Begin with the end in mind  
and plan to create  
a safer tomorrow, today.**



## Training and Compliance

Adsafe works with all our entities and faith-based communities to increase awareness of the need for protection of our children and vulnerable adults.

Through training, our leaders and those in child-related positions will be better equipped to understand the impact of abuse and how we can create a safe environment for everyone.

### Adsafe can assist with advice and information regarding:

- Child safety requirements for staff and volunteers.
- Options for completing the Adsafes Safer Churches Awareness Training and the Adsafes Code of Conduct.
- Provision of Training.
- Support for local Adsafes Compliance Assistants and Adsafes Responsible Officers.



## Contact us

Australia 1800 220 468  
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### Business hours – Sydney time zone

Monday - Thursday  
9:00am – 5.00pm

Friday  
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Creating a safe  
faith community  
for everyone



*Trans Pacific*

Prepared by the Discipleship Team  
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