

Knowmore Legal Service

Host One Conversation

Speech notes for hosts

Use these notes to help guide a safe, respectful and meaningful conversation about child sexual abuse.

Pre-event checklist

Before your event

- ☐ Identify a quiet space
- ☐ Have Employee Assistance Program details ready, if available
- ☐ Display support service details
- ☐ Prepare and test video link
- ☐ Print or share support flyers
- ☐ Know what to do if someone discloses abuse
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Welfare Check

This topic can affect people in the room in ways you may not anticipate. Before guests arrive, identify a quiet space they can step into if needed. If your organisation has an Employee Assistance Program (EAP), have that number ready. Knowmore and Blue Knot Helpline details should be visible throughout the event.

Knowmore 1800 605 762
Blue Knot Helpline 1300 657 380
13YARN (13 92 76) | Lifeline 13 11 14

If someone discloses abuse during the event, listen with care, thank them for trusting you, and do not probe for details. After the event, offer them the support resources privately.

Acknowledgement of Country



"Before we begin, I'd like to acknowledge the Traditional Custodians of [INSERT COUNTRY]. I pay our respects to Elders past and present and extend our respect to all Aboriginal and Torres Strait Islander peoples who are present here today. I acknowledge that sovereignty was never ceded and that this land always was and always will be Aboriginal land."

Opening

"Welcome, and thank you for joining us.

My name is [NAME], and I'm [YOUR ROLE / ORGANISATION]. Today we're "hosting a conversation" as part of Child Protection Week 2026. This is a national campaign that asks all of us to help break the silence around childhood sexual abuse.

We've partnered with Knowmore Legal Service, Australia's free and confidential legal service for survivors of Child Sexual Abuse, to share some information and resources with you today.

Before we go further, I do want to say something important.

The topic we're covering today, childhood sexual abuse and its lasting impact, is something that may be personal for some of you. You might be a survivor yourself. You might be supporting someone who is. You might be hearing some of this for the first time.

All of that is okay. There is no expectation that you share anything today. And if at any point you need to step outside, please do. Support details are on [location], and [NAME / 'someone from our team'] is available if you need to talk.

The numbers around child sexual abuse in Australia are difficult to sit with, but they matter.

1 in 4 adult Australians have experienced childhood sexual abuse. Millions of people in this country are carrying experiences from their childhood that have shaped who they are as adults, their health, their relationships, their sense of self.

For most survivors, it can take many years, even decades, before they feel safe enough to seek help. Shame is a powerful force. So is the belief that nothing can be done, or that no one will believe them.

That's why conversations like this one matter. Not because we can fix everything in a morning tea or a lunch break, but because every time we talk openly about this, we send a message to the survivors in our lives: you are believed, you are not alone, and support exists.

We'd like to share a short video with you now.

What you're about to hear is the voice of a survivor, someone who has lived this experience and has agreed to share their story so that others know they are not alone, and so that all of us understand more deeply why access to support matters.

Please watch with an open heart. And again, if you need a moment, that's completely okay."



PLAY VIDEO

Welfare Check

Before moving on, take a moment to check the room. If anyone appears distressed, it is appropriate to pause briefly and gently note that support details are on the table and a quiet space is available outside if needed.

After the video

"Thank you for watching that.

Stories like [NAME's / 'that one'] remind us that behind every statistic is a person. A life shaped by something that should never have happened, and a person who, with the right support, found a path forward.

That path matters. And it's what Knowmore exists to help with.

One of the reasons we've partnered with Knowmore for today's event is that they provide something genuinely rare. A free, confidential and trauma-informed service to survivors of childhood sexual abuse, no matter when or where the abuse occurred.

Knowmore's team includes lawyers, support workers, and financial counsellors who specialise in working with survivors. They can help people understand whether they may be entitled to redress or compensation, and they do it in a way that puts the person, not the legal system, at the centre.

Their service is free. It is confidential. And it's available to anyone, whether the abuse happened decades ago or more recently, in an institution, a family home, or anywhere else."

What action looks like

So, what does action look like from here?

You've shown up today. That's the first step, and it's not a small one.

Here are a few ways to take this further.

- **Donate to Knowmore.** *The details are on your table. Knowmore is a not-for-profit and your donation goes toward ensuring survivors can access free legal help when they need it most.*
- **Share the number.** *1800 605 762. You don't need to know someone's story to pass on a number that might change their life.*
- **Share the video.** *Help amplify the voice of survivors.*

Thank you for joining us today.

Child Protection Week reminds us that protecting children doesn't end when someone turns 18. The adults in our communities who experienced abuse as children still need our support and our willingness to have these conversations is part of how we provide it.

Thank you – genuinely – for being here.

Welfare Check

Check in with anyone who seemed affected during the session. Offer them the support details privately, without pressure.

If anyone disclosed something to you during the event, you are not expected to manage this alone. Contact your organisation's EAP or reach out to Blue Knot Foundation's professional support line for guidance.

Share your event on social media using the campaign hashtag [INSERT HASHTAG – suggested: #HostOneConversation] and tag @knowmorelegalservice to help amplify the campaign.

Email to send post event

Dear [First Name],

Thank you for taking the time to be part of today's conversation. It takes courage to show up for topics like this one, and what you did today matters.

Child Protection Week is a reminder that protecting children doesn't end when someone turns 18. The adults around us who carry the weight of childhood abuse deserve to be believed, supported, and heard. By attending today's event, you've helped send exactly that message.

We'd love for you to keep the momentum going. Here are a few ways to take action:

1. WATCH & SHARE THE VIDEO

Share the survivor story you heard today so others can hear it too.

[INSERT VIDEO LINK]

2. DONATE

Knowmore is a not-for-profit community legal centre. Every donation helps to ensure that survivors have access to the free legal support they deserve.

[INSERT DONATION LINK]

3. TAKE THE QUIZ

How much do you know about child protection in Australia? Test yourself and share it with your network.

[INSERT QUIZ LINK]

4. LEARN ABOUT KNOWMORE

Knowmore is Australia's free, confidential legal service for survivors of childhood sexual abuse and the Stolen Generations.

www.knowmore.org.au | Call: 1800 605 762 | Mon–Fri

If today's conversation brought anything up for you personally, please reach out to one of the following services:

- Knowmore Legal Service — 1800 605 762 (Mon–Fri)
- Blue Knot Helpline — 1300 657 380 (Mon–Sun, 9am–5pm AEST)
- Lifeline — 13 11 14 (24/7)
- 1800RESPECT — 1800 737 732 (24/7)
- 13YARN (First Nations support) — 13 92 76 (24/7)

Thank you again for being part of this. Every conversation shifts something.

With gratitude,

[YOUR NAME]

[YOUR TITLE]