

A guide to your personalised session

What is a personalised session?

A personalised session is an individual face-to-face or online conversation with the Chair of the Forum. This is an opportunity for you to share your experience of child sexual abuse at school in a safe and respectful space.

A personalised session usually runs for about an hour. At the start, we will ask for your consent to record your session and take notes. You can decide if the information we gather is used publicly, anonymously or kept entirely confidential. You can also tell us if you would prefer not to have your session recorded. A personalised session is guided by you and your preferences.

Who will be there?

A personalised session will usually include the following people:

- yourself;
- the Chair of the Forum, Angela Connors;
- a support person if you choose to bring one; and
- a Forum staff member to take notes.

We will also have a Wellbeing Facilitator available if you wish to speak with them before and after your session to offer you support.

Can I bring a support person?

Yes. You can bring a support person to your personalised session. Your support person could be a family member or friend. You may also bring your counsellor or another professional. They can come into your session or wait for you in a room nearby. If you decide to bring a support person into your session, their role will be to support you while you share your experience.

What do I need to prepare for my personalised session?

Before you attend your session, it can help to think about what you would like to talk about. It can also be helpful to think about what you do not want to talk about. The Chair of the Forum may ask general questions to prompt you to share your experience, but you do not need to speak about anything you do not want to discuss. You might like to think about the following questions:

- What is your experience of child sexual abuse in a Victorian government school or certain non-government school prior to the year 2000?
- How has the abuse affected your life and the life of your family, friends and other support people?

How can I share my information with the Forum?

How you share your information is entirely your choice. You can choose to share information with the Forum on the basis that it is:

- **Confidential** – You can request to provide some or all of your information confidentially. While your information will generally inform the Forum's work, the Forum will not publish or quote the confidential information you provide (including in its report or on its website). The Forum may still be required to disclose confidential information it is required to do so by law.
- **Anonymous** – You can request to provide information anonymously or by using a pseudonym (a made-up name). The Forum will keep a record of your identity, but it will not name or identify you as being the source of any information that it decides to make public (including in its report and on its website).
- **Public** – You can choose to make the information you provide public. This means the Forum may publish information in its report or on its website, including your name and other identifying information.

For more information, please see the Providing Information to the Forum document on our website on the [Resources](#) page.

Can I bring documents or materials with me?

Yes. If you have documents or materials you would like to share with the Forum, they can be provided prior to your personalised session via email. You can also bring them on the day if you would prefer. This might include:

- letters;
- school reports; and
- photographs.

If the documents or materials are originals, copies will be made, and the originals will be returned to you following your session. Electronic materials can be emailed to contact@truthandrecognition.vic.gov.au. You are also welcome to

attend your session and decide afterwards if there is anything you wish to provide to the Forum.

Additional information about your personalised session

Where can I find details about my personalised session?

Depending on your preferred contact method (phone, email or post), a Forum staff member will contact you to confirm your session's location, date and time.

I have booked a **face-to-face personalised session, what can I expect?**

Prior to your session, we will send information about accessing the building where your session will be held. We ask that you arrive 20 minutes prior to your session time.

Before your session begins, you will be greeted by a Wellbeing Facilitator who is available to offer you support if you wish. The session will be held in a room, usually with a table, chairs or couch. The room is intended to make you feel safe and comfortable while you share your experience.

Following the session, you will have an opportunity to meet with the Wellbeing Facilitator again who will offer you support and referrals for ongoing support.

Water, tea and coffee will be available before, during and after your session.

I have booked an **online personalised session, what can I expect?**

Prior to your session, we will send information and a link to your online session. You will need a laptop, desktop computer or smartphone to access the online session. We also recommend that you find a quiet space to join the session, so you feel comfortable and safe to share your experience.

Before your online session begins, a Wellbeing Facilitator is available to give you a call to offer you support if you wish. They will also be available following your session to offer you support and referrals for ongoing support.

Contact us

If you have any questions about attending your personalised session or wish to discuss any specific needs, please contact us by phone on 1800 967 933 (free call) or by email at contact@truthandrecognition.vic.gov.au.

For more information about the Forum, visit our website:
www.truthandrecognition.vic.gov.au.