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My superhero voice







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Acknowledgement

‘My superhero voice’ is an age-appropriate storybook which supports parents, carers and other adults from all cultures and backgrounds to have preventative conversations about child sexual abuse with children and young people.

The storybook is being delivered as part of the ‘One Talk at a Time’ campaign, which aims to prevent child sexual abuse by encouraging adults to have preventative conversations with the people in their lives. The ‘One Talk at a Time’ campaign is a key measure of the *National Strategy to Prevent and Respond to Child Sexual Abuse 2021-2030*, which aims to prevent child sexual abuse in all settings and support victims and survivors. Culturally and linguistically diverse (CALD) communities are a priority group of the National Strategy, recognising the importance of culturally-safe, accessible and in-language approaches to child sexual abuse prevention.

‘One Talk at a Time’ was informed by a substantial research program to help make it effective, culturally-safe, accessible and trauma-informed. This included research and testing with over 8,500 Australians, including victims and survivors of child sexual abuse, First Nations people and culturally and linguistically diverse communities.

All children and young people have the right to be safe from sexual abuse. We all have a role to play in creating safe environments for children and young people and preventing abuse.

Translated information

A range of tools and resources have been developed and translated to support adults to know how, where and when to have these conversations.

Factsheets, conversation guides and audio versions of the guides are available in Arabic, Chinese Simplified, Chinese Traditional, Farsi, Hazaragi, Khmer, Korean, Punjabi, Thai and Vietnamese.

LET'S END CHILD SEXUAL ABUSE
**ONE TALK
AT A TIME**

Support

Information relating to child sexual abuse may bring up strong feelings. Remember, you are not alone. If you need assistance or support, ChildSafety.gov.au/get-support provides a list of dedicated services.

If you need an interpreter, please call TIS National on **131 450**.

If you need information or resources for reporting child safety concerns, please visit ChildSafety.gov.au/make-report.

My superhero voice



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Nour smiles as Dad kicks the ball across the lawn. "Now you try," he says. But Nour doesn't think she can.



"I wish I could be a superhero like you, Dad – big, strong and brave."

"I think you can, Nour. Just start small."

Nour takes a deep breath, then kicks the ball as hard she can.

Up, up, up it goes, past the big tree and into the fence.



Nour jumps into Dad's arms and they squeal with delight.

But she soon feels very dizzy when he throws her up just a bit too high.

"Are you okay?" Dad asks.

Nour nods her head, trying her best to be big, strong and brave, just like him.



“Can I tell you something?” asks Dad.

“Superheroes are strongest when they tell people how they feel on the inside, especially if someone makes them feel uncomfortable or unsafe.”



Nour frowns and wonders how superheroes could ever feel uncomfortable or unsafe.

At the park, Nour wonders about what Dad said as she builds a sandcastle with the Reyes twins.



So, she asks Lola and Lolo Reyes what they do when someone makes them feel uncomfortable or unsafe.

"I ask my council of elders to help right any wrongs in order to keep the peace," says Lolo Reyes.



Nour finds this funny because no one is older than Lolo Reyes.



"I pray for my protection and the protection of my loved ones," says Lola Reyes.

Nour continues to wonder about what Dad said as she swings with her friend, Rawiri.



So, she asks him what he does when someone makes him feel uncomfortable or unsafe.

"My dad taught me how to say special words for protection. He said I should say them out loud because sound heals."



"Sometimes, I do a warrior dance to scare birds away. But if they're too big, I shout so my big brothers can come help me."

At the community centre, Nour wonders about what Dad said as she helps the manager, Amrita, set up for the cultural festival.



So, she asks her what she does when someone makes her feel uncomfortable or unsafe.

"My mother tied this special bracelet around my wrist when I was little. It protects me from evil spirits."

"I touch it to give me strength whenever I need to speak up."



"Like the other day, when I saw someone damaging the gardens at the park and told the park ranger."

At the bookshop, Nour wonders about what Dad said as she gets book recommendations from the shop owner, Aya.



So, she asks her what she does when someone makes her feel uncomfortable or unsafe.



“When I was moving to this country years ago, my aunt gave me her very special necklace. She knew I would need a piece of her to give me strength whenever my heart was heavy.”



“Also, my husband and I reflect together every morning.”

At the convenience store, Nour wonders about what Dad said as she chats with her neighbour, Matteo, during his shift.



So, she asks him what he does when someone makes him feel uncomfortable or unsafe.

"Between some good food and support from my mother, nothing upsets me for long."



At school, Nour wonders about what Dad said while she has lunch with her friends, Xuanjun, Namazzi and Siti.

So, she asks them what they do when someone makes them feel uncomfortable or unsafe.



"My dad always tells me to find my inner tiger and roar as loud as I can. It's a symbol of bravery," says Xuanjun. "My mum says the same thing!" exclaims Siti.

"I tell my mum and my big sister everything, especially when I don't feel good," says Namazzi.



"My sister knows how to stand up to people who aren't very nice to me."

On the field, Nour wonders about what Dad said while Coach Kirra thanks her and her classmates for a good soccer practice session.



When Coach Kirra turns around, one of Nour's classmates shouts, "Kisses to celebrate!"



But Nour doesn't want to celebrate with kisses. She tries to say something but can't get the words out.



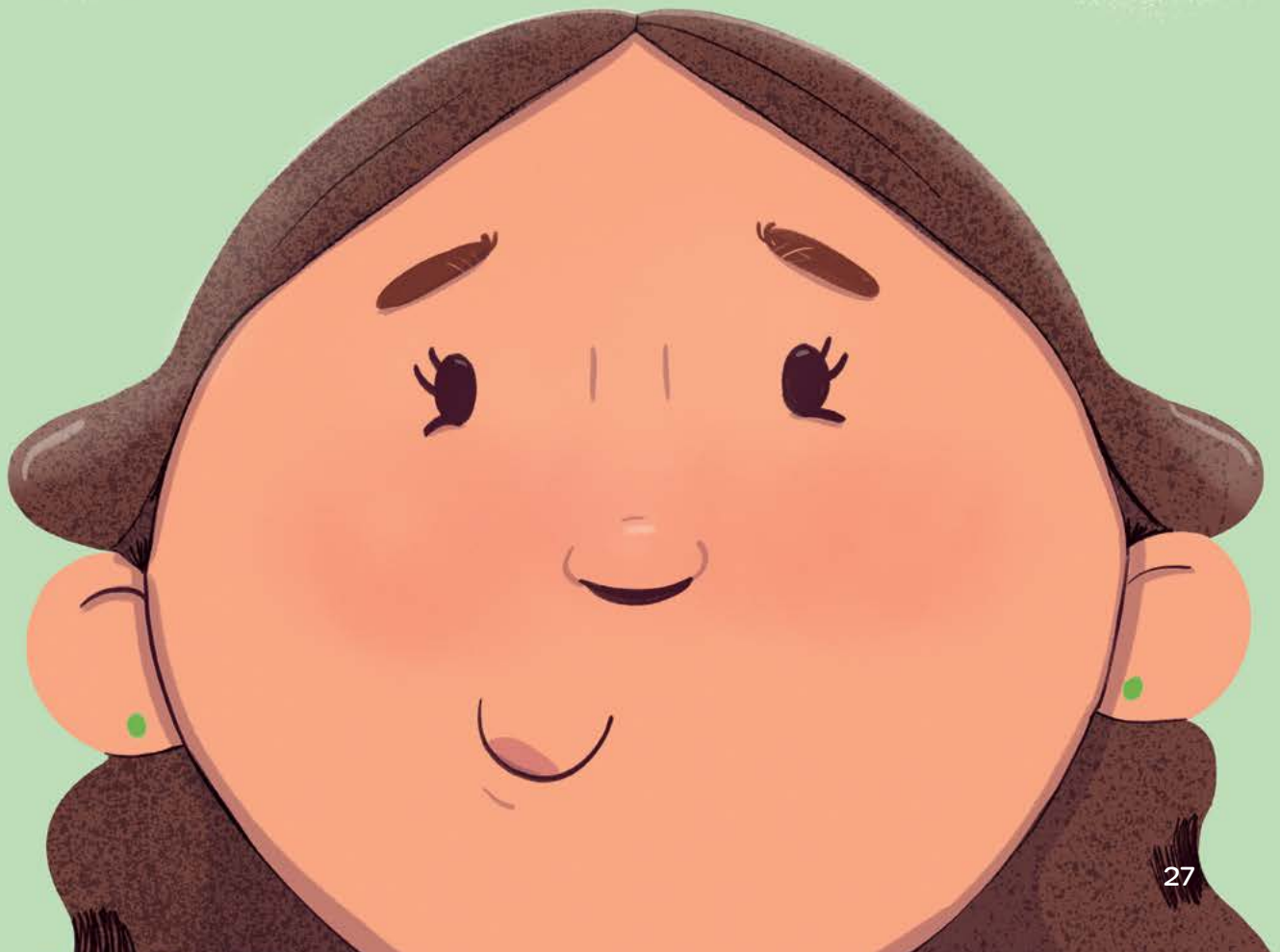
“Are you okay, Nour?” asks Coach Kirra.

Nour nods her head, trying her best to be big, strong and brave, just like Dad.



“It’s okay to say no to something that makes you feel uncomfortable or unsafe. You could try doing what I do – let your connection to nature give you the strength you need. If you don’t think you can or the person doesn’t listen, tell a grown-up you trust and they can say no for you.”

Nour takes a deep breath, remembering everything her community has taught her.



"It's my body and I say no!"



The other students stare in awe at the Mighty Nour – big, strong and brave.





At home, Nour no longer wonders about what Dad said as she tells her parents what happened.

“My voice was just as loud as yours, Dad, and I felt big, strong and brave!”

Nour takes a deep breath and channels her community once more.

“Dad, when you threw me up high the other day, I didn’t like it very much.”

He is very proud of her for telling him how he really made her feel.



Nour smiles as Mum ties a special bracelet around her wrist.

“This will remind you to trust your feelings and make you even stronger, our Mighty Nour.”



“And remember, even though you’re now big, strong and brave, you can always tell us if someone makes you feel uncomfortable or unsafe,” says Dad.

And just like that, Nour’s peace is restored.

Activity guide

Talking to children and young people about child sexual abuse might be uncomfortable at first. But every conversation is important because it helps keep them safe. For more tips on how to have these conversations, visit ChildSafety.gov.au/translation.

Books are a great way to start these conversations. So, here are some prompts to help you and the children in your life as you read 'My superhero voice'. You don't have to talk about this all at once and can always come back to these conversations later.

The most important thing is to listen to what children and young people say. Repeat any concerns they have to make sure you understand before talking about what they should do if something does make them feel uncomfortable or unsafe.

Page 8:

- Ask what qualities they think a superhero has.

Page 9:

- Ask what activities they enjoy doing or what places make them happy.

Page 10:

- Ask why might it be hard for people to speak up if they feel unsafe or uncomfortable.

Page 11:

- Tell the children you're reading with what uncomfortable and unsafe mean.
- Share examples of things that make you feel uncomfortable or unsafe.
- Ask if there are any activities, places or people that make them feel uncomfortable or unsafe. Ask them why after each one and talk about what they should do if something makes them feel uncomfortable or unsafe.

Page 23:

- Tell the children you're reading with what you do when someone makes you feel uncomfortable or unsafe.
-

Page 25:

- Ask why was what happened after the game not okay. What would you have done in this situation?
-

Page 30:

- Ask if there are any activities, places or people that make them feel uncomfortable or unsafe that they haven't mention before. Ask them why after each one and talk about what they should do if it happens again.
-

Page 31:

- Ask what qualities they think you have that make you a superhero.
 - Tell the children you're reading with what qualities you think they have that make them a superhero.
 - Remind the children you're reading with that they should always talk to you about anything that makes them feel unsafe or uncomfortable, even though they might be a superhero.
 - Go through a list of things the children you're reading with can do if they ever feel uncomfortable or unsafe.
 - Ask which trusted adults the children you're reading with could tell if something happens that makes them feel unsafe or uncomfortable.
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If you need more conversation guides and advice, visit ChildSafety.gov.au/conversations.





