**Australia**

**Blue Knot Day – October 28th 2013**

**Show your support adult survivors of childhood trauma and abuse**

by Kerrod Trott

**EDITOR’S NOTE**: *For the full calendar of activities and details being held during Blue Knot week (October 28th – November 3rd), please visit* [www.asca.org.au/blueknotday](http://www.asca.org.au/blueknotday)*or you can check out ASCA's Blue Knot Day blog:* [www.blueknotday.com](http://www.blueknotday.com/)

Adults Surviving Child Abuse (ASCA) invites community members, churches, religious groups and leaders to organise and host events in support of Blue Knot Day, this October 28th and the week to follow until November 3rd 2013. With the Royal Commission into Institutional Responses to Child Sexual Abuse well under away, ASCA is calling for people to take action and show their support.

Blue Knot Day is an annual initiative run by ASCA, the national peak body, advancing the needs of Australian adults who have experienced childhood abuse and trauma. In Australia there are an estimated 4-5 million adult survivors of childhood trauma[i].

President of ASCA, Dr Cathy Kezelman, said that the day is important not only for survivors of childhood trauma, but for all Australians.

“The social impact of child abuse can extend well beyond survivors – affecting families, partners and entire communities,” she said. “It is imperative that we address this issue and ensure that adult survivors have access to community support alongside that of professionals to help facilitate their full and ongoing recovery.

“Blue Knot Day is an open invitation to Australians to come together to show support for survivors of childhood trauma. While October 28th is the official Blue Knot Day, in the week that follows we encourage communities nationwide to host their own events and activities with the aim of offering support, and promoting hope and optimism.

“The Royal Commission has put the issue of child abuse firmly on the national agenda this year, causing widespread concern in the community. From our work and research, we know that, with the right help, people can recover. Raising community awareness and starting a discussion are essential steps towards de-stigmatizing the issue and helping those affected.”

Some suggested ideas for activities and events include:

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| · Host a breakfast or morning tea · Hold a faith-based service · Ceremonially unwrap a building or object in recognition of survivors · Create a Blue Knot Day themed display · Engage in an activity to help raise funds through sponsorship and donations · All Blue Knot Day donations can be made at <http://www.givenow.com.au/blueknotday>· Buy and wear a blue knot pin and/or friendship bracelet – available from [www.asca.org.au](http://www.naasca.org/2013-CrimeNews/www.asca.org.au)under ‘Shop' |

To register an event or activity please contact ASCA via email on events@asca.org.au

All public Blue Knot events will be registered online so that people across Australia who want to attend an event can easily access information or choose to host their own event if none is listed in their area.

For the full calendar of activities and details being held during Blue Knot week (October 28th – November 3rd), please visit [www.asca.org.au/blueknotday](http://www.asca.org.au/blueknotday)or you can check out ASCA's Blue Knot Day blog: [www.blueknotday.com](http://www.blueknotday.com/)

People needing support are encouraged to call ASCA's professional support line on 1300 657 380 Monday to Sunday, 9am – 5pm or visit the website.

**About ASCA:**[**www.asca.org.au**](http://www.asca.org.au/)

ASCA is the national peak body that focuses exclusively on advancing the needs of the estimated 4-5 million Australian adults who are survivors of childhood trauma. ASCA was formed in 1995 and provides a range of services: professional phone support, a referral database, workshops for survivors and their supporters, education and training programs for health care professionals and workers, newsletters for survivors and health professionals, advocacy, research and health promotion in the areas of complex trauma and trauma informed care and practice. ASCA is also a founding member of the national Trauma Informed Care and Practice Advisory Working Group – advocating for a national agenda around trauma informed care and practice. ASCA is the key Australian organization providing hope, optimism and pathways to recovery for adults with complex needs who have experienced all forms of childhood trauma.

**Childhood trauma:**

As defined by ASCA, childhood trauma includes sexual, physical and emotional abuse, neglect, witnessing and experiencing the impacts of family and community violence and a range of other adverse childhood events.

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