

Co-designing a physical activity program for adult female victim-survivors of Child Sexual Abuse

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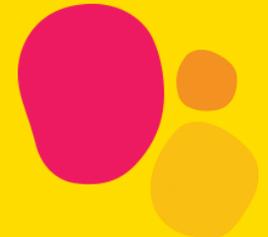
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ADDI MOVES

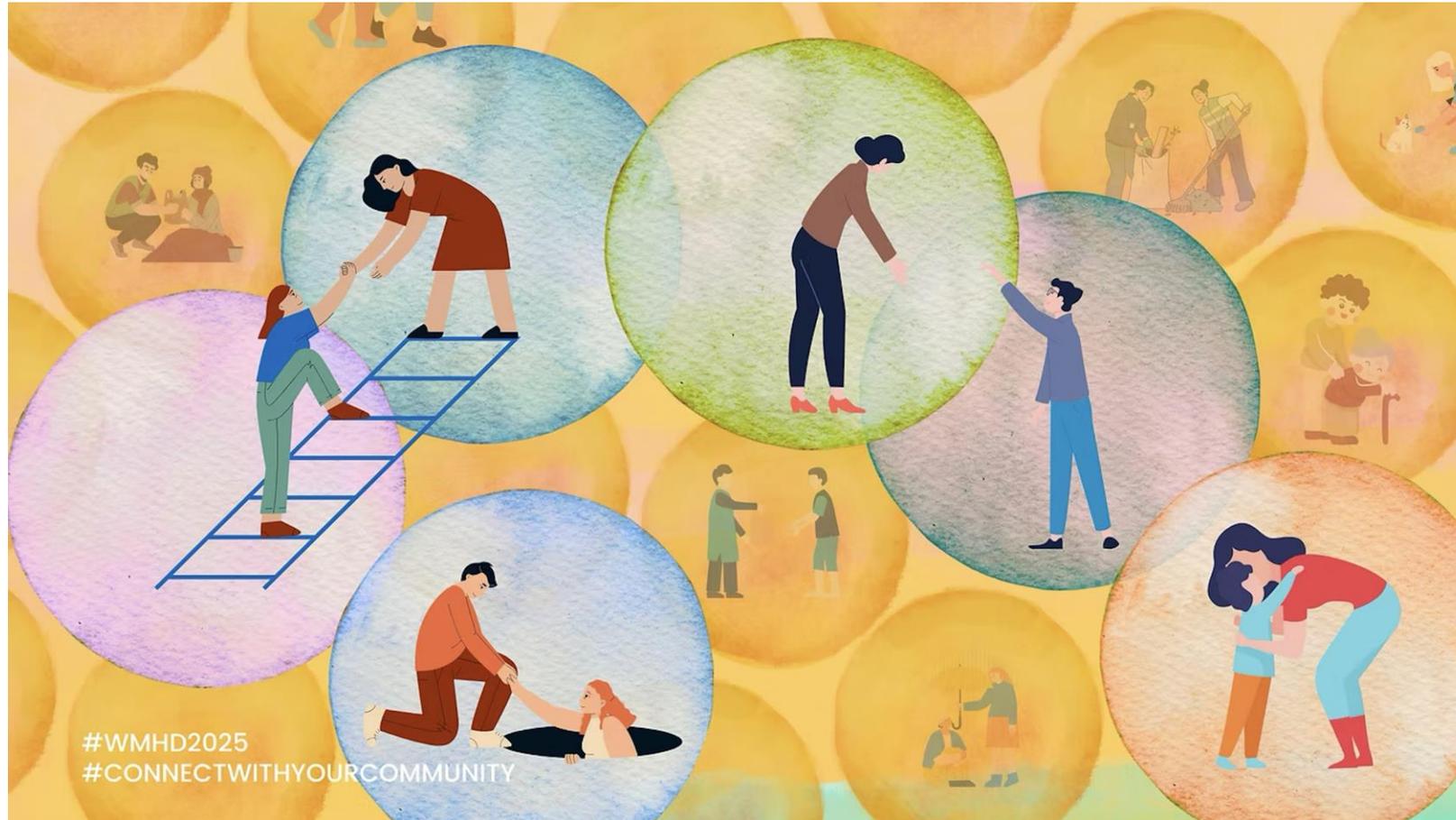
steppingout

Acknowledgement of Country



Huddleston, L. (2021) *'Journey to Healing'*.

Acknowledgement of Lived Experience





This presentation discusses experiences of Child Sexual Abuse and trauma.

This may be confronting for some.



11% (1.1 million) women, and 3.6% (343,500) of men had experienced sexual abuse by an adult, before the age of 15 years¹

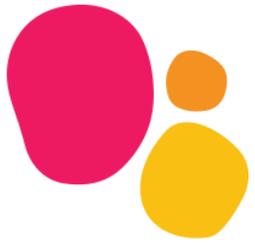


Implementing lifestyle interventions in mental health care: third report of the *Lancet Psychiatry* Physical Health Commission

[Scott B Teasdale, PhD](#) ^{a,b}  · [Katarzyna K Machaczek, PhD](#)^c · [Wolfgang Marx, PhD](#)^d · [Melissa Eaton, MNutrDiet](#)^e · [Justin Chapman, PhD](#)^{f,g} · [Alyssa Milton, PhD](#)^{h,i} · et al. [Show more](#)







ADDI MOVES

A free, trauma-informed, culturally responsive physical activity program

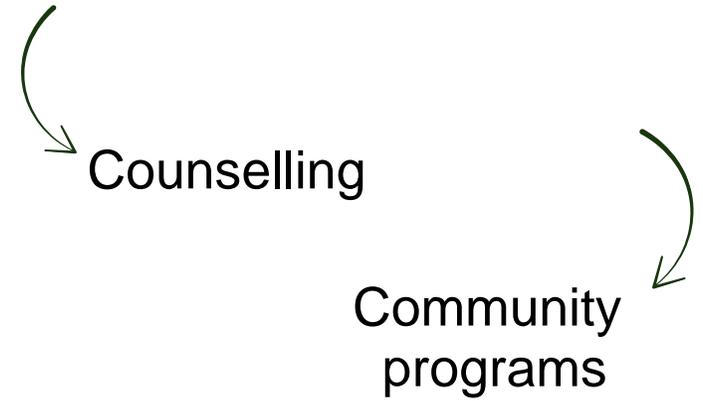




"Drifting Invisibility" Justine Krieger



Support female survivors of Child Sexual Abuse



 steppingout



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AIM(s)



To co-design a physical activity program for adult female victim-survivors of Child Sexual Abuse.



Past experiences with physical activity



Barriers and enablers



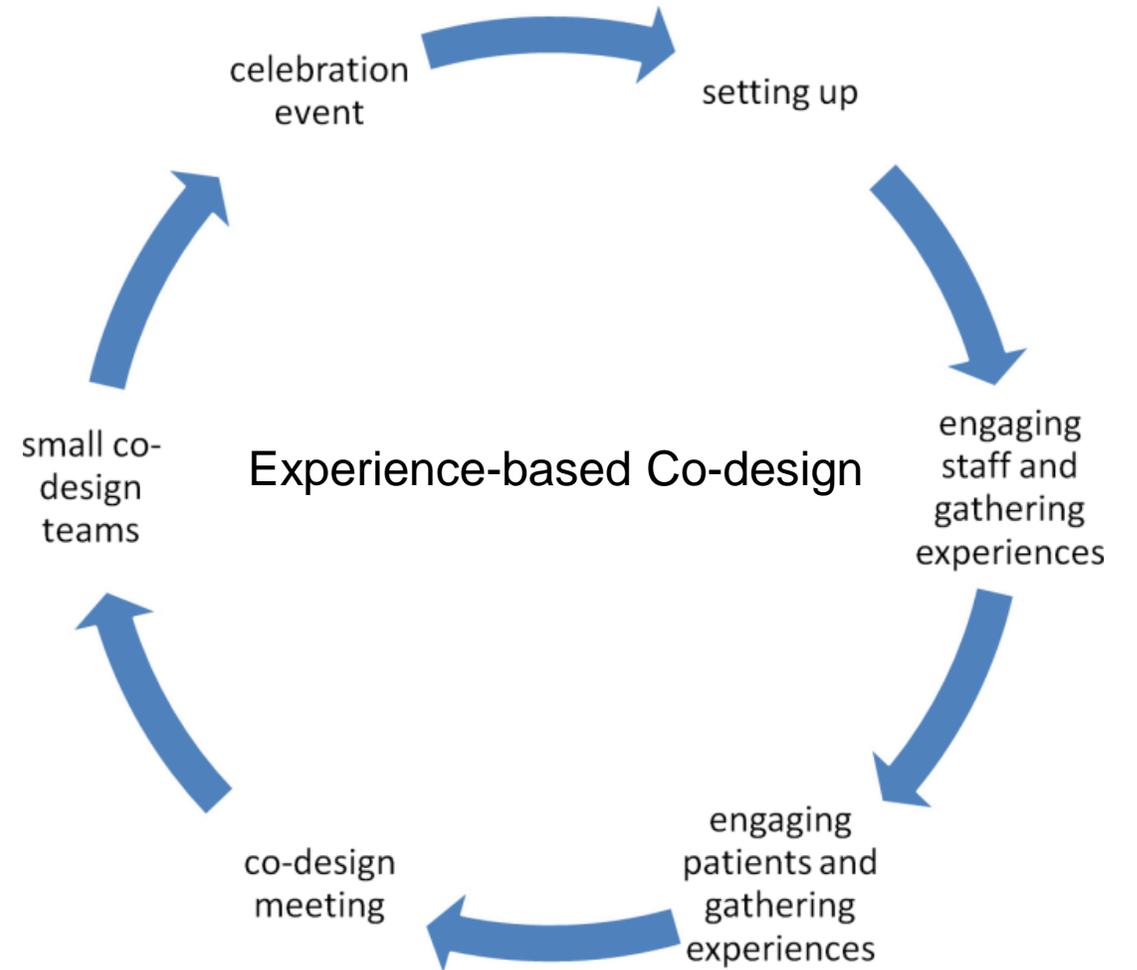
Needs and priorities

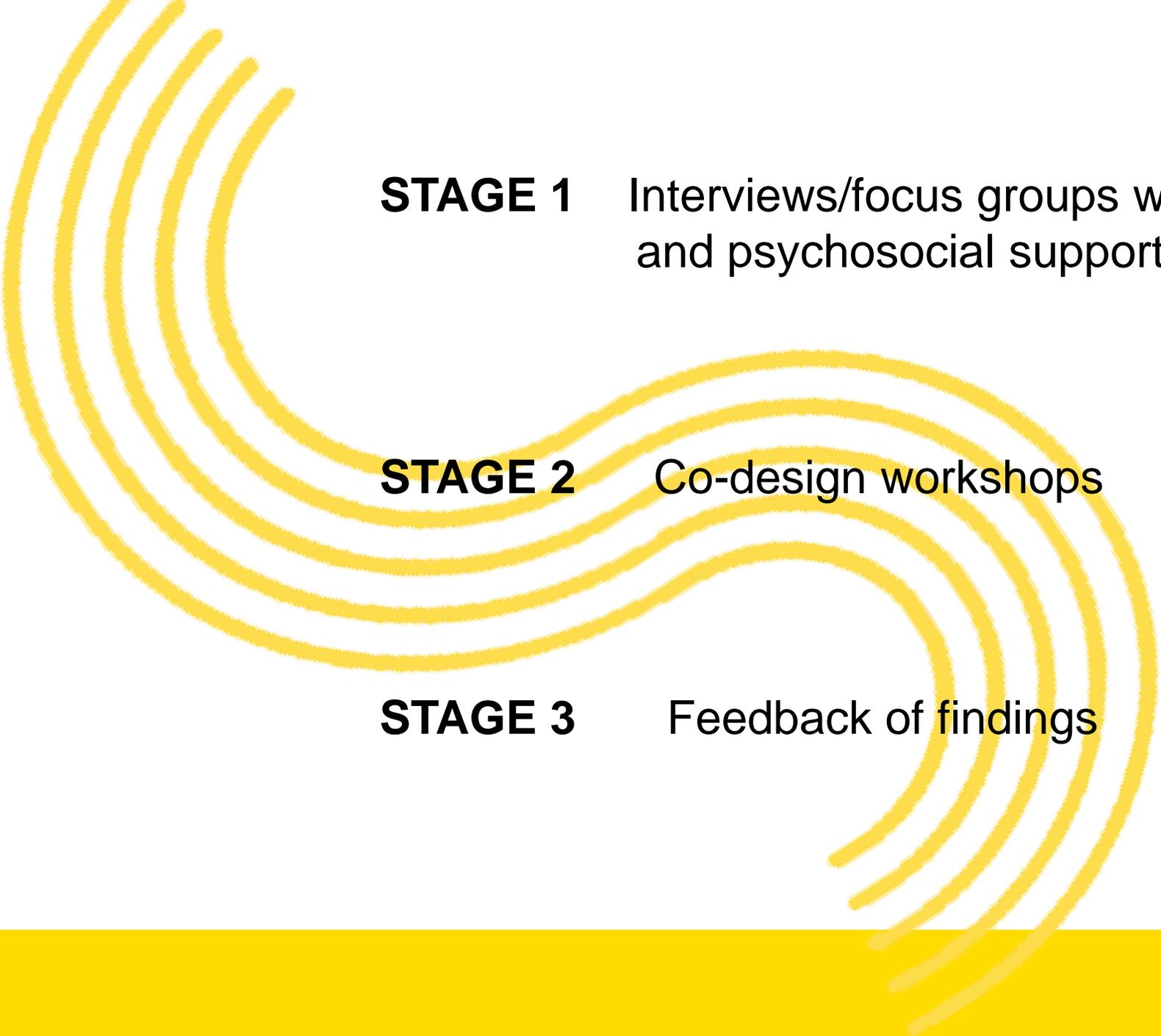
METHODS

An Australian Framework for the ethical co-production of research and evaluation with victim survivors of domestic, family, and sexual violence.

Katie Lamb, Lula Dembele, Nina Anonymous, Fiona Anonymous, Kelsey Hegarty

Safer Families Centre, The University of Melbourne





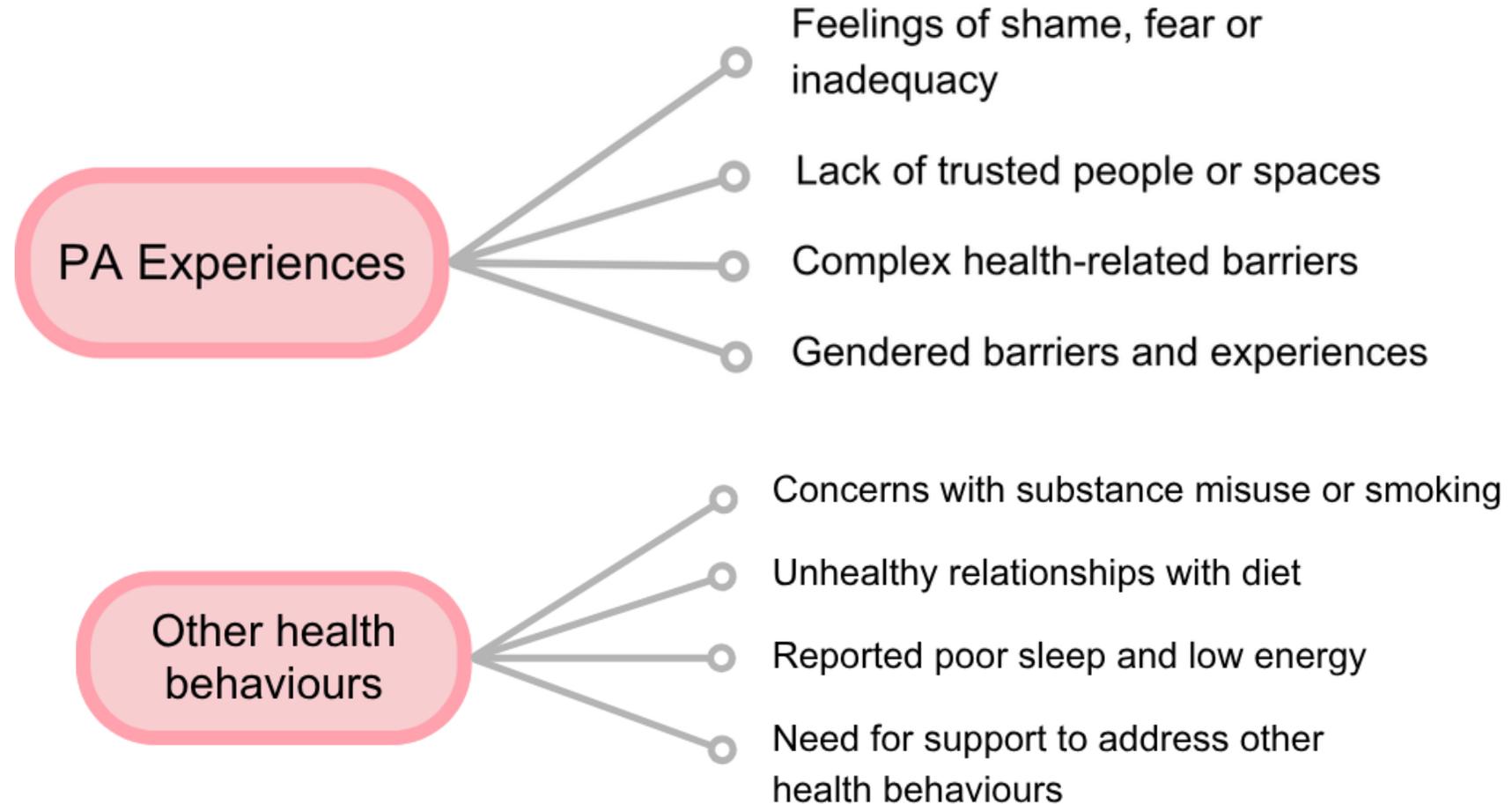
STAGE 1 Interviews/focus groups with victim-survivors
and psychosocial support providers

STAGE 2 Co-design workshops

STAGE 3 Feedback of findings

PRELIMINARY FINDINGS

One-on-one interviews/focus groups (n=6)



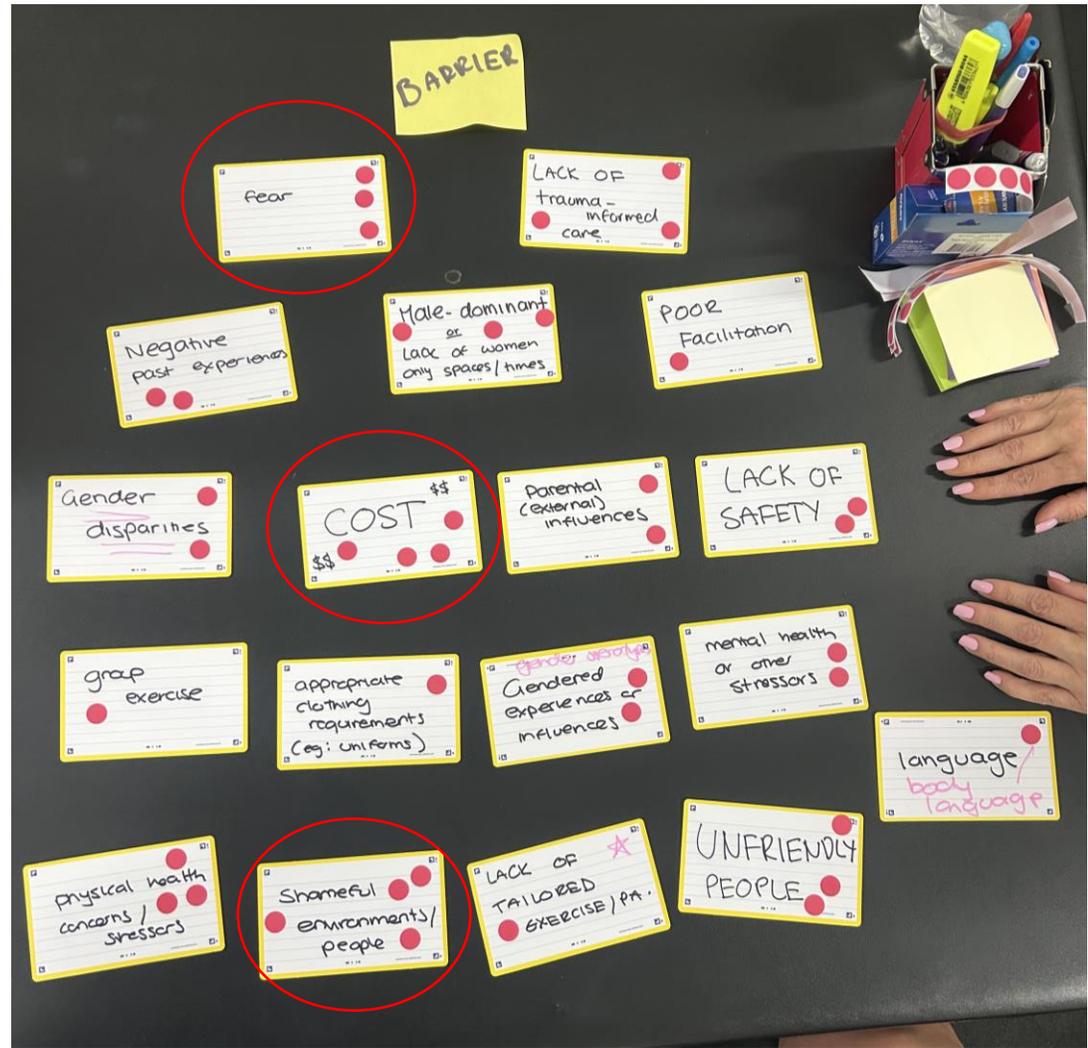
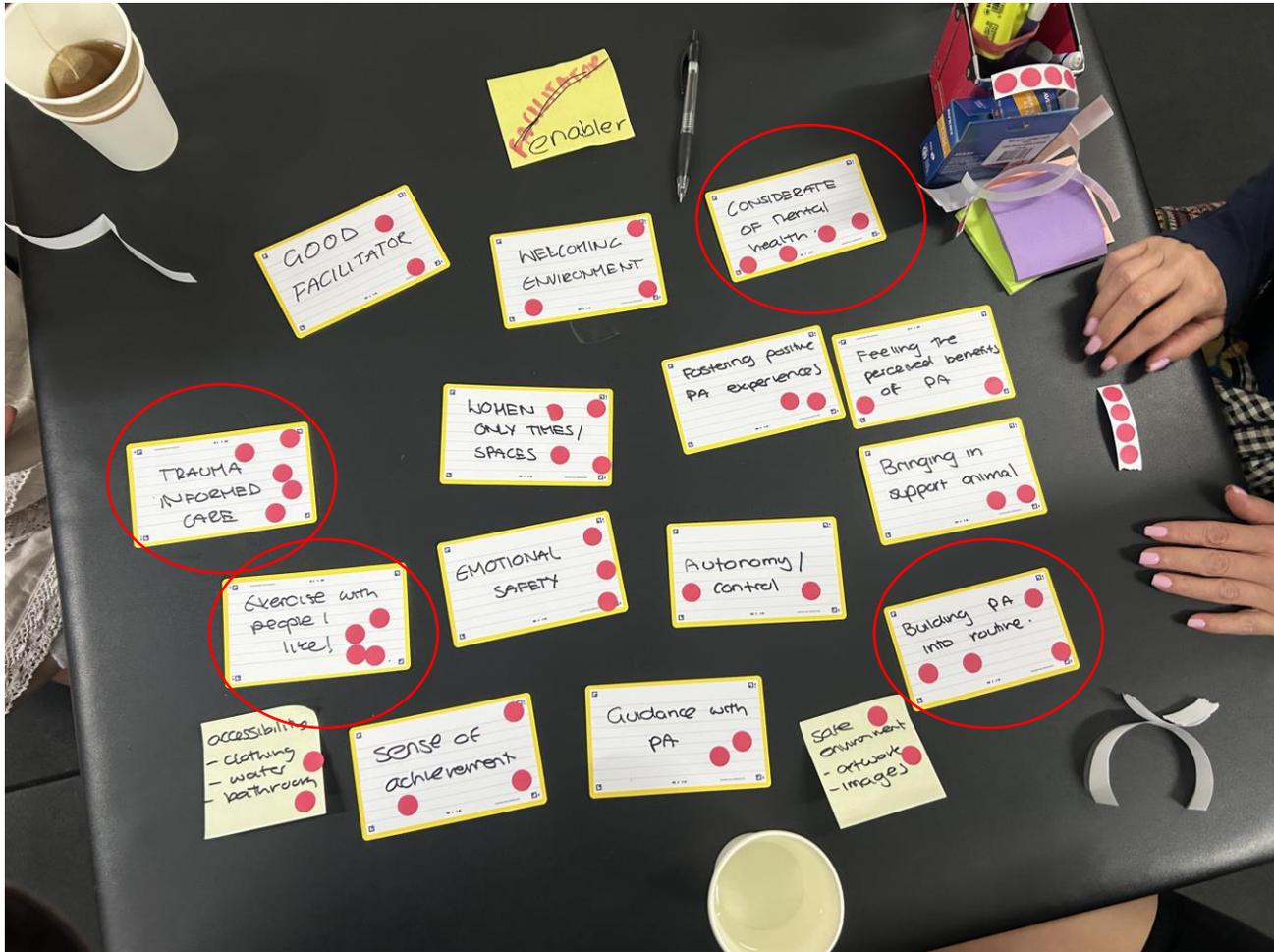
“There's not a lot of consideration [in exercise programming] when it comes to things like mental health considerations or like, even if you're just having a bad day.” P3.

*“There's also contacts that weren't healthy that came from that sport. Even now... I found out a while ago, the tennis coach had been charged with molesting someone [from the team]...”
P4*

“Sometimes you can't solve big problems. Sometimes you want to avoid solving big problems, so you just eat a lot.” P1

“I was bullied a lot because I was overweight, I didn't like exercise... exercise was used as a punishment... to laugh at me.” P3

“I was afraid of the dark because the bed, like the, the bed is where a lot of the abuse happened for me.” P2



NEXT STEPS

- Presenting findings back to the community for further feedback
- Findings from this project may inform future health promotion initiatives to cater to this underserved population.



Acknowledgements

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QUESTIONS?

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