



ROSY AND JACK

DIGITAL VERSION

BY NICOLE READING



ROSY AND JACK

DIGITAL VERSION

Published in 2020 by:



62 Collins Street Kangaroo Flat
Victoria 3555 Australia
p: + 61 3 5446 0500 f: +61 3 5447 2099
e: info@innovativeresources.org
w: innovativeresources.org

ABN: 97 397 067 466

© St Luke's Innovative Resources 2020

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, mechanical, photocopying, recording, or otherwise) without the prior written permission of the publisher.

ISBN: 978 1 925657 28 9

Graphic design by: Tim Lane of Woosh Creative

Edited by: Karen Masman

St Luke's Innovative Resources wishes to thank Yvonne Cahill who, as part of her social work course at La Trobe University in Bendigo, consulted with a number of organisations including the Centre Against Sexual Assault for the Loddon Campaspe Region. Many thanks to the team at CASA for their valuable critique.

St Luke's Innovative Resources acknowledges the Jaara people of Dja Dja Wurrung country, the traditional custodians of the land upon which our premises are located and where our resources are developed and published. We pay our respects to the elders—past, present and future—for they hold the memories, traditions, cultures and hopes of Aboriginal and Torres Strait Islander Australians, and other First Nations peoples. We must remember that underneath this earth, upon which we so firmly stand, this is, was and always will be, the traditional land of First Nations peoples.



ROSY AND JACK

DIGITAL VERSION

WRITTEN AND ILLUSTRATED BY NICOLE READING

IN CONSULTATION WITH THE NORTHERN SEXUAL ASSAULT SERVICE OF TASMANIA

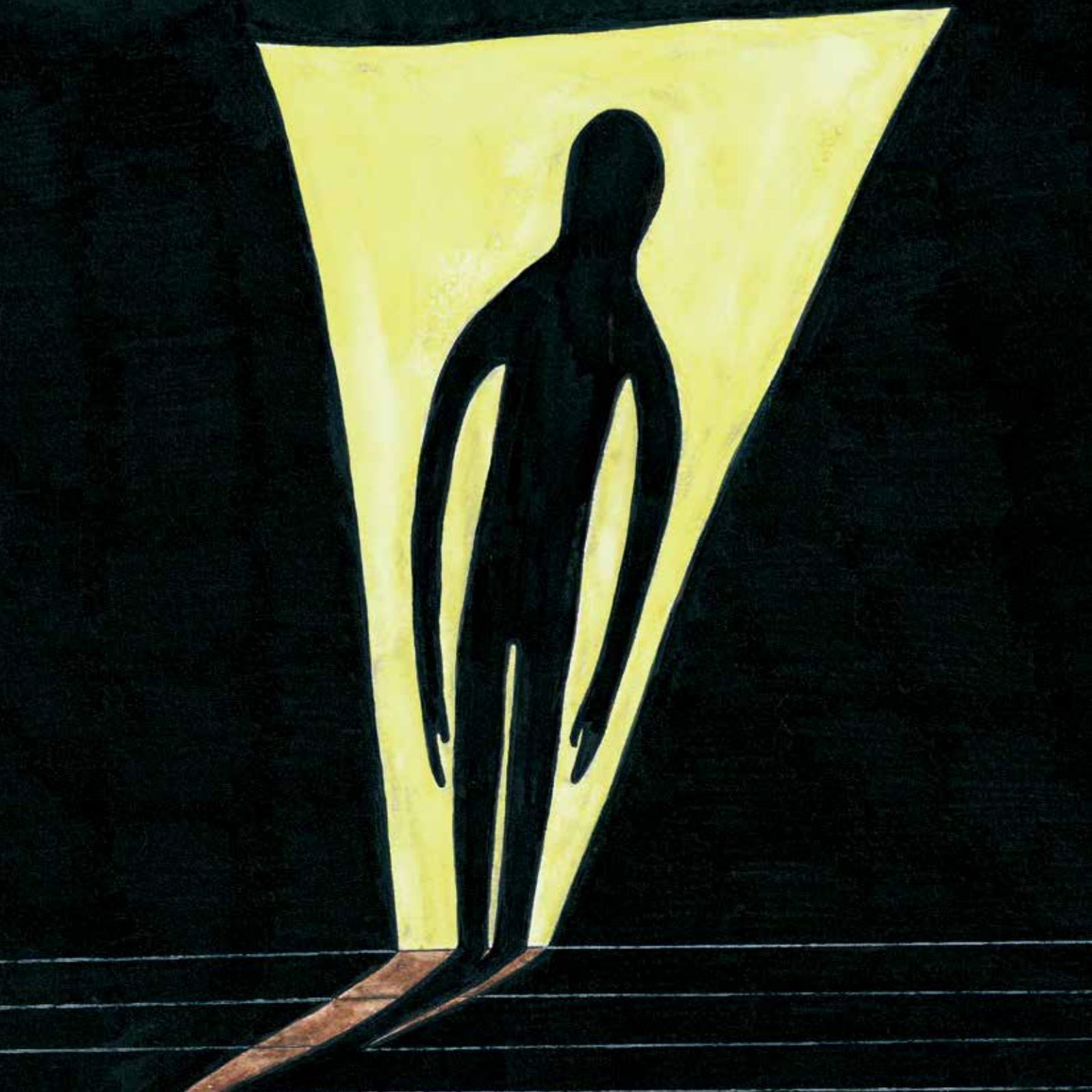


St Luke's
Innovative
Resources

PUBLISHED BY ST LUKE'S INNOVATIVE RESOURCES

ROSY AND JACK WERE SCARED.





SOMEONE THEY KNEW
WAS TOUCHING THEM
IN WAYS THEY DID
NOT LIKE.



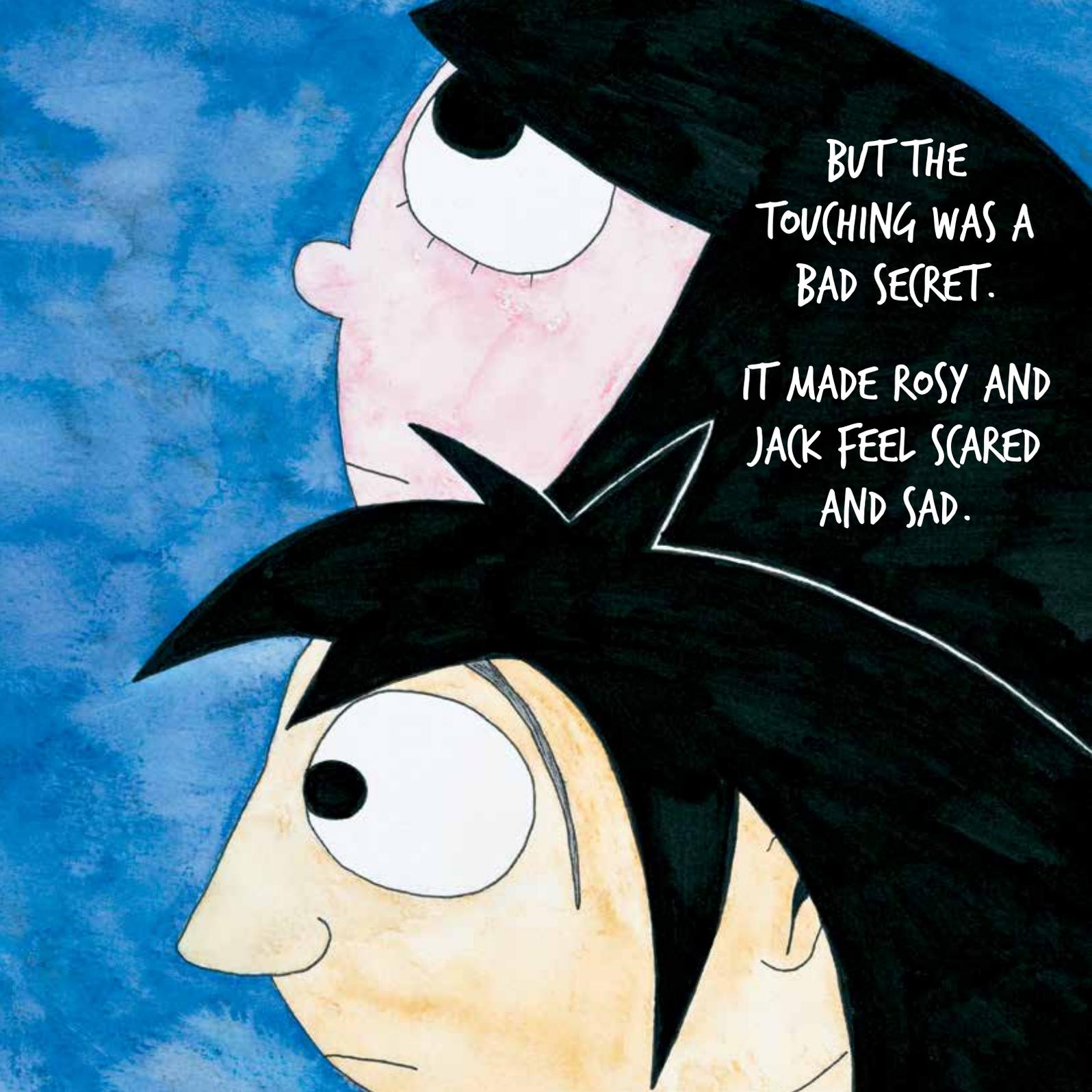
THEN HE WOULD GIVE THEM
LOLLIES AND SAY IT WAS
THEIR SPECIAL SECRET.

HE ALSO SAID THAT IF ROSY
AND JACK TOLD THEIR MUM,
SHE WOULD GET ANGRY AND
NOT BELIEVE THEM.

SOMETIMES ROSY AND JACK
HAD GOOD SECRETS, LIKE
NOT TELLING MUM WHAT
SHE WAS GETTING FOR
HER BIRTHDAY.

THESE SECRETS MADE THEM
FEEL HAPPY AND EXCITED.





BUT THE
TOUCHING WAS A
BAD SECRET.

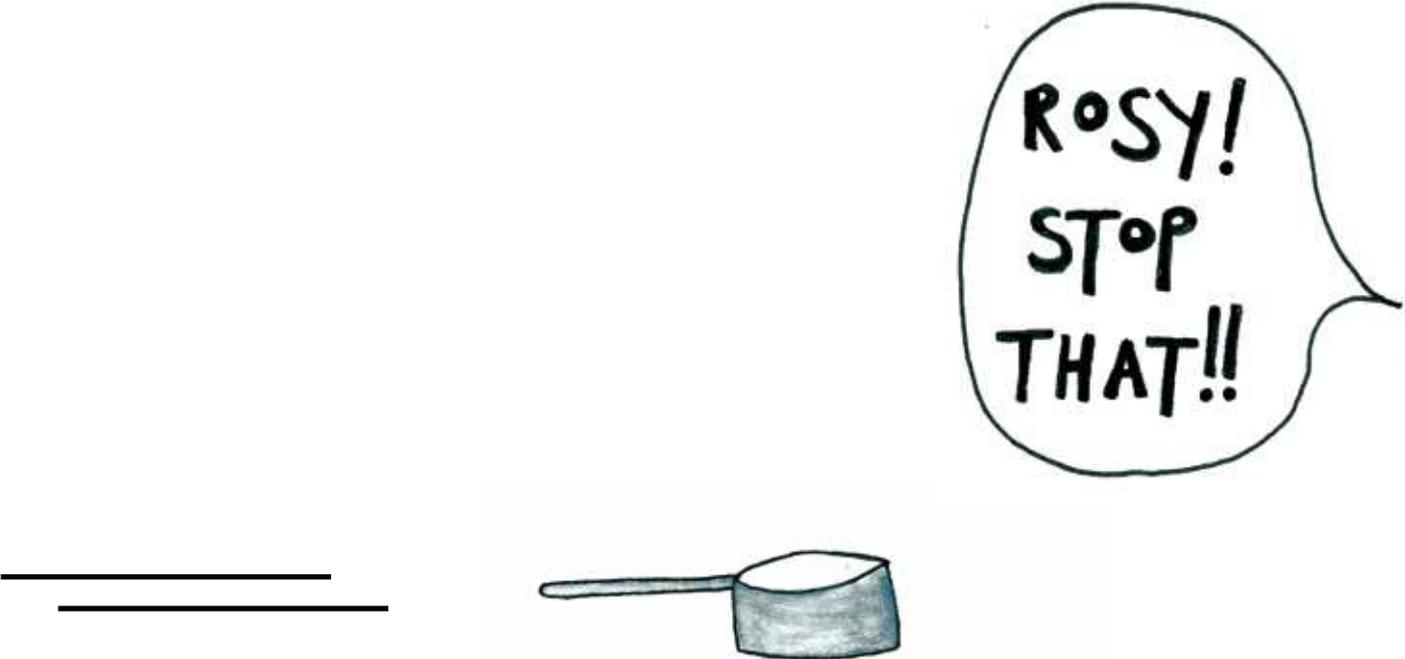
IT MADE ROSY AND
JACK FEEL SCARED
AND SAD.

AFTER THE BAD
TOUCHING, JACK
WOULD HIDE IN HIS
WARDROBE AND CRY.



ROSY WOULD GET ANGRY AND THROW THINGS.





ROSY!
STOP
THAT!!

ROSY DIDN'T LIKE TELLING ON THE PERSON WHO MADE HER KEEP BAD SECRETS. HE MIGHT GET INTO TROUBLE! SOMETIMES ROSY LIKED HIM, BUT SHE DIDN'T LIKE THE BAD TOUCHING.

ROSY DECIDED SHE HAD TO TELL SOMEONE.

SHE COULD HAVE TOLD MUM

- BUT WHAT IF MUM GOT ANGRY?

SHE COULD HAVE TOLD GRANDMA.

SHE COULD HAVE TOLD HER NEIGHBOUR.

SHE COULD HAVE TOLD HER DOCTOR.

ROSY DECIDED TO TELL HER TEACHER.

THE TEACHER LISTENED VERY CAREFULLY AND BELIEVED EVERYTHING THAT ROSY SAID.

THE TEACHER SAID THAT ROSY WAS BRAVE TO TELL
- ROSY SHOULD NEVER HAVE TO KEEP BAD SECRETS.



THE TEACHER SAID THAT WHAT HAPPENED
WAS NOT ROSY'S FAULT.

THE TEACHER SAID THAT SHE WOULD TRY TO HELP MAKE
THE BAD TOUCHING STOP.

WHEN MUM WAS TOLD ABOUT THE BAD TOUCHING,
SHE DID NOT GET ANGRY AT ROSY AND JACK.

INSTEAD, SHE TALKED TO THEM ABOUT HOW THEY HAD
BEEN FEELING.

MUM WAS SAD THAT ROSY
AND JACK HAD BEEN
SCARED AND UPSET.





MUM SAID THAT THE BAD TOUCHING WAS NOT ROSY AND JACK'S FAULT. LIKE ROSY'S TEACHER, MUM WANTED TO HELP MAKE IT STOP.

MOST OF ALL, MUM WANTED ROSY AND JACK TO KNOW HOW MUCH SHE LOVED THEM.



MUM FOUND SOMEONE ROSY AND JACK COULD TALK TO ABOUT HOW THEY FELT. HER NAME WAS EMMA. EMMA WANTED TO TRY TO HELP MAKE SOME OF ROSY AND JACK'S BAD FEELINGS AND WORRIES GO AWAY.

AT FIRST, ROSY DID NOT WANT TO TALK TO EMMA BUT AFTER A WHILE SHE THOUGHT EMMA WAS SORT OF NICE.

WHEN JACK MET EMMA, HE FELT SHY IN FRONT OF HER.
SO JACK AND EMMA PLAYED GAMES AND
DREW PICTURES UNTIL HE FELT OKAY.





YOU SHOULD
NEVER
HAVE TO DO
ANYTHING
THAT HURTS
YOU OR
MAKES YOU
FEEL
SCARED.

EMMA SAID THAT THE BAD TOUCHING WAS CALLED SEXUAL ASSAULT. SHE ALSO SAID THAT WHAT HAPPENED WAS WRONG.

THE PERSON WHO HAD SEXUALLY ASSAULTED THEM USED HIS POWER TO MAKE ROSY AND JACK FEEL SCARED AND UNHAPPY.

HE WAS ALSO WRONG TO MAKE THEM KEEP BAD SECRETS.

EMMA SAID THAT ALL CHILDREN HAVE RIGHTS. EMMA SAID THAT THERE WERE GOOD WAYS ROSY AND JACK SHOULD BE TREATED AND THINGS THEY SHOULD NEVER HAVE TO DO.

THESE ARE MY RIGHTS

I have the
right to be
safe all
the time

I have the
right not
to keep
bad secrets

I have the
right to say
who can
touch my
body

I have the
right to tell
an adult if
I am scared

I HAVE THE RIGHT
NOT TO BE
SEXUALLY
ASSAULTED



AFTER TALKING TO EMMA, ROSY REALISED THAT SHE DIDN'T HAVE TO KEEP BAD SECRETS. ROSY UNDERSTOOD THAT SHE DID NOT MAKE THE SEXUAL ASSAULT HAPPEN - IT WAS ALL HIS FAULT. ROSY LEARNT THAT IT WAS ALL RIGHT TO FEEL...



ANGRY



HAPPY



SAD

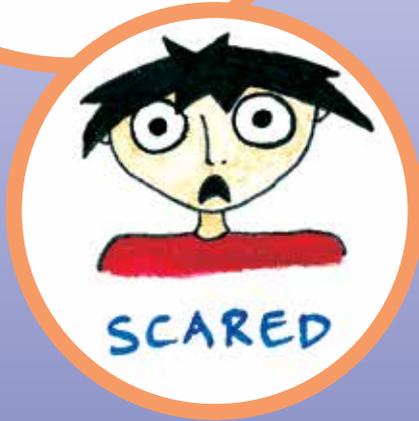


SCARED



OKAY

JACK LEARNT THAT PEOPLE COULD ONLY TOUCH HIS BODY IF HE SAID SO. IT WAS OKAY TO SAY "NO!" ESPECIALLY IF THE TOUCHING MADE HIM FEEL BAD. JACK FOUND IT HARD TO TELL PEOPLE HOW HE WAS FEELING, SO HE HAD TO SHOW THEM. SOMETIMES JACK FELT...

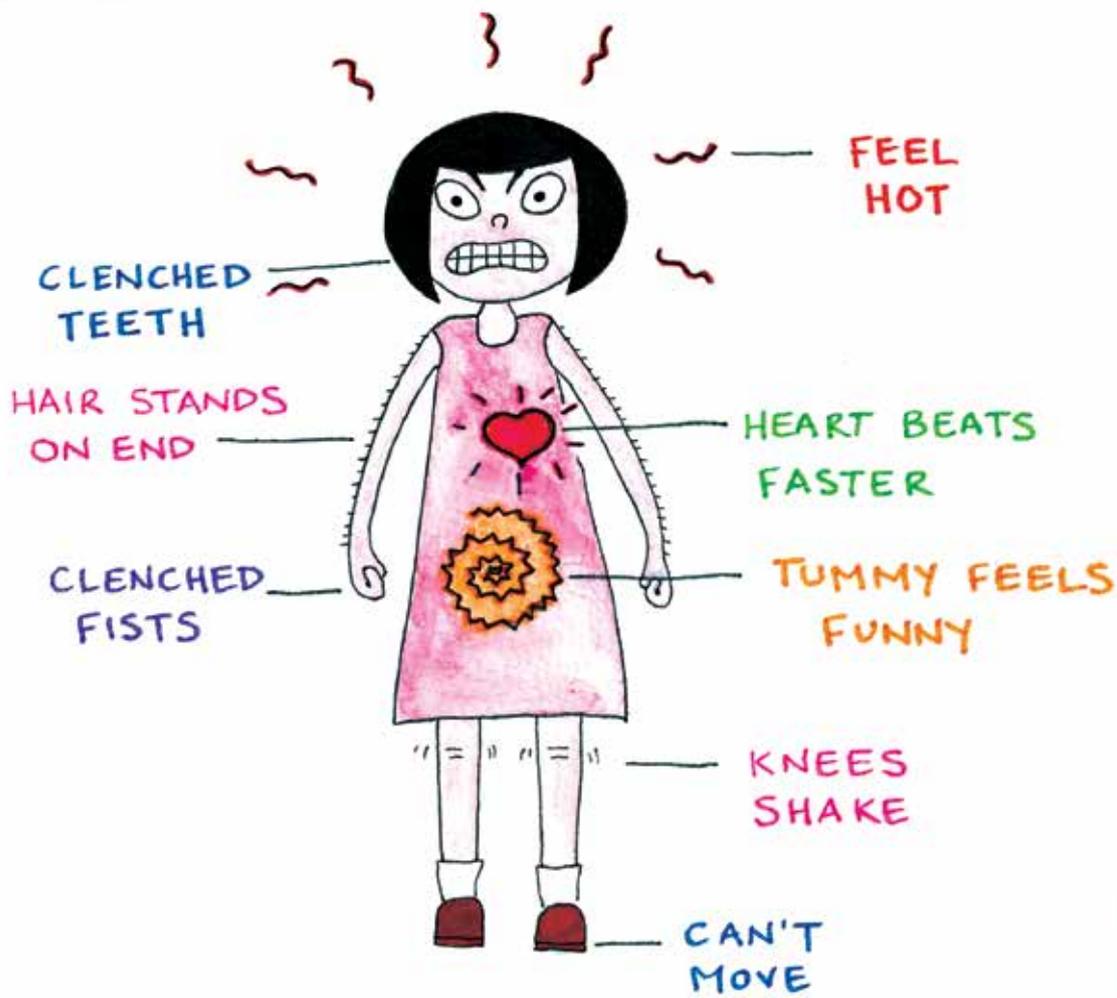


SOMETIMES JACK FELT LIKE LAUGHING!

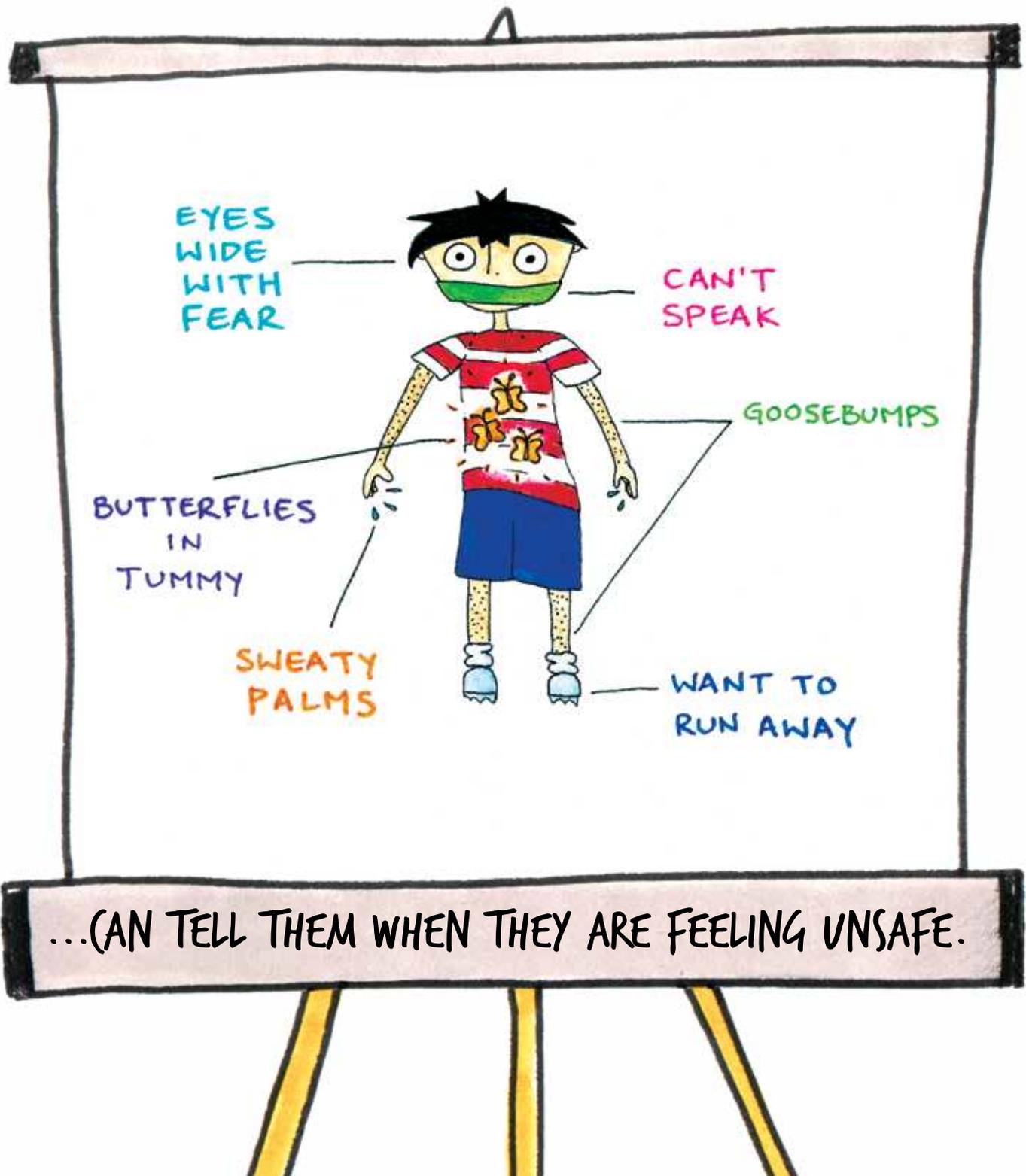
ROSY LEARNT THAT SHE OWNED HER BODY.



MINE!
MINE!
MINE!



ROSY AND JACK LEARNT THAT THEIR BODIES...



EYES
WIDE
WITH
FEAR

CAN'T
SPEAK

GOOSEBUMPS

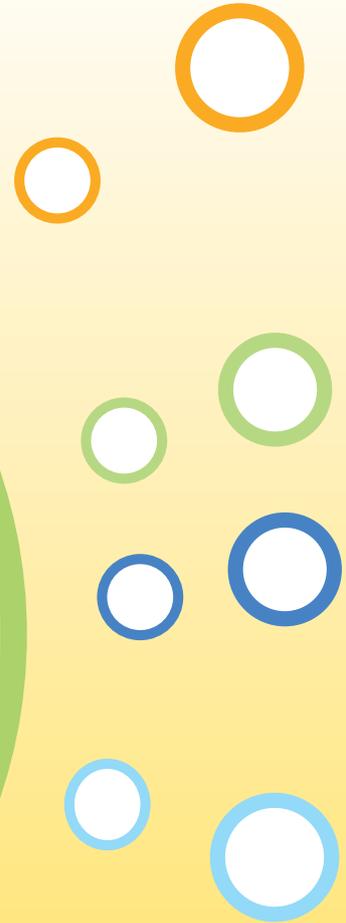
BUTTERFLIES
IN
TUMMY

SWEATY
PALMS

WANT TO
RUN AWAY

...(CAN TELL THEM WHEN THEY ARE FEELING UNSAFE.

ROSY AND JACK ALSO LEARNT THAT SOME ADULTS CAN HELP KEEP THEM SAFE. SO ROSY AND JACK WROTE DOWN ADULTS THEY COULD TALK TO IF THEY EVER HAD A SECRET THAT MADE THEM FEEL BAD.



MUM



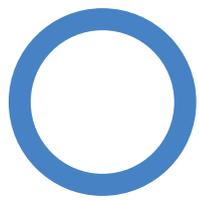
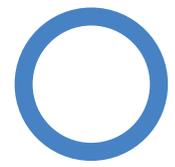
EMMA



ROSY'S TEACHER



THE FAMILY DOCTOR





BACK AT ROSY AND JACK'S HOME, THE PERSON WHO HAD SEXUALLY ASSAULTED THEM HAD BEEN SENT AWAY.

THIS WAS GOOD, BECAUSE NOW ROSY AND JACK WERE SAFE ANYWHERE AROUND THEIR HOUSE.

ROSY WAS SAFE IN THE GARDEN AND SHE WAS SAFE IN THE BATH.



JACK WAS SAFE
GETTING DRESSED



AND HE WAS SAFE
IN BED AT NIGHT.

G R R R R R

ROSY STILL GETS ANGRY SOMETIMES.

WHEN THAT HAPPENS, SHE JUMPS UP AND DOWN
REALLY HARD ON THE TRAMPOLINE.





AND NOW, IF ROSY AND JACK FEEL SCARED OR SAD, THEY GO AND TALK TO MUM. EVERYONE IS GLAD THAT THE SEXUAL ASSAULT HAS STOPPED AND THERE ARE NO MORE BAD SECRETS.

FROM THE AUTHOR...

Rosy and Jack began when a friend working at a child protection service visited my art studio. I was illustrating and making puppets. She mentioned that they always need creative tools to use when working with children who have been sexually assaulted.

A meeting was organised and the feedback was great and included a request for a puppet that could change its facial expressions. Unfortunately, this project could not be funded. However, the ideas were too important to lose. Over the following year I wrote and illustrated the first draft of the picture book and created Rosy and Jack hand puppets with changeable latex faces.

A professional consultation relationship was set up with Laurel House, a sexual assault support service in northern Tasmania, to test and develop the work. Laurel House ran focus groups with survivors and their families, and together we generated a counselling manual for in-house service delivery.

Input from survivors was vital to the work. It's a pleasure to acknowledge 'The Mixed Bags' as the in-house focus group. I also acknowledge input from the Mothers of Assaulted Children support group—the inclusion of 'Mum' in the book came from your feedback. Thanks to the Laurel House crew and to Michelle Nicholson in particular—girl, you helped me get this thing going!

Thanks to Pt'Chang community safety group for deepening my understanding of non-violence and much love and thanks to all at the Women's Information and Referral Exchange (WIRE) for the years of support and opportunities to learn.

Thanks to Mal Thomas and Mark Williams for legal stuff, St Luke's Innovative Resources for publishing, Tim Lane for layout and all my friends and family who supported me through the long process (you know who you are).

Most of all, thank you to all who shared your stories with me—it was a privilege to listen.

This book is dedicated to my mum

Nicole Reading

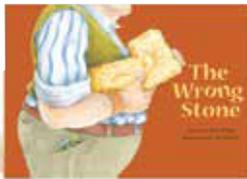
OTHER PICTURE BOOKS BY INNOVATIVE RESOURCES

THE WRONG STONE

Celebrating diversity and inclusion—a truly delightful classic

'I want you to build me a wall with only perfect stones,' the big architect said. All the stones tried to put their best faces forward. They hid their ugly bits. But there was one stone that didn't seem to fit. He was the 'Wrong Stone' and all the others were laughing at him. Will it be the crusher for him? Exquisite full-colour illustrations throughout. Enjoy the jokes, drama and most of all the celebration of difference in this heart-warming story where everyone is valued. Imagine.

Author: Russell Deal, Illustrator & designer: Ray Bowler, Softcover, 280 x 210mm, 32pp, ISBN: 978 0 9580189 0 6



STORM IN A TEACUP

Themes of beginnings, endings and connectedness for teachers, counsellors and creative therapists

A poem is set to paintings to create the dramatically intense world of this hardcover picture book. We follow the journey of a tear that falls into a teacup, eventually finding its way out to sea. Finally, it falls as rain and drives a young boy into the arms of his beloved grandfather. Environmental and cyclical themes of life and death, decay and renewal, and the gifts of one generation to another, are evoked within the story. A learners' guide makes this an inspiring resource for teachers and art therapists.

Author: Chris Townsend, Artist: Chris Sage-Marsh, Designer: Tim Lane
Hardcover, 215 x 285mm, 36pp, ISBN: 978 1 9209450 3 9

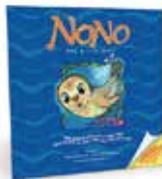


NONO THE LITTLE SEAL

Sexual assault prevention and self-esteem messages for young children

NoNo has a secret, but it makes him feel scared and mixed up inside. Is it wrong to tell? Who can he tell? Although the subject of sexual abuse is sensitive, children and adults alike will be captivated by the truly magical illustrations and the dramatised audio CD of the story and songs. Originally published in 1986 by Random House, here is the long-awaited, revamped version of this classic. This gentle book can give even very young children the confidence to stay safe, say 'No', and tell. Includes a guide for parents, educators and other carers of children.

Authors: Sherri Patterson and Judith Feldman, Illustrator & designer: Ray Bowler
Softcover, 210 x 210mm, 32pp plus CD (17:38mins) ISBN: 978 0 9580188 3 8

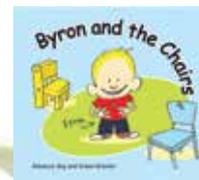


BYRON AND THE CHAIRS

Dealing with jealousy ... and other emotional monsters

We all have little monsters that come into our lives. Byron has a little green monster in his life. Its name is Jealousy. *Byron and the Chairs* is a delightful story for adults and children to share. Inspired by the techniques of narrative therapy, it invites children to engage directly with the rascally monster of sibling jealousy. The book is accompanied by reflective notes designed for use by parents, teachers and counsellors.

Author: Rebecca Sng, Illustrator: Simon Greiner, Designer: Jacqui Lynch
Softcover, 180 x 200mm, 32 pages, ISBN: 978 1 920945 26 8



CAPTAIN GRUMPY

Keeping grumpiness at bay and finding real treasure

Captain Grumpy didn't want to be a pirate. He wanted to be an artist. But a pirate he became—and he was good at it because he was good at being grumpy. But grumpiness soon became the boss of Captain Grumpy. The result? Well, take the ride and find out, me hearties! In this picture book you will find all sorts of peace-loving pirates and important 'emotional intelligence' messages for children. Use this delightful book to explore what happens when trouble pushes us around and how we can keep trouble at bay with real treasures—the inner ones!

Author: Russell Deal, Illustrator: Sue Jenkins, Designer: John Veeken. Softcover, 210 x 280mm, 32pp ISBN: 9780 957823 16 7



SOMETIMES PEOPLE DO BAD THINGS.

And sometimes people try to hide these bad things by creating secrets. Some secrets are bad.

Rosy and Jack are a sister and brother who have had bad things done to them. They were touched by someone in ways they didn't like and told to keep it a secret. Rosy and Jack decided this was a bad secret. But who could they tell? And what would happen?



This is a picture book for anyone who needs courage to make a stand against bad things. This is a story about sexual abuse and what can be done to stop it.

THIS IS A STORY FOR CHILDREN:

Learning about Rosy and Jack's experiences might help other children in a similar situation.

THIS IS A STORY FOR PARENTS:

It talks about the importance of listening to, trusting and loving their children.

THIS IS A STORY FOR ANYONE WHO WORKS WITH CHILDREN:

Few books exist that so frankly, but sensitively, invite conversations with children about staying safe and recovering from abuse.

Above all else, *Rosy and Jack* is a story about hope and healing.

