

Priča jednog Bosanca u Australia

Story of one Bosnian in Australia

A red and white tricycle is the central focus of the image, leaning against a brick wall. The tricycle has a red frame with 'RADIO FLAMES' written on it, a red and white saddle, and chrome handlebars. The background is a brick wall on the left and a grey stone wall on the right. A dark blue semi-transparent banner is overlaid at the bottom of the image, containing text.

Who are we?

- Survivor led organization that specializes in working with male survivors of child sexual assault and their supporters
- Charity & non-government organization (established in 2012 before the Royal Commission)
- Funded by the Commonwealth Government (DSS) and the NSW Government (DCJ & NSW Health) to provide free services

Vision & Purpose

- **Purpose** - To build a support network that gives voice and agency to male survivors and their supporters.
- **Vision** - A world in which male survivors of childhood sexual abuse can easily access support and find understanding and acceptance.
- **Values** - Hope, Dignity, Connection and Community

WE BELIEVE MALE SURVIVORS
CAN RECOVER FROM CSA,
SUPPORT OTHERS TO THRIVE,
AND BE LEADERS FOR CHANGE

SAMSN

A little bit of my journey:

- Left Bosnia due to war and moved to Austria for about a year
- Arrived in Australia in 1993 at 12 years old and grew up in Wollongong
- Got introduced to STARTTS through their camps for refugees
- Studied Bachelor of Social Work in Albury/Wodonga
- Moved to Melbourne with first boyfriend and lived there for 5/6 years
- Went for an adventure to United Kingdom for a year, met long-term partner so stayed for 8 years
- Returned to live in Australia in 2015 and settled in Sydney – pandemic has brought my best friend and myself together so now we are getting married in August

Coming Out

- While at University, I first came out to a friend while she was making a sandwich
- Came out to my mother as Bisexual while playing cards
- Accepted being Gay when living in Melbourne with friends and allies

Bosnian Community

- ❑ Being LGBTQIA+ is seen as bad, evil, disgusting and it's not generally talked about
- ❑ Being open about your sexuality means you are bringing punishment and banishment to yourself and the whole family – it's easy to talk behind your back and for people to be ignored
- ❑ Although my parents and family have often sheltered me from these matters, I know they have experienced this in the Bosnian community and within the family

The Impacts

- Isolation/Loneliness
- Fear
- Uncertainty
- Sadness/Grief
- Re-traumatisation
- Loss of self/loss of identity

Clinical Implications

- Depression
- Self-harming behaviours, including drugs & alcohol
- Suicidality
- Anger
- Mental Health issues – Clinical Depression, Anxiety, PTSD

Suicidal Ideation

- ❑ Compared to the general population, LGBTIQ+ people are more likely to have thoughts of suicide, specifically:
- ❑ LGBTQA+ young people aged 16 to 17 were over five times more likely to have experienced suicidal ideation in the past 12 months
- ❑ LGBTI people aged 18 and over were over eighteen times more likely to have considered attempting suicide in the previous 12 months
- ❑ Bisexual people aged 18 and over are nearly six times more likely
- ❑ People with an intersex variation aged 16 and over are nearly five times more likely

Source: LGBTIQ+ Health Australia 2021 Statistics

Self Harm

Compared to the general population, LGBTIQ+ people are more likely to have engaged in self-harm in their lifetime, specifically:

- ❑ LGBTQA+ young people are over four times as likely to engage in self-injury
- ❑ Transgender people aged 18 and over are six and a half times more likely
- ❑ People with an intersex variation aged 16 and over are over three times more likely
- ❑ LGBTQA+ young people who experience abuse and harassment are even more likely to have self-harmed

Source: LGBTIQ+ Health Australia 2021 Statistics

Nobody can
make you happy
until you're happy
with yourself
first.

e-buddhism.com

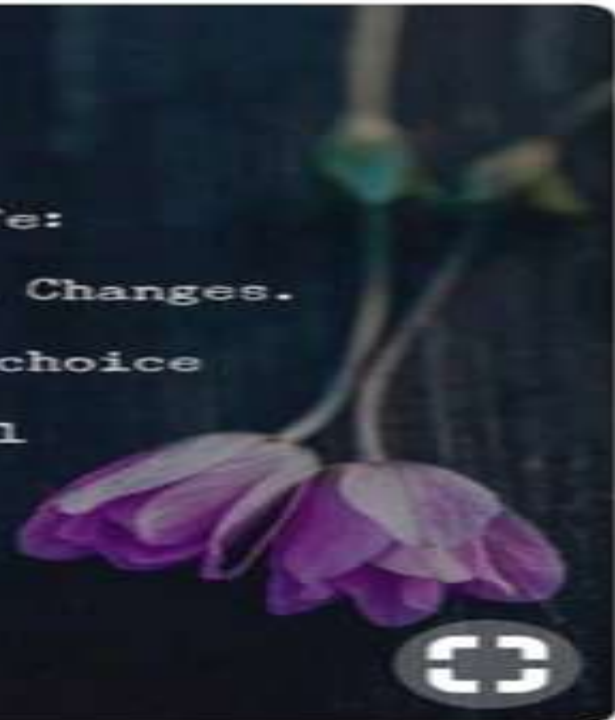


^
Reply

Three C's in life:

Choices, Chances, Changes.

You must make a choice
to take a chance
or your life will
never change.





Personal Strategies and Intervention Ideas

- Working with a variety of organisations: safe individual work such as counselling then progress to group work
- Finding an LGBTIQ+ friend
- Peer support/allies
- Limiting negative online social media and apps



Personal Strategies and Intervention Ideas

- Podcasts
- Exercise/Outdoors
- Mindfulness and Meditation
- Volunteer
- Travel

Messages to Refugee Families and Community

- We are lucky to have survived and have a chance to live a new life
- Your child's sexual orientation is not the whole of them, it is a huge and big part in their life, but there is so much more to know
- Support such as counselling is available to learn more about yourself, your emotions, feelings and what matters to you
- World is ever changing and a different place from when you grew up, we have to change in order to grow
- Love is all you need

13:39

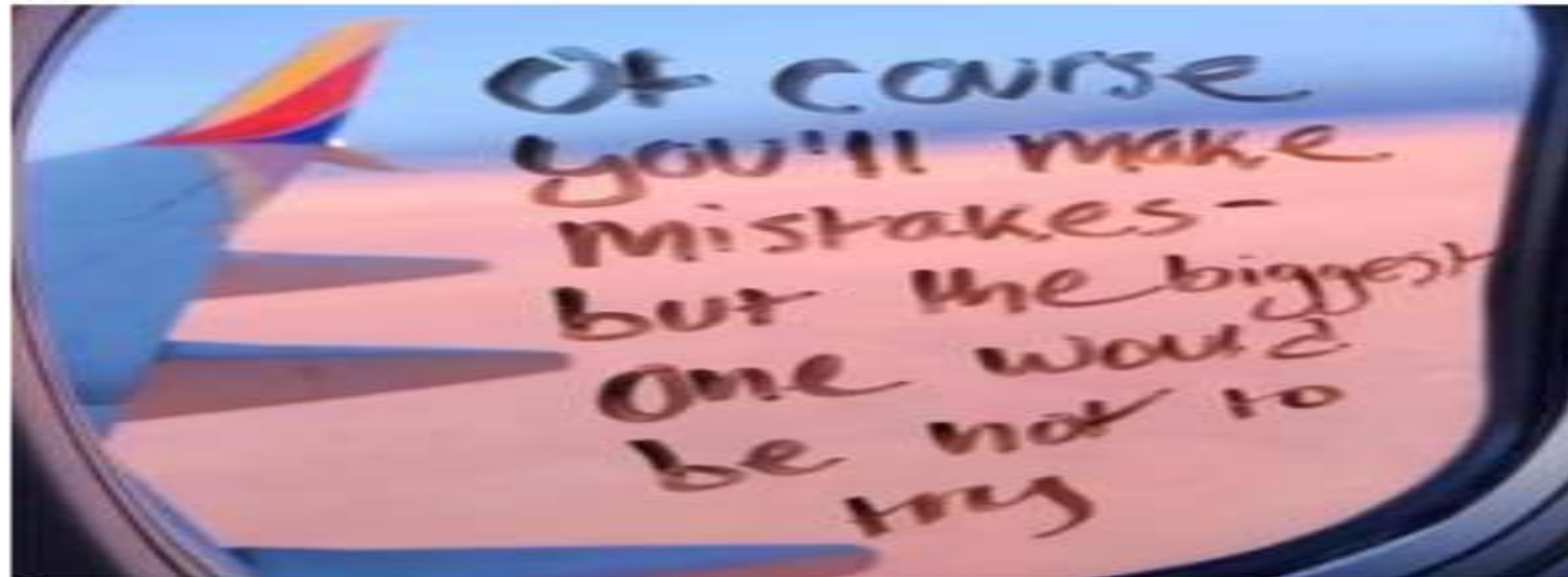
Instagram



May



positive.shift
USA



Liked by chevi.sound and others

positive.shift It is hard to fail and it is hard to succeed. Pick which 'hard' you want... more

View 1 comment



Add a comment...

days ago



Location

- Survivors and Mates Support Network (SAMSN)
- Ground Floor, 8 – 10 Palmer St
- Parramatta NSW 2150

Contact Details

- Tel: (02) 8355 3711
- Free call: 1800 4 SAMSN (72676)
- www.samsn.org.au
- elvis@samsn.org.au

LinkedIn/elviscaus



samsn
SURVIVORS & MATES SUPPORT NETWORK

References and helpful resources:

- <https://www.lgbtiqhealth.org.au/statistics>
- **1800 184 527** - QLife, telephone & web chat support open 3pm–12am for LGBTIQ+ people
www.qlife.org.au
- **8594 9555** - Twenty10/GLCS, Sydney-based & supporting NSW-wide LGBTIQ+ young people
www.twenty10.org.au
- **9519 7599** - The Gender Centre www.gendercentre.org.au **1800 069 115** (regional NSW)
- **9569 2366** - Anti-Violence Project (AVP at ACON), report homophobic or transphobic violence
- **13 11 14** - Lifeline Crisis Support www.lifeline.org.au
- **1300 224 636** - beyondblue www.beyondblue.org.au www.youthbeyondblue.com
- **1800 650 890** - Headspace (for 12-25 year olds) www.eheadspace.org.au
- **1800 451 624** - NSW Sexual Health Infoline, free & confidential sexual health support
www.shil.nsw.gov.au
- **1300 301 300** - Parentline www.parentline.com.au