Police officer's lifelong work to stop abuse recognised

HELPING to break the cycle and silence surrounding child abuse and sexual violence has earned Acting Sergeant Kelly Humphries an award.

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Logan Local Legend Acting Sergeant Kelly Humphries, with Rankin Labor MP Jim Chalmers.

ACTING Sergeant Kelly Humphries has made it her lifelong mission to break the cycle and silence surrounding child abuse and sexual violence.

As a sexual abuse survivor, her motivation is simple, yet resolute.

"I just don't want it to happen to anyone else," she said.

"I don't want people to go through the struggles that I've gone through."

Rankin MP Jim Chalmers will honour Sgt Humphries and 74 other deserving people and groups next week on January 23 with a 2017 Local Legends Award.

The award recognises outstanding contributions to the local community.

Sgt Humphries was nominated for her work as a police officer in the Logan Central Child Protection and Investigation Unit and for educating students in local schools.

Her dedication to her cause outside of work hours was also part of the nomination.

She volunteers and speaks at community events, blogs about her experiences and is even writing a book to encourage others who are going through what she went through to speak up and seek help.

She also wants to highlight the prevalence of sexual abuse and encourage community conversations about a topic people are often scared to talk about.

"I hate that people have this fear, when people like myself have spent the best part of their lives in silence and are afraid to talk," Sgt Humphries said.

"When you start to break those barriers down, people smile, people heal and people learn to love again."

Mr Chalmers said Sgt Humphries typified what being a Local Legend was all about.

"Kelly has not only overcome incredible challenges in her own life, but she has actually drawn on them to help, inspire and protect so many others in our local community," he said.

"These awards pay tribute to the selfless acts of people like Kelly, who help make ours a community which looks out for each other and looks after each other."

Locals from all walks of life, including teachers, community volunteers and not-for-profit groups, will be honoured at the awards ceremony at the Diggers Services Club in Logan Central.