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“Little Boy Blue” - Press Release

FOR IMMEDIATE RELEASE

Melbourne actor who trains family violence responders releases single urging men to step up

Melbourne, Wednesday 18 November 2026 – Actor and songwriter **Carly Wilding** has spent the past decade with a day job most people never see: performing in family violence role-plays used to train detectives, police, support workers and nurses. Now, she has channelled those thousands of conversations into her debut solo single, **"Little Boy Blue"**. The **alt-rock** song will be released on **Friday 4 December 2026,** during the **16 Days of Activism Against Gender-Based Violence** (25 November – 10 December).

"I have this unique window into the stories and lives of people who work in industries touching these issues," Wilding says. *“I’ve played hundreds of roles based on very real situations, and many are extremely challenging. At the end of the day, I get to leave it and go home. The people whose stories these are — they don’t. I’ve learned a lot from the educators and industry professionals I work alongside. The common denominator across industries is that change stems from what we teach boys, when, and how."*

A reply to "Cat's in the Cradle"

"Little Boy Blue" responds to **Harry Chapin's** 1974 hit **"Cat's in the Cradle"**, a song about a father-son relationship falling apart. Where Chapin's song ends in regret, Wilding's asks men to remember the boys they once were – and to think about the boys now watching them.

MEDIA ENQUIRIES **Carly Wilding** **carly@carlywilding.com**

In Australia, a woman is killed by a current or former partner every 11 days on average (Australian Institute of Health and Welfare, 2024–25).

"There are a lot of rage songs about men, and they have their place," Wilding says. *"I'm sick of reading headlines about women being raped and killed in Australia. There's rage in my song, but it's also asking men to remember when they were 'Little Boy Blue'. It's asking them to be better for each other — and especially the young ones watching. Man-to-man accountability is huge."*

Wilding's message reflects the work of **Our Watch**, Australia's national organisation for the prevention of violence against women, which says prevention starts early, including through boys learning positive, healthy versions of masculinity from the men around them.

The sound

Influenced by **Alanis Morissette** and **The Cranberries,** the song opens quietly and builds into cathartic rock, with a choir of 53 layered tracks of Wilding's own voice.

About Carly Wilding

Carly Wilding is a Melbourne-based actor and singer-songwriter/musician. Her work spans theatre, comedy, commercials and voice-over. She first made music in folk duo **Morrigan & Wilding**, who toured Australia with their album "These Women". "Little Boy Blue" is her first solo release and marks a shift from folk to alternative rock, with storytelling still at the centre. **Wilding's EP, "Missing Jayne", is due in 2027, alongside her solo live-looping comedy show, "Greendom!".**

Release details

- **Title:** Little Boy Blue
- **Artist:** Carly Wilding
- **Genre:** Alternative rock
- **Release date:** 4 December 2026
- **Available on:** Spotify, Apple Music and all major platforms
- **Follow Carly** @carlyjwilding on socials or www.carlywilding.com

If this release touches on your own experience, contact 1800RESPECT on 1800 737 732 or visit 1800respect.org.au.

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Carly is available for interviews regarding this release.

Private Link for Song Preview: www.carlywilding.com/lbb