



WORKSHOP 1

YFS respectfully acknowledges Aboriginal and Torres Strait Islander people as Australia's First Peoples and the Traditional Owners/Custodians of the land on which we meet and work.

We recognise the important role they have within community and country.
We pay our respects to the Elders of this land past and present.

R4Respect



BUILDING INDEPENDENCE & PARTICIPATION

R4Respect also acknowledges the impact of colonialism on intergenerational trauma and violence on First Nations People.

MEET THE TEAM



Y4Respect™



BUILDING INDEPENDENCE & PARTICIPATION

WHO ARE WE?

- Peer-to-peer
 - Respectful relationships education
 - Preventing domestic violence at the **START**
 - Young people as **AGENTS OF CHANGE**, not agents **TO BE CHANGED**
- All types of relationships, including LGBTIQ+, friends and family relationships



WORKSHOP AIMS

1. Inspire young men and women to **foster respectful relationships** in their own lives.
2. Understand the **harmful effects of violence**, and how violence is preventable.
3. Understand **THE LINE** between **healthy** and **harmful** relationship behaviours.
4. Provide a **skills & knowledge toolbox** to challenge unhealthy behaviours.



THE LINE

Y4 Respect



BUILDING INDEPENDENCE & PARTICIPATION

GROUP AGREEMENT



R4Respect's Group Agreement

1. Participate and engage in class discussions whilst listening respectfully to each other's opinions and ideas.
2. Be open and honest, whilst also being aware of each other's cultural and religious beliefs.
3. Ensure your mobile phones are on silent, or turned off during today's session.
4. Be respectful around issues of sexual assault and domestic violence as statistics indicate there may be survivors or victims amongst today's group.



SAFE PLACE

- Today's room is a safe space
- Everyone is encouraged to share their ideas and opinions, however we encourage people not to share personal stories
- We encourage everyone to respect other peoples' opinions and ideas, and be active listeners
- One person speaking at a time - raise your hand if you would like to answer a question, or would like to share something with the group
- Understand some of the issues we will be addressing today may be sensitive or triggering. If you need to leave the room at any time, let an R4Respect team member know

ICEBREAKER

Yellow - Describe yourself in 2 words.

Pink - When you were 10 years old what did you want to be?

Red - If you could spend one entire day with a celebrity, who would it be?

Orange - Most embarrassing thing that has ever happened to you?



R4RESPECT KEY MESSAGES

1. We all have the **right** to be free of abuse and violence.

2. Respect means being fair and **valuing** others as equals.

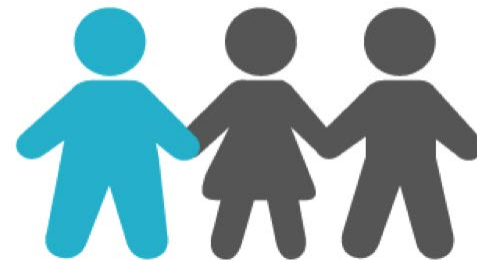
3. Value diversity. Value culture.
Celebrate difference.

4. Negotiate through disagreements. **Don't** hit out.



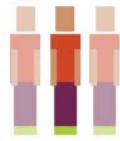


OURWATCH SURVEY RESULTS



- **1 in 3 young people** don't think that **controlling** someone else is a **form of violence**.
- **1 in 4 young people** think it's pretty normal for guys to **pressure girls into sex**.
- **1 in 4 young people** don't think it's **serious** when **guys** insult or verbally **harass girls** in the street.

Why focus on male behaviour?

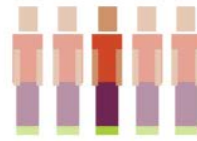


1 in 3
women

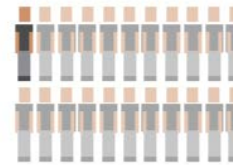
has experienced **physical violence** by a partner, other known person or stranger.



1 in 2
men



1 in 5
women



1 in 22
men

has experienced **sexual violence** by a partner, other known person or stranger.



Her home



His place of
entertainment

The most common place
for most violence to occur.



Both **women** and **men**

are **3x** more likely to be
physically assaulted by a man.
(when compared to assaults by women.)

- 95% of all victims of violence in Australia report a male perpetrator.

POWER AND CONTROL WHEEL



Physical, Emotional or Sexual Violence

Power & Control Wheel
adapted by R4Respect

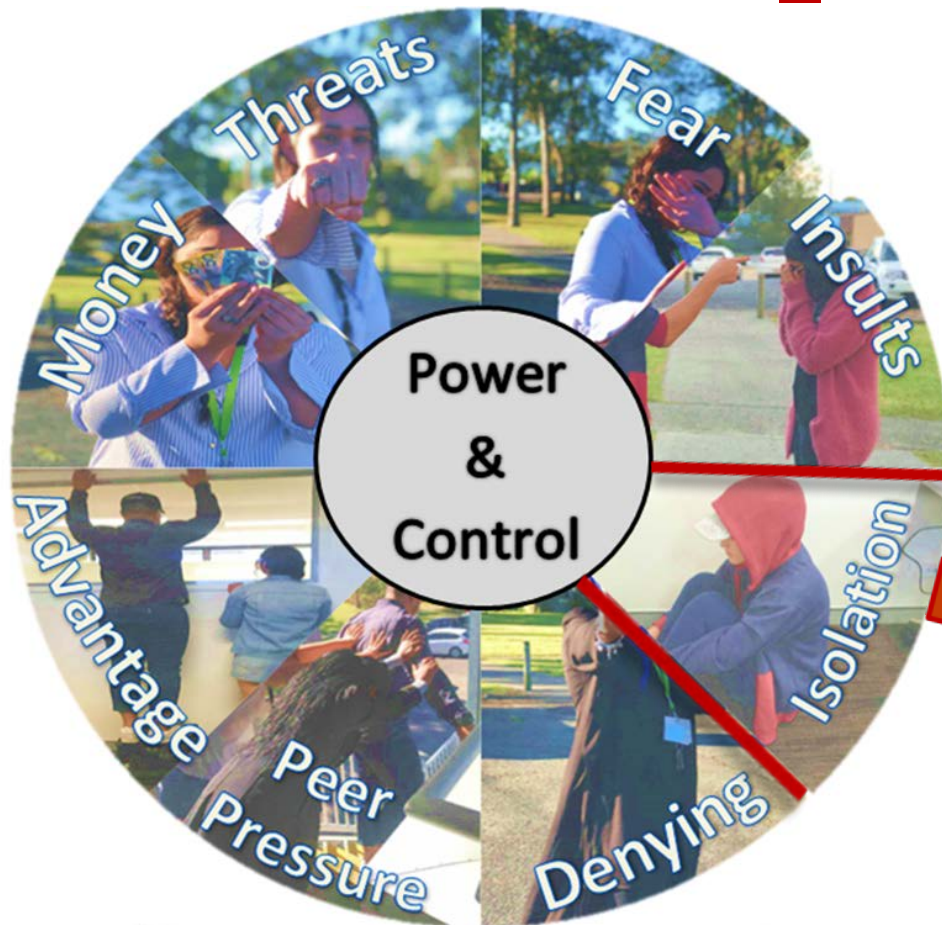
Based on the Power and Control Wheel developed by Domestic Abuse Intervention Programs, Duluth, MN.

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BUILDING INDEPENDENCE & PARTICIPATION

Activity 1 – In pairs or groups of 3's, write 3 examples!



Physical, Emotional or Sexual Violence

Isolation:

1. Telling your partner who you can see, or talk to.
- 2.....
3. *Can you think of any other examples?*



JEALOUS GUY

VIDEO 1: Ethan and Emma



- Are there any other endings that could happen?
- Is Ethan's behaviour crossing the line?

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CONTROL FREAK

VIDEO 2: Jess and Dylan

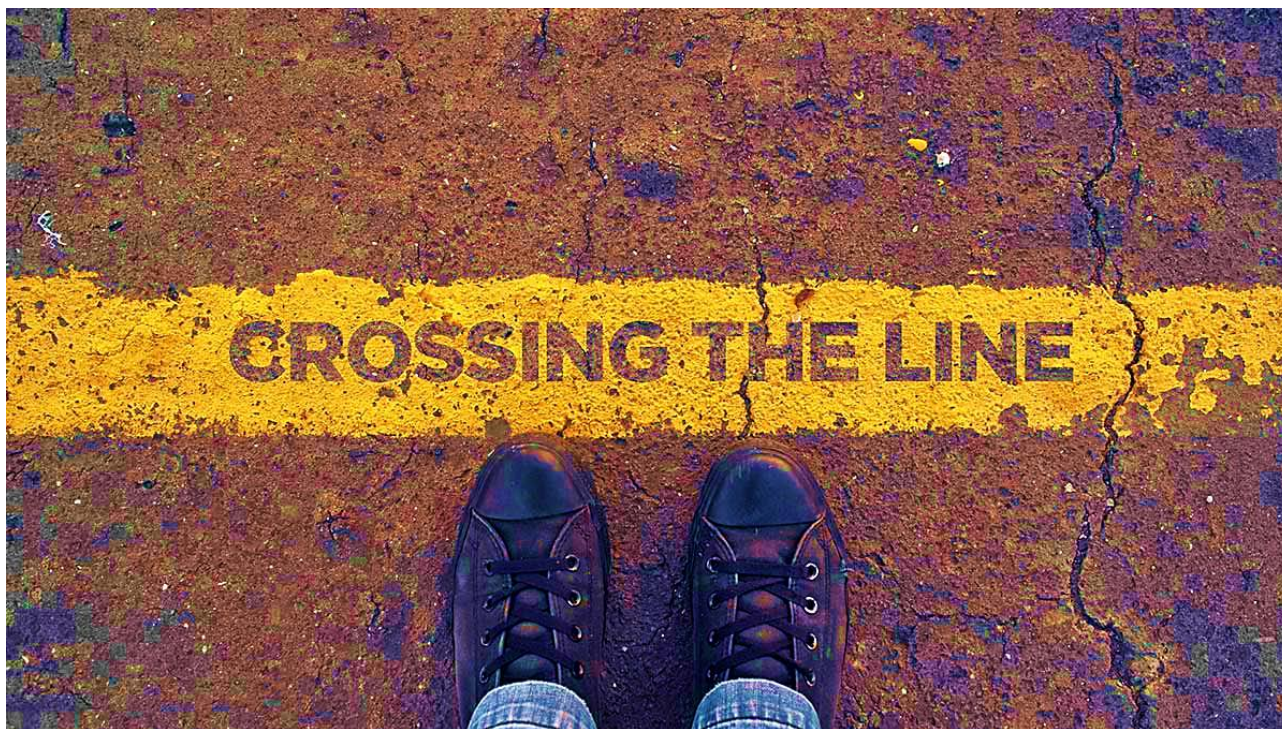


- Which is the best choice for Dylan to make? Are there any other choices that could have been made?
- When does texting cross the line? How many text messages are too many?



ACTIVITY 2

THE LINE



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The line 1 - IT IS OK FOR:

ME TO WANT TO KNOW WHERE MY BOYFRIEND/GIRLFRIEND IS **ALL THE TIME**.

IF YOU **DRESS IN A CERTAIN WAY** YOU ARE RESPONSIBLE IF YOU GET SEXUALLY ASSAULTED.

MY GIRLFRIEND / BOYFRIEND TO HANG OUT WITH THE **OPPOSITE SEX**.

IF YOU GET **REALLY DRUNK** IT SORT OF IS YOUR FAULT IF YOU GET SEXUALLY ASSAULTED.

MY BOYFRIEND/GIRLFRIEND TO HAVE **MY PASSWORDS TO MY PHONE, FACEBOOK ETC.**

**NOT
OK**

**STILL
DECIDING**

OK



Respect



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INTRODUCING... VIDEO 3



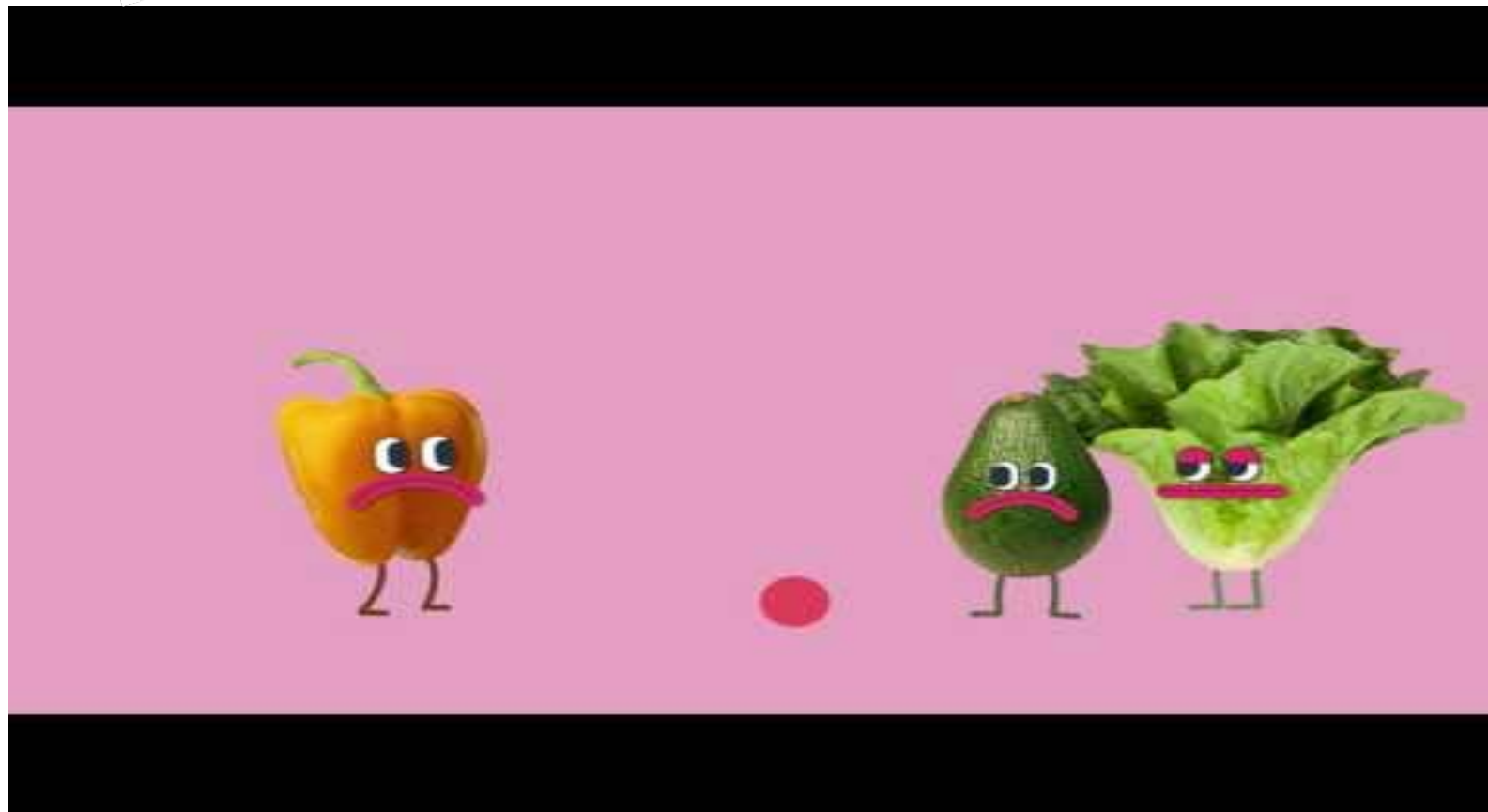
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DON'T BE A BAD APPLE: 3



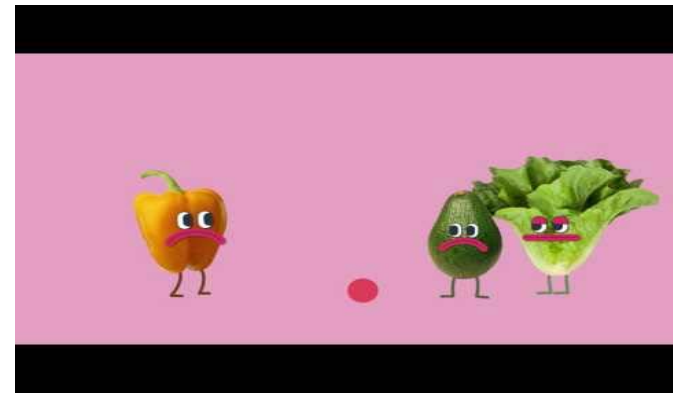
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Video 3: Capsicum, Avo and Cos



- What is happening here?
- How would **avo** feel?
- What is the difference between **control** and **care**?
- Why would the **cos** act like this?
- What could you do if you saw **cos** behaviour?
- Is this **emotional abuse**?



Take Away Tips?



THE LINE



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WHERE TO GET HELP?

Can't talk to your friends or your family about issues you are having?
There is a range of help available to you. These include:

1800RESPECT

NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE **COUNSELLING** SERVICE

1800 737 732



Lifeline

13 11 14



**Kids
Helpline**

1800 55 1800

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Acknowledgement of Material

Materials sourced from LoveBites & OurWatch

Don't Be a Bad Apple Animation Series produced by R4Respect & Griffith University Film School (2017)

Power & Control Wheel adapted by R4Respect (2018), based on the Power and Control Wheel developed by Domestic Abuse Intervention Programs, Duluth, MN.

'It is what you don't see' videos sourced from the Victorian Aboriginal Child Care Agency (2018)

Images

Brown toolbox sourced from <https://www.canstockphoto.com.au/illustration/toolbox.html>

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Sticky notes from <https://www.techwalla.com/articles/how-to-add-sticky-notes-in-word>

Starbursts from <https://www.candyfavorites.com/starburst-fruit-chews-bulk>

Crossing the line from <https://grantcardonetv.com/crossing-the-line/>

