



Australian Government

VIOLENCE AGAINST WOMEN
**LET'S STOP IT
AT THE START**

Getting ready to talk to your child about respect

Conversations about treating women
with respect



Easy Read version



How to use this guide



The Australian Government wrote this guide.

When you see the word 'we', it means the Australian Government.



We wrote this guide in an easy to read way.

We use pictures to explain some ideas.



We wrote some important words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

There is a list of these words on page [17](#).



This is an Easy Read summary of another guide.

This means it only includes the most important ideas.



You can find the other guide on the Respect website.

www.respect.gov.au/resources/conversation-guide



You can ask for help to read this guide.

A friend, family member or support person might be able to help you.

What's in this guide?

About this guide	5
------------------	---

Plan your conversation	6
------------------------	---

How to lead by example	9
------------------------	---

Stay connected	10
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Support for you and your child	12
--------------------------------	----

Word list	17
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About this guide



Violence is when someone:

- hurts you
- scares you
- controls you.



This guide explains how you can get ready to talk to your child about:

- violence against women
- treating women with respect.



We know it's hard to talk about violence against women.

So it's important to have a plan before you talk to your child.



It's also important to think about:

- how you treat women in front of your child
- what you say about women in front of your child.

Plan your conversation

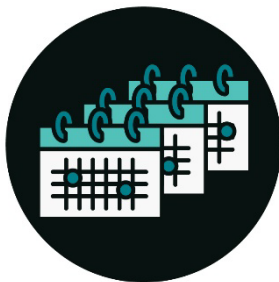


You should think about when you will talk to your child about treating women with respect.

For example, you might be watching TV or walking the dog together.



You should also think about what you will say.



You should try to talk to your child about treating women with respect often.



This conversation will get easier every time.

And your child will know they can talk to you about it when they want to.



If you see your child treat a woman with disrespect, you should talk to them calmly.

You can explain to them:

- why this is not okay
- how this would make a woman feel.



You can look for opportunities to teach your child about treating women with respect.



For example, you might see a news story on TV about a person who has used violence against a woman.



The news story might say the woman put herself in danger because she went out on her own.



You can talk to your child about this news story.

You can explain how sometimes women are blamed for the violence that happens to them.



You might also see a video online that talks about how women should obey their boyfriend or girlfriend.



You can talk to your child about this video.



You can explain what some people in the community believe about women.

For example, some people believe that women should:



- do all of the tasks in the home,
like cook and clean
- behave a certain way
- wear certain clothes.

How to lead by example



How you behave can influence your child.

This includes your child's **attitudes**.

Your attitude is how you think, feel and believe.



Think about how your child will understand:

- how you behave
- your attitudes.



No one expects you to be perfect.

But it's important to tell the truth.

You can use examples about yourself when you talk to your child about treating women with respect.



You can visit the Kids Helpline website for more information.

<https://kidshelpline.com.au/parents/issues/helping-kids-handle-conflict>

Stay connected



You should stay connected with your child so you know what they are seeing online.



You can ask your child:

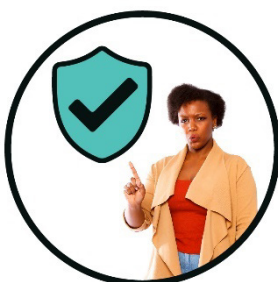
- what topics are popular online
- who they are talking to.



You don't need to have lots of rules about what they do online.



But you should understand what they are doing.



This will help you know when you need to get involved to protect your child from harm.

When you should get involved



It's important to understand how your child might deal with a problem on their own.



You should ask your child if there are other adults in their life they can talk to, like a teacher.



Even if your child doesn't want you to get involved. Talk to them about what you will do and why.

Support for you and your child

The Respect website has many resources about:



- understanding respect
- how to have conversations about respect.

You can find these resources on the Respect website.

www.respect.gov.au



We wrote Easy Read information to help you understand violence against women in Australia.

You can find it on the Respect website.

www.respect.gov.au/the-issue



We wrote Easy Read information on the Respect website about how young people can learn about disrespect online.

www.respect.gov.au/hidden-trends



It is also important to have conversations with young people about respect.

We have information on the Respect website about having these types of conversations with young people.

www.respect.gov.au/conversation-guide



We have information on the Respect website about being aware of excuses.

www.respect.gov.au/excuse-interpretter



It is important to have conversations with other adults about how to teach children respect.

We have information on the Respect website about having these types of conversations with other adults.

www.respect.gov.au/generation-respect

More information



The National Community Attitudes Survey is a survey about what people think of violence against women in Australia.

You can find out more on their website.

www.ncas.au



The Personal Safety Survey collects information about people's experiences of violence.

You can find out more on their website.

www.abs.gov.au/statistics/people/crime-and-justice/personal-safety-australia



The Australian Institute of Health and Welfare shares information about people's health and wellbeing.

This includes information about people's experiences of violence.

You can find out more on their website.

www.aihw.gov.au



The Line is a website with information for young people about sex and respect.

You can find out more on their website.

www.theline.org.au



The Student Wellbeing Hub is a website with information about making schools:

- safe
- places where people respect each other.

You can find out more on their website.

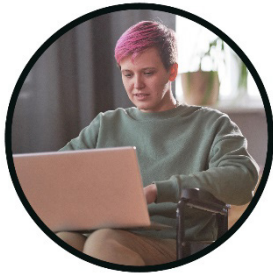
www.studentwellbeinghub.edu.au



The Australian Government has a website called eSafety about supporting people to learn about being safe online.

You can find out more on their website.

www.esafety.gov.au



Say it Out Loud is a website that supports people in the **LGBTIQA+** community.



The letters LGBTIQA stand for lesbian, gay, bisexual, transgender, intersex, queer or questioning and asexual.

The '+' is for people who are part of the LGBTIQA+ community but don't talk about themselves using a word from this list.



You can find out more about these supports on their website.

www.sayitoutloud.org.au

Word list

This list explains what the **bold** words in this guide mean.



Attitudes

Your attitude is how you think, feel and believe.



LGBTIQA+

The letters LGBTIQA stand for lesbian, gay, bisexual, transgender, intersex, queer or questioning and asexual.

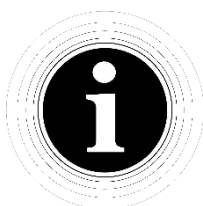
The '+' is for people who are part of the LGBTIQA+ community but don't talk about themselves using a word from this list.



Violence

Violence is when someone:

- hurts you
- scares you
- controls you.



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