



Australian Government

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

How 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 [18](#).



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
------------------	---

How to start talking to your child about respect	6
--	---

What you can talk about with your child	8
---	---

Support for you and your child	13
--------------------------------	----

Word list	18
-----------	----

About this guide

Violence is when someone:



- hurts you
- scares you
- controls you.



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

- violence against women
- treating women with respect.



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



You might be worried it will scare your child.

Or you don't have all the answers.



But it's an important conversation to have with your child.

And you can both learn together.

How to start talking to your child about respect



You should talk to your child about treating women with respect in a way they will:

- understand
- relate to.



This means you need to find out what they already know.



You also need to find out about their:

- beliefs
- experiences.



You can ask your child questions about what they think and believe.



Let them know it's safe to share their ideas with you.

Tell them you are there to support them and you won't judge them.



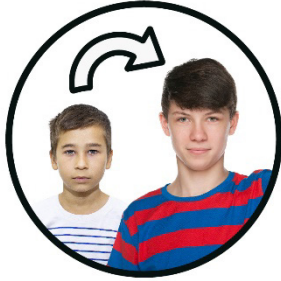
You can let them know they don't have to tell you everything.



And you can tell them you don't have all the answers.

But you can learn about treating women with respect together.

What you can talk about with your child



Your child will understand more ideas about treating women with respect as they get older.



You should keep talking to your child about these different ideas so they can keep learning.



For example, when your child is young you can talk to them about:

- what respect is
- why respect is important
- how to treat people with respect.



When your child is older, you can talk to them about how people are treated differently because of their **gender**.



Your gender is what you feel and understand about who you are as a person.

You might think of yourself as a man or a woman or something different.

You can choose the words that are right for you.



You can also talk to your child about the different ways women can experience violence.

For example, women can experience:



→ **coercive control** – when someone tries to control your life over time



→ **harassment** – when someone treats you in a way that upsets you



→ **physical violence** – when someone hurts your body.



You can talk to your child about **privacy**.

Your privacy is your right to choose:

- what you want to keep safe and private
- what other people can know about you.



You can talk about how to:

- protect their privacy
- respect other peoples' privacy.



For example, you can talk to your child about keeping their personal information safe.



And what they can do if they don't feel safe online.



You can talk to your child about respect in **relationships**.

Your relationship with someone is how you are connected to them.



For example, when you have respect in a relationship you:

- listen to each other
- support each other
- say sorry when you have done something wrong.



You can talk to your child about what they can do if they see a woman being treated with disrespect.



For example, you could talk about:

- what your child could say
- how your child could behave
- where your child can go for support.

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-interpreter



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.

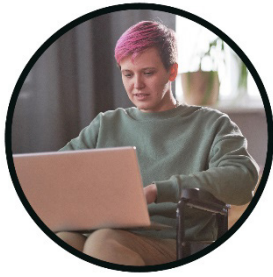
www.studentwellbeinghub.edu.au



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.



Coercive control

Coercive control is when someone tries to control your life over time.



Gender

Your gender is what you feel and understand about who you are as a person.

You might think of yourself as a man or a woman or something different.

You can choose the words that are right for you.



Harassment

Harassment is when someone treats you in a way that upsets you.

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.



Physical violence

Physical violence is when someone hurts your body.



Privacy

Your privacy is your right to choose:

- ➔ what you want to keep safe and private
- ➔ what other people can know about you.



Relationships

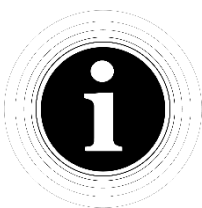
Your relationship with someone is how you are connected to them.

Violence



Violence is when someone:

- hurts you
- scares you
- controls you.



The Information Access Group created this Easy Read document using stock photography and custom images. The images may not be reused without permission. For any enquiries about the images, please visit www.informationaccessgroup.com. Quote job number 5737-B.