

The Conversation Guide

Short guide: Keep the conversation going

Not all disrespect towards women results in violence. But all violence against women starts with disrespectful behaviour.

This guide provides tips on continuing conversations about respect with the young people in your life.

Like anything tricky or challenging, these conversations will become easier with practice.

Conversations about respect can be difficult to have with our children, but they are important. It's a way of checking in with them and offering advice as their attitudes and behaviours change over time.

Then, when they face disrespect, they know there are options, and they know there are different ways they can react. They know they can come to you to talk about it or ask questions.

As parents and carers, we have the strongest influence. This is multiplied when we work together with other people who are influential in our children's lives such as other family members, teachers, coaches, managers, and religious and community leaders.

Reach out to your community, including other adults and parents you trust, and bring up respect. It can be helpful to connect with a network of people to get different perspectives and share ideas about how to engage with and support young people.

Responding to barriers or negative responses

Some young people are very reluctant to talk about difficult issues with adults. If this happens, there are a few things you can do to increase the chances of having an open conversation next time.

- **listen** out for cues and be ready to respond.
- **calmly** set out the issues as you see them and encourage your children to think about them.
- **always** work at keeping the conversation open and let them know you appreciate them speaking to you.
- **discuss** the difficult issues they face and acknowledge it can be challenging to work out what is right.
- **talk** about successes as well as hard times. Recall a time they showed respect or reacted to a situation in a positive way.
- **let them know** if they ever want to talk or if they feel unsure they can come to you.

By positively challenging attitudes and behaviours, and setting a good example, we can prevent gender-based violence before it happens.

Find out more

The Conversation Guide has more information on how to talk to young people about respect.

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Australian Government

VIOLENCE AGAINST WOMEN
LET'S STOP IT
AT THE START