

SHORT GUIDE ONE

THINKING ABOUT THE CONVERSATION

We shape young people's beliefs from a young age.

We do our best to set a good example and talk about the values, attitudes and behaviours we hope our children will develop as they grow up. But sometimes, without meaning to, we might say things that excuse disrespectful behaviour in young people.

It's important we understand the cycle of violence. Not all disrespect towards women results in violence. But all violence against women starts with disrespectful behaviour.

How we think about respect can make a big difference, and gradually our actions will change what our children – as a generation – see and accept as normal.

This guide provides tips on preparing for conversations you might have with the young people in your life.

LET'S TALK ABOUT RESPECT

We never know when a situation will open the door for important conversations with young people. By thinking through what we believe and what we might say, we'll feel more confident to make the most of each opportunity.

WHAT'S OUR ROLE?

Parents, family members, teachers, friends, coaches, community leaders, employers – we all have a role to play.

Each of us can make a difference by reflecting on our words and actions, questioning an off-joke or a throwaway line, or talking about respect.

Even a simple conversation can have a big impact.

TIPS TO HELP PREPARE FOR A CONVERSATION

Be ready to talk early and often. You might be in the car, shopping, making dinner, watching television or walking the dog. Be prepared to talk when you see or hear something you are uncomfortable with, when your child asks a question or wants to chat with you.

Think of examples. You may find it useful to illustrate your points with examples from television or other situations you have observed together. The **Respect Checklist** has some other topics that could help you get started.

Be honest. Let your children know that respect and disrespect aren't simple issues. Acknowledge that you may not have all the answers, but you do know it's important we treat others with respect and that others respect us.

Ask questions. Ask your children how they feel and what they think during conversations. Then you can discuss their responses, taking the opportunity to educate them and tell them what you think.

Listen to them. Remember that a conversation is about listening as much as talking. What your children tell you provides an important insight into their thoughts and feelings. It helps you understand their attitudes and respond to specific issues or challenges.

Teach by example. As a parent, you are an important teacher for your children. Every day they watch and listen to you. What you say and do influences their attitudes and behaviours. That's why it is so important to think about how they might interpret your actions and attitudes.

We never know when a situation will open the door for an important conversation.

VIOLENCE AGAINST WOMEN
LET'S STOP IT
AT THE START

See the full **Conversation Guide** for more information on the issue and our influence. It has lots of tips and advice for a conversation about respect. Visit [respect.gov.au](https://www.respect.gov.au)

