

## SHORT GUIDE ONE

# BE READY TO TALK

We know that violence against women is wrong. The cycle of violence starts with disrespectful behaviour.

Disrespect starts with what we see, the stories we hear and what we learn from adults when we are young.

Without realising it, we can sometimes say and do things that make young people think disrespectful and aggressive behaviours are ok. Over time, our young people start to believe that disrespect is normal.

This guide provides helpful tips on how you can be ready to talk to your kids or other young people about respect.

## WHY TALKING HELPS

The opportunity to have important talks may happen at any time, so it's good to be ready for it.

Think through what you believe, what you might say and how you can have positive conversations. It will help you feel more confident and make the most of each opportunity.

As parents, family members, teachers, coaches, employers, Elders and role models, we can have a positive influence on young people; we can teach them about acceptable behaviours and respect for women and girls, right from the start.

## TIPS TO GET READY FOR THE TALK

**Be ready to talk** – in the car, playing footy in the backyard, fishing, shopping or watching television; when you see or hear something you're not comfortable with, when your child asks a question or when they just want to have a yarn with you.

**Think about examples** – things you have seen, heard, or experienced. It's a good way to help young people understand the issue. The **Respect Checklist** has some other topics that could help you get started.

**Be honest** – let your kids or other young people know you haven't got all the answers but that you do know it's important to treat others with respect and that others respect us.

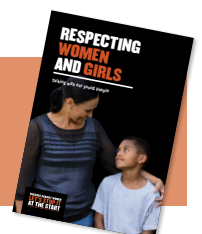
**Ask questions** – ask your kids how they feel and what they think, then you can discuss their answers. Take the opportunity to teach them about respectful relationships and tell them what you think.

**Listen to them** – it will help you understand the attitudes they are growing up with and give you the opportunity to talk to them about any issues or challenges they are facing.

**Teach by example** – young people learn from their parents and other adults. That's why it's important to think about how you show respect to others. What you say and do influences their attitudes and behaviours.

*"It's our responsibility to show and teach our young people that disrespect is not normal."*

Author, mother and survivor of domestic violence,  
**Lani Brennan**



See the full **Conversation Guide** for more tips and information, or visit [respect.gov.au](https://www.respect.gov.au)

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