

KEEP YARNING

We know that violence against women is wrong.

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

Sometimes our words and attitudes send the wrong message to our young people, whether we realise it or not. Being aware of how we influence our young people can stop the cycle of disrespect.

Our words can guide our young people about what is and isn't acceptable. We need to keep asking: are we teaching them disrespect?

WHY TALKING MATTERS

It might seem overwhelming to get involved. We might feel the problems are too great.

Respectful relationships start with us. We can't walk away from it.

Having that talk about disrespect can be hard, but it's important to keep talking.

KEEPING THE CONVERSATION GOING

The more you talk to young people about difficult issues, the easier it becomes. Talking is also a way to stay connected, strengthen family relationships and for you to lead by example.

However, some young people might find it hard to talk about difficult issues with adults. If this happens there are things you can do to make the conversation easier:

Listen up for signs they might want to talk, and be ready to respond.

You don't need to have all the answers. Go through the issues and get your kids to think about them.

Always be open to talking about these issues and let them know you appreciate them speaking to you.

Discuss the difficult issues they face and let them know it can be challenging to work out what is right.

Talk about successes as well as hard times. Recall a time that they showed respect and 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.

Even if they don't agree with what you're saying, let them know it's important to continue to talk about these issues.

“Respect is a conversation that never ends. I let my kids know they are the priority in my life, no matter what. They can talk to me no matter what time of day.”

Jeremy Donovan

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



VIOLENCE AGAINST WOMEN
LET'S STOP IT
AT THE START