

STARTING THE TALK

We want the best for our young people, to be proud of who they are, and to have healthy relationships with others. We want our young males to respect women and girls, and to respect themselves.

As adults, we can play a big role in talking with our kids and other young people about respect – the things that might seem harmless, or that we might repeat to our kids without realising, that lead to a culture of disrespect.

This guide provides helpful tips on how you can start a talk about respect.



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

GETTING STARTED

Sometimes it's hard to start talking with young people about disrespectful and aggressive behaviour.

You might not want to make a situation worse, or say something that could lead them to have problems with others.

You might not want to say anything that could harm your relationship with them, or you might not want to feel embarrassed - but being confident is important.

SOME SUGGESTIONS FOR TOPICS YOU CAN TALK ABOUT

EXPLAINING RESPECT

- › what respect means and why it's important
- › respect in the family and community
- › self-respect.

RECOGNISING DISRESPECT AND AGGRESSION

- › how to know if someone is being disrespectful
- › laughing at others or putting them down
- › bullying, teasing and calling them names.

RESPECTING OTHER PEOPLE'S PRIVACY

- › taking photos, being photographed and sharing photos
- › giving out personal information online
- › texting or emailing rude or offensive language on your phone.
- › respecting people and setting boundaries when you are using a phone or are online.

RESPECTFUL RELATIONSHIPS

- › treating people how you would like to be treated
- › not tolerating disrespect and aggressive behaviour
- › services like Kids Helpline and 1800RESPECT.

GENDER EQUALITY

- › how boys and girls are both good at lots of different things
- › gender stereotypes (when we expect women to behave in a certain way and men to behave in a certain way)
- › why boys and girls are equal in a relationship.

SUGGESTED WAYS YOU CAN START TALKING TO YOUR KIDS

- › Do you notice any differences between how boys and girls are treated at school?
- › Have you heard something a boy said to a girl did that you didn't agree with?
- › What do you think of the way the women/men behaved and were treated in that movie?
- › If one of your friends was being disrespectful to you, how would you feel? What would you do?
- › If you ever felt unsafe around a boy/girl? Where would you go for help?

See the full **Conversation Guide** for more topic ideas and starters, or visit respect.gov.au

