

Youth United Against Family Violence WORKSHOP OVERVIEW



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RESPECTFUL RELATIONSHIPS

Aim: To build young people's capacity to distinguish between a healthy, respectful relationship and an unhealthy or abusive relationship

- Learn what constitutes a healthy, respectful relationship, and what makes a controlling, abusive relationship
- Identify and differentiate between healthy, unhealthy or abusive behaviours
- Learn how to safely respond and access support if you, or someone you know, is experiencing an unhealthy or abusive relationship



SEXTING & CYBER ABUSE

Aim: To build young people's capacity to recognise and appropriately respond to instances of cyber abuse

- Learn about the different forms of 'cyber abuse' including stalking, harassment and image-based abuse
- Understand the meaning of 'image-based abuse' and its impacts, including possible legal consequences
- Learn strategies and reporting mechanisms to respond to cyber abuse

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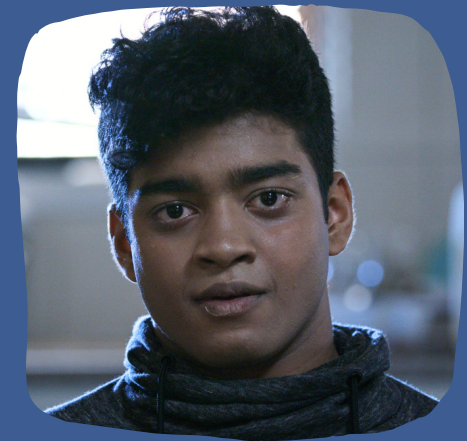


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PROJECT BACKGROUND

Youth United Against Family Violence is a youth-led project that aims to raise awareness of family violence through the eyes of young people.

10 youth ambassadors worked alongside a film production company to develop three adverts that highlight the message: **'Family violence affects young people too'**. These videos have been embedded within the workshops, forming a powerful educational tool, to teach young people about some of the more subtle forms of family violence, and the impacts that this issue has on the lives of young people.



BOOKING INFORMATION



Setting - workshops can be delivered in a range of settings including secondary schools, sporting clubs and community services.



Duration - each workshop takes 60 minutes, with flexibility to be extended. Please contact us if you require a shorter session.



Group size - due to the interactive nature of activities, it is recommended that workshops are delivered to groups no larger than 30.



Bookings - contact Youth and Family Services to discuss your booking and ensure that our session is tailored to suit your group's needs.

Suitable for ages 12 - 25 years.

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