



**Hands up
for
RESPECT**

Celebrate & Reflect

**EAST GIPPSLAND
PARTNERS IN VIOLENCE PREVENTION**

**16 DAYS OF
ACTIVISM
RESOURCE PACK
FOR**

**SECONDARY
SCHOOLS**

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge the Traditional Owners of the Land, the Gunaikurnai People and we recognise their connection to Land, Water, Language and Community. We also pay our respects to Gunaikurnai Elders, past, present and emerging, as well as Elders from other country who live on this land.

ACKNOWLEDGEMENT OF FUNDING & ARTWORK

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EAST GIPPSLAND PARTNERS IN VIOLENCE PREVENTION

The East Gippsland Partners in Violence Prevention (EGPVP) is a partnership of organisations working together to prevent family violence with a focus on respectful relationships and gender equality.

EGPVP is promoting gender equality and respect during the 16 Days of Activism with the theme **Hands up for Respect** encouraging early years services, schools, organisations and community to **celebrate and reflect**.

Bairnsdale Regional Health Service
Department of Education & Training
Department of Fairness, Family & Housing

Department of Justice
Dhelk Dja

Djirra
East Gippsland Shire Council
Gippsland & East Gippsland Aboriginal Corporation

Gippsland Centre Against Sexual Assault

Gippsland Lakes Complete Health
Gippsland Public Health Network
Gippsland Public Health Unit
Gippsland Women's Health
Gippsort

Gunaikurnai Land & Water
Aboriginal Corporation
Latrobe Community Health Service
Mental Health & Wellbeing Local Moogji

Orange Door

Orbost Neighbourhood House
Orbost Regional Health
Quantum
Royal Flying Doctors Service

Tafe Gippsland
Uniting Gippsland
Victoria Police
Well Ways
Yoowinna Wurnalung Aboriginal Healing Service (chair)
54 Reasons

WHO THE RESOURCES IS FOR

This resource pack is intended for Secondary Schools to support meaningful involvement in the 16 Days of Activism.

Your leadership and commitment to promoting gender equality and respectful relationships is essential in our collective effort in East Gippsland to create a safer and more equitable world. Being part of the solution is everyone's responsibility.

This resource pack can be used to reflect and generate conversations about what gender equality and respect looks like in your school, and to inspire change, building on wherever you are on your journey with respectful relationships within your school.

FOR FURTHER INFORMATION CONTACT

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16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE

ABOUT THE 16 DAYS OF ACTIVISM

The 16 Days of Activism against Gender-Based Violence was started by activists at the inauguration of the Women's Global Leadership Institute in 1991. Three decades on, the 16 Days of Activism against Gender-Based Violence against is a widely recognised global campaign that encourages action to end gender-based violence. During the 16 Days, organisations and individuals around the world raise awareness that men's violence against women is a fundamental violation of human rights.

KEY DATES

16 days of Activism commences on 25th November and concludes on the 10th December

- 25 November: International Day for the Elimination of Violence Against Women
- 3 December: International Day of People with Disabilities
- 10 December: International Human Rights Day

HOW YOU CAN GET INVOLVED

On the following pages you will find ideas of meaningful ways that you can take action during the 16 days:

- Leadership Commitment
- Support for Staff and Families
- Professional Development
- Culture and Environment
- Teaching and Learning
- Community Partnerships

The resource pack has been aligned with Department of Education and Training's Respectful Relationships Whole of School Approach.

You can use the 16 days to

- Commit to action and engage your school community
- Assess where you are at on your journey of respectful relationships and gender equality
- Plan and/or implement actions
- Evaluate and monitor your progress
- Review and reflect on progress

ACTION IDEAS FOR 16 DAYS OF ACTIVISM

Leadership & Commitment



Commit to participating in a whole of school approach to Respectful Relationships to promote respect and equality – culture and environment, professional development, teaching and learning and community partnerships. Get support from [local DET Respectful Relationships team](#) and local organisations with expertise in gender equality and prevention of violence against women to implement a whole-service approach to Respectful Relationships.



Develop or Review your Statement of Commitment (SoC) to Respectful Relationships

This is a statement that articulates how your school will create a physical and social environment that fosters gender equality and positive relationships between children, staff, families and community

[Our Watch – template ‘school public commitment’ statement](#)



Communicating with staff and other members of the school community about your commitment to promoting gender equality should be a continual process.

Keep others up-to-date on priority actions and progress that has (or has not) been made.

- Reflect and learn from what has been tried
- Make space to reflect honestly on how things are going and do not be afraid to identify areas or strategies that need improvement
- Celebrate successes, however small



ACTION IDEAS FOR 16 DAYS OF ACTIVISM

School Culture & Learning



Examine if the school's policies and activities treat everyone equally

Review the service's vision, values and ethos and in procedures and policies to ensure that gender equality and respectful relationships are articulated and promoted.

- Equal Opportunity and Human Rights Policy
- Student Engagement Policy
- Staff Code of Conduct



Take a look at your library

Do the books reinforce positive messages around gender equality, individuality, diversity and respectful relationships. There are some great tools and resources available –

- [Access Health Free2Be Me Book Review Tool](#)
- [Educate2Empower Book Collection](#)
- [Global Equality Collective](#)
- [Beyond Sparkles and Superheroes Booklist](#)
- [City of Monash and Generating Equality and Respect Library Booklist](#)
- [Stories Beyond Stereotypes Booklist](#)
- [20210907 Being Equal booklist](#)



Print and display posters promoting respectful relationships and gender equality



Engaging the school's student body/leaders and/or Student Action Team to develop strategies to collect feedback from students and their families **Example – Youth Ambassador for Gender Equality and Respect**

This project is in partnership between FVREE & Inspiro Health and engages secondary school students in the development of student voice projects that promote gender equality and respectful relationships. Students develop skills in project development and activism and are supported to develop their own activities to raise awareness and engage their peers in this important issue.



Review what music is played for bell breaks and events

Consider whether song lyrics are reflective of your school's commitment and values regarding equality and respect. Avoid songs with lyrics which support outdated ideas of gender roles and promote unhealthy and unequal relationships.

ACTION IDEAS FOR 16 DAYS OF ACTIVISM

Professional Learning

Build staff capacity to

- promote respectful relationships, positive attitudes and behaviours within teaching approach to enable children to build healthy relationships, resilience and confidence
- understand the role of gender equality in the prevention of family violence and learn practical strategies for promoting gender equality in teaching practice
- recognise and respond to family violence and build support networks.



Resilience, rights and respectful relationships professional learning program

Available to teachers from government, Catholic and independent schools. To register, see [Online Training @ DET](#).



Respectful Relationships Training is available through the [local DET Respectful Relationships team](#)



Encourage discussions in whole-staff or team meetings about gender equality and respectful relationships

- Reflect and learn from what has been tried
- Make space to reflect honestly on how things are going and do not be afraid to identify areas or strategies that need improvement.
- Celebrate successes, however small



Share information and resources with staff to prompt their thinking, learning and discussions about gender equality and respectful relationships



Use a staff meeting time during 16 Days of Activism to prepare for teaching emotional literacy in Term 1 2025

Discuss how to include Gender Inclusive Practice as part of teaching Emotional Literacy. Choose an article from the Emotions Section of [The Line Resource](#) and discuss how best to incorporate this into Emotional Literacy lessons in 2025.



Have staff participate in one of the Year 11/12 RRRR activities from Topic 8

Have your RR Leader facilitate a chosen activity from Topic 8 of the [RRRR Level 11-12 resource](#)

ACTION IDEAS FOR 16 DAYS OF ACTIVISM

Professional Learning



Useful resources to encourage discussions and reflection in staff meetings;

[The gender pay gap experiment with boys and girls you can't miss video](#)

[Gender equality explained by children video](#)

[Teaching children about gender: Iceland's answer to break down gender stereotypes video](#)

[Because why video series](#)

[The Ugly Truth about children's books video](#)

[A Girls' vs boys toys video](#)

[Redraw the balance video](#)

[A Boys and girls on stereotypes video](#)

[Run like a girl video](#)

[The Bechdel Test for Women in Movies](#) – see if three of your favourite movies pass the test

[The Line](#) – Articles

[Working with young people to prevent violence](#)

[What are gender stereotypes and why do they matter](#)

[Gender Stereotypes and young people](#)

ACTION IDEAS FOR 16 DAYS OF ACTIVISM

Teaching & Learning



Review and reflect how the

- Resilience, Rights and Respectful Relationships (RRRR) evidence-base and learning design informs the approach to teaching and learning in your school.
- Building Respectful Relationships (BRR) evidence-base and learning design informs our approach to teaching and learning in your school.



Review and reflect on students across all year levels have been taught lessons from RRRR Topic 7 to build an age-appropriate understanding;

- that all people, regardless of gender, are of equal value and should have equal opportunities
- identify that some gendered pressures and expectations can lead to limiting choices and increase in vulnerabilities



Review and reflect on students across all year levels have been taught lessons from RRRR Topic 8 that assist them to build an age-appropriate understanding of:

- the effects of gender-based violence and harassment
- help-seeking/ peer support skills that can be applied in situations involving gender-based violence



Review and reflect on students have been taught lessons from the Building Respectful Relationships (BRR) that assist them to build an understanding of:

- Impact of gender-based violence
- Exploring key themes of gender, respect, violence and power



Other useful resources

- The Line is an award-winning primary prevention, social marketing, behavioural change campaign that helps young people aged 14–20 to negotiate healthy, respectful and consensual relationships. The Line has 20+ resources and activities for educators and practitioners on topics such as masculinity, pornography, gender, power and privilege, sexting and more.

ACTION IDEAS FOR 16 DAYS OF ACTIVISM

Teaching & Learning



Hands up for Respect Activity

Print out the artwork provided with this resource pack – template 1. The artwork was created by Sally Hood and was commissioned by GEGAC.

Use the artwork (template 1) and the reflective questions below as a conversation starter about gender equality and respect with staff or students.



Reflective questions

- What does respect mean to you?
- How do you show respect?
- What does respect **look** like?
- What does respect **feel** like?
- How do you know when people are being respectful to you?
- Think about the places and people in your life and what respect means to you;
 - with your friends
 - with family
 - in your relationships
 - with your siblings
 - at work
 - in your community
 - in class
 - in the school yard
 - in your sports club
 - online

(Gippsland Women's Health Let's Chat Toolkit 2024)

Suggested activities



Template 2 – Reflection Page

Have students draw a picture of how they show respect in the classroom/at school

Template 3 – Colouring Page

Have each student complete the colouring page and display in the classroom

Template 4 – Collaborative Colouring Page

Have each student complete a section and put together and display in the classroom




Template 5 – Hand prints page

Have each student put a paint handprint or a paper cut out on the page and write their name and/or a message to the theme and display in the classroom



ACTION IDEAS FOR 16 DAYS OF ACTIVISM

Community Partnerships

-  Engage parents, carers and families in understanding respectful relationships
 - Share information in newsletters
-  Engage with local specialist family violence and sexual assault services who can provide support for staff and students experiencing family violence
See following page for service details
-  Promote/participate/partner with local service's events that align to where you are up to with your Respectful Relationships journey

Utilise State & Regional 16 days of Activism promotional collateral

Respect Victoria 16 Days of Activism Toolkit 2024

Materials have been developed for use during the 16 Days of Activism and beyond.

- Posters
- Online video background
- Email signature banner
- Respect Is... card
- Book recommendations
- Media release template
- Social media tiles and templates



Gippsland Women's Health - Let's Chat

Tips on hosting Let's Chat events, including event ideas, event resources, social media resources, guidelines, support services and leadership statement guide.

- Social media templates
- Zoom/team background
- Email signature



Support for Staff & Students

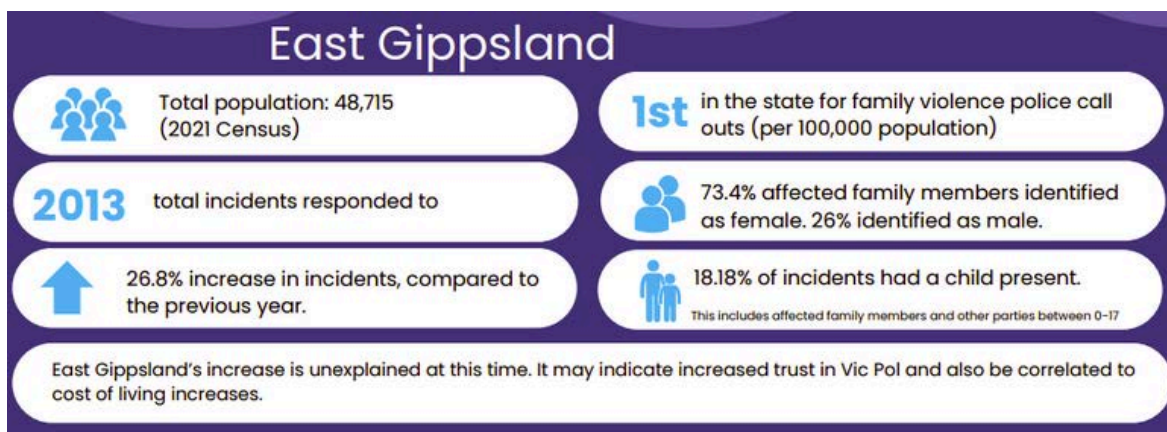
To ensure the safety and wellbeing of staff and students, it is essential to understand the prevalence of family violence and the high likelihood that members of the school community may experience or witness it.

While the focus of Respectful Relationships is on primary prevention, it is imperative that school staff members feel supported and confident in their ability to:

- Meet their legislative responsibilities to report child abuse
- Meet their duty of care to support students experiencing abuse
- Create a safe work and learning environment
- Find appropriate referral pathways and further support

Prevalence of Family Violence in East Gippsland

You can find the latest data on the [Gippsland Family Violence Alliance](#) website



Support services

A directory of available services can be found on the [Gippsland Family Violence Alliance](#) website

Respect Victoria also has a list of [support services](#) as part of the 16 Days of Activism Toolkit

FINDING SUPPORT

If you or someone you know is experiencing violence or using violence, help is available.

- SAFE STEPS**
Safe Steps is a confidential and supportive family violence response line for Victorian Police services.
000 and 188
- THE ORANGE DOOR**
The Orange Door offers confidential support and services for all Victorian. Visit our website for more information.
000 554 267
- ELIZABETH MORGAN HOUSE**
Elizabeth Morgan House provides confidential support, crisis management and support. Open 24 hours.
000 554 267
- CURIOS**
Curious is a helpline with crisis support available to all Victorian women experiencing family violence or fear in the past.
000 554 267
- INTOUCH MULTICULTURAL CENTRE (MCC)**
Intouch provides family violence support and information services for Victorian men. Phone and online services are available 24/7.
000 554 267
- BOO RESPECT**
BOO RESPECT is the national alcohol, domestic and family violence counselling service. Phone and online services are available 24/7.
000 554 267
- KIDS HELPLINE**
Kids Helpline is a free, confidential, 24-hour helpline for children and young people aged between five and 17 years. Phone and online services are available 24/7.
000 554 267
- RAINBOW DOOR**
Rainbow Door is a free specialist LGBTIQ+ helpline providing information, advice and support to all LGBTIQ+ Victorians, their families and friends.
000 554 267
- MEN'S REFERRAL SERVICE**
Men's Referral Service provides professional, confidential and confidential information, counselling, information, and referrals to men to help them take action to deal with violence and controlling behaviour.
000 554 267
- MENSLINE**
Mensline provides professional support and information services for Australian men. Phone and online services are available 24/7.
000 554 267
- SENIORS RIGHTS VICTORIA**
Seniors Rights Victoria (SRV) provides information and advice to help seniors solve abuse and safeguard their rights, or their estate.
000 554 267

If you believe someone is in immediate danger, call 000 and ask for the police.

FEEDBACK

We encourage you to share feedback on how you have used the resource pack – what actions you have taken, what you thought of the resource pack and feedback on what else would support your service to promote gender equality and respectful relationships. We would also love to share your examples with other secondary schools across East Gippsland.

Complete the form [online](#) or complete a hard copy and email to – rachelb@ywaahs.org.au

WHAT ACTIONS DID YOU TAKE DURING 16 DAYS OF ACTIVISM?

HOW WOULD YOU RATE THE RESOURCE PACK IN SUPPORTING YOU WITH YOUR 16 DAYS OF ACTIVISM ACTIONS?



WHAT ELSE WOULD BE USEFUL TO SUPPORT YOUR SCHOOL TO CONTINUE TO PROMOTE GENDER EQUALITY AND RESPECTFUL RELATIONSHIPS?

- Leadership Commitment
- Support for Staff and Community
- Professional Development
- Support with Culture and/or Environment
- Teaching and Learning Resources & Tools
- Partnerships with local organisations
- Other – please specify

IS THERE ANYTHING ELSE YOU WOULD LIKE TO SAY?