

LET'S TALK RESPECT EQUALITY RELATIONSHIPS



FREE WORKSHOP

WORKSHOP OVERVIEW

Let's Talk is a free interactive and informative workshop, designed to equip young people aged 15-25 years with the skills, knowledge and capability to understand and respond to intimate partner violence. Partner with us to deliver this workshop to empower young people to build better foundations for respectful relationships.

YOUNG PEOPLE WILL:

BE EMPOWERED: to challenge harmful expectations and social norms that hinder their ability to create safe and respectful relationships.

BUILD KNOWLEDGE: and skills they need to identify harmful behaviours within a relationship, that may lead to intimate partner violence.

KNOW WHERE TO ACCESS: professional support if they, or someone they know are experiencing intimate partner violence.

WHO ARE WE?

FVREE is the leading specialist family violence service in Melbourne's Eastern Metropolitan Region. FVREE is committed to empowering young individuals in cultivating safe and respectful relationships with their peers, family members, and intimate partners.

SETTINGS

The workshop can be delivered in schools, TAFE, Universities, Council, community settings, sporting clubs and more!



FIND OUT MORE OR BOOK A SESSION

☎ 03 9259 4200

✉ PREVENTION@FVREE.ORG.AU

🌐 FVREE.ORG.AU

FVREE FREE FROM
FAMILY
VIOLENCE

WORKSHOP FAQ'S

HOW CAN WE PARTNER WITH YOU?

We are interested in partnering with education settings and organisations who are motivated to build the awareness and understanding of young people about intimate partner violence. We have funding to provide FREE 90 minute interactive workshops, online or in-person - which will explore respectful relationships, intimate partner violence and how to find the right supports.

WHAT ROLE DO YOU PLAY?

Your role will be to host the workshop, source a space for the session, and ensure participants and staff are briefed on what to expect.

The expectation is to have staff within your school or organisation present to support the workshop and to be able to follow up with any further questions that participants may have.

WHAT PROMOTIONAL MATERIALS WILL BE PROVIDED?

We will provide you with a promotional toolkit for you to engage your audience, as well as parents and caregivers.

"I NOW UNDERSTAND THE SIGNS OF INTIMATE PARTNER VIOLENCE."

"I UNDERSTAND WHAT INTIMATE PARTNER VIOLENCE IS AND HOW TO IDENTIFY AND APPROACH IT."

WHAT IS THE MINIMUM AND MAXIMUM NUMBER OF PARTICIPANTS?

Ideally, we would like to have 25 young people per session, but we can accommodate larger groups as well. The minimum number of participants is 10, and the maximum is 60.

DO WE RUN AFTER-HOUR SESSIONS?

We can deliver sessions after-hours online or in person, depending on the location.

WHO CREATED THE WORKSHOP CONTENT?

The content of the workshop was developed by FVREE's Prevention and Education Team. The content is tailored to the age group and aligns with the Department of Education's Resilience, Rights, and Respectful Relationships curriculum.

WHO IS RESPONSIBLE FOR OBTAINING PARENTAL CONSENT FOR YOUNG PEOPLE AGED 15-17 YEARS?

We can offer suggestions and support on how to gain consent from parents or caregivers, however it is the responsibility of the partnering school/organisation.

WHAT WILL THE WORKSHOP COVER?

- Healthy vs unhealthy relationships
- Intimate Partner Violence
- The signs that someone might be experiencing IPV
- How to respond to someone experiencing IPV
- Referrals and supports

FVREE has been actively delivering various youth-focused programs which aim to empower young individuals to become changemakers within their local communities by promoting gender equality and fostering respectful relationships. Thanks to generous funding from YSL Beauty, we are thrilled to offer free training sessions exclusively tailored for young people aged 15-25 residing in Australia.