



Darwin Youth Services

What does I Respect look like?

Nine sessions for 11–18-year-olds (Years 7–12) mapped to the Northern Territory Curriculum.

- Interactive, age-appropriate activities and strengths-based discussions.
- Underpinned by contemporary psychological, socioecological, and social and emotional learning (SEL) research.
- Peer reviewed By Arrernte mob, Tiwi Elders and Larrakia youth workers.
- Cultural adjustments have been made throughout the design of the program, with several weeks being spent on the Tiwi Islands with elders discussing the content and removing activities as discussed with elders.

I Respect is delivered direct to young people in community, on country, in school settings, as well as youth detention centres. The program can be tailored and delivered one on one to young people.

What will your young people learn?

- Clear definitions of Consent, Nonconsent and Coercion.
- Define and understand all types of Domestic and Family Violence.
- Understand the importance of online safety and the realities of sexting, and sharing pictures of themselves online.
- Critical skills to build healthy, positive relationships with others.
- Skills to analyse factors that shape our identities, such as stereotypes and biases.
- Understanding of how to identify disrespect, abuse, and violence in relationships both offline and online and how to safely challenge disrespectful behaviour and seek help where necessary.



Darwin Youth Services

CONTACT US



0457439838



Admin@darwinyouthservices.com.au



Palmerston, Darwin, NT



www.darwinyouthservices.com.au

I Respect

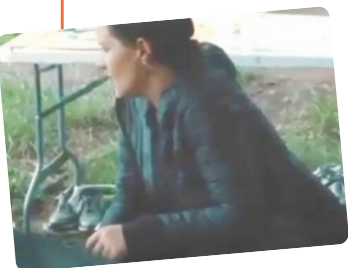
I Respect is a program designed to encourage young men to discuss healthy relationships and healthy manhood. This program aims to create a culture where young people discuss and define what healthy relationships are, and learn about consent, non consent and coercion.



This program is delivered by two dynamic and experienced facilitators; a young, relatable local Larrakia man who brings a wealth of lived experience and knowledge, and an accomplished female facilitator with a decade of expertise in community services and child protection currently practicing as an AOD and Domestic and Family Violence counsellor.



This collaborative nine session program explores crucial topics such as Consent, Non-Consent, and Coercion. In certain weeks, we address the theme of fostering healthy relationships. Our objective is to initiate meaningful conversations about promoting healthy and respectful manhood, contributing to a culture that places high value on respectful relationships.



The program encourages supportive and collaborative relationships with staff as well as young people in the group for ongoing conversations once the facilitators leave the sessions. The program actively promotes positive mentor relationships for teenagers, helping them identify trustworthy 'aunties and uncles' in the community.

The program aims for all young people to leave with a clear understanding of what Domestic and Family Violence is, alternative ways of approaching conflict within a partner dynamic. It also aims to address young people's understanding of what Consent, Nonconsent and Coercion is within a relationship. Typically, this program is conducted in a circle with a group of young people. However, we can customise it to suit any environment, ensuring flexibility to meet the specific needs of your group or presented to individuals. This program is currently run in Clontarf settings in Newcastle, Raymond Terrace and Karuah in NSW.



Lesson 01

GROUP AGREEMENT, SETTING THE SESSIONS UP

(45min of lesson delivery)

Objectives: Establish a group agreement on conduct for reference throughout the program. Gather the groups ideas on gender roles using a pre-assessment quiz. Identify rules society has taught us about the roles of men and boys and women and girls.

Activities: THE MAN BOX, defining what it is to be a man and where we learn this From.

Lesson 03

MAN BOX TEACHINGS(45min of lesson delivery)

Objectives: Review the terms "gender" and "gender socialization". Examine the rules society has taught us about the roles of men and boys and women and girls.

Activities: Man box teachings.

Lesson 05

UNDERSTANDING OBJECTIFICATION

(45min of lesson content)

Objectives: Review the definition of "objectification". Contrast the difference between objects and people. Help prevent boys from viewing girls and women as objects.

Lesson 07

UNDERSTANDING SEXUAL ASSAULT

(45min of lesson delivery)

Objectives: Define the terms "sexual assault," "consent," and "coercion". Help boys understand what sexual assault is, define this with specific language. Male facilitator lead this week.

Activities: "Myths and Facts About Sexual Assault" Handout "Consent, Coercion, or Nonconsent?" Activity Sheet.

Lesson 09

HEALTHY MANHOOD, HEALTHY RELATIONSHIPS

(45min of lesson delivery)

Objectives: Review the principles of the man box. Encourage young men to create tools they can use to break out of the man box and develop healthy, respectful relationships. To discuss other ways of having relationships.

Activities: "Man File" Template "Breaking Out of the Man Box" Handout "What Do You Think?" Assessment, last session survey.

Lesson 02

SOCIETY'S GENDER RULES

(45min of lesson delivery)

Objectives: Examine the rules society has taught us about the roles of men and boys and women and girls. Recognise gender-specific terms: man/woman, boy/girl, male/female, masculine/feminine. Define the terms "gender,". Discuss with games.

Activities: How the world works, Society's Gender Rules"

Lesson 04

THE MEDIA CONNECTION

(45min of lesson delivery)

Objectives: Identify media messages about gender roles and sexuality. Define the term "objectification". Helping raise boys' awareness and sensitivity to negative portrayals of women.

Activities: "Media vs. Reality" Activity Sheet.

Lesson 06

UNDERSTANDING SEXUAL HARASSMENT

(45min of lesson delivery)

Objectives: Define the term "sexual harassment". Identify examples of sexual harassment in daily routines. Encourage boys to identify respectful ways to interact with women and girls in real-life scenarios.

Accompanying Activity Pages: "Sexual Harassment", "Respectful Behaviour", "Myths and Facts About Sexual Harassment" Handout.

Lesson 08

INTERRUPT THE CYCLE (45min of lesson delivery)

Objectives: Summarize the lessons of the program to date. Introduce the concept of domestic violence. Contrast the terms "dating" and "domestic violence". Encourage boys to develop tools to help interrupt the cycle of gender-based violence and harassment. Male facilitator lead this week.

Activities: "Interrupt the Cycle" Activity Sheet, discussing ways we can determine an unhealthy relationship.