

Partners in Prevention Network Meeting

Thursday 7th February 2008, Ross House

Notes

This network meeting focused on a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis of violence against women (VAW) prevention in Victoria and information sharing about our projects.

SWOT Analysis

The SWOT analysis of youth VAW prevention in Victoria was used to define the direction of our submission to VicHealth for further funding of the Partners in Prevention project. If the submission is successful the project will continue from July 2008 – July 2011.

Strengths identified through this analysis included:

- Community strengthening
- Official recognition and support in schools
- Good, high level evidence coming out of evaluations, building body of evidence
- Having fathers on board
- Innovative people and resources
- Passion of workers, self-driven and committed
- Diversity of available programs
- Cross sectoral partnerships

The meeting identified the following weaknesses in the sector:

- the lack of a common language around prevention of VAW,
- the scattered (and therefore vulnerable) nature of expertise in the field,
- short-term and piecemeal funding,
- the inability of programs to evaluate or document their work,
- lack of support/interest from schools
- lack of understanding of prevention,
- confusion about 'who' (government departments, funding bodies, schools, youth services etc) is responsible for preventing VAW.

The opportunities identified centered on the recent groundswell of interest in preventing violence against women from the government and across the community. This in turn creates possibilities for new partnerships and training to harness this interest and consolidate the work that is already occurring.

The idea of a SWOT analysis is to address the weaknesses in order to overcome threats to the youth VAW prevention field; such as the loss of experienced workers and good projects, the loss of momentum around the VAW prevention agenda and the danger that VAW prevention initiatives will become focused on limited parts of the violence continuum.

Information sharing

Below is information on each of the projects presented on the day:

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| Program title: Girl Power | |
| Worker 's name: Carolyn Mogharbel | Contact details: gscoordinator@ywca.net 03 8668 8151 www.ywca.net |
| Aim/s of program: Self empowerment, self defense and self protection program for young women at risk. | |
| Target group: 15 -25 year old women at risk of committing or being victims of crime. | |
| Setting for delivery: Flexible | |
| General description of program: A flexible program delivering self defense and self empowerment education to young women at risk. | |

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| Program title: Real Life Relationships Awareness and Education for Life | |
| Worker 's name: Claire Zara | Contact details: Women's Health Goulburn North East c.zara@whealth.com.au 03 57223009 Hume Region |
| Aim/s of program: To minimise the occurrence of family and relationship violence. To introduce the idea of healthy and unhealthy relationships to students To link schools and students in to youth sector services including dv workers, community health nurses, casa workers, police etc To increase awareness of relationship violence and the inappropriate use of power in relationships | |
| Target group: Year 8, 9, 10 students | |
| Setting for delivery: Hume region secondary schools. Training for the program is provided by WHGNE at WHGNE or as requested. | |
| General description of program: Real life is a secondary school based domestic violence prevention program which is run in mixed classes and co -facilitated by health/welfare/PE teachers and youth and dv sector workers. Real Life comprises a 3 hour training session with WHGNE staff and an easy to follow manual which guides the facilitator through the 4 week by 1 double period (ideally!) program. Topics covered in Real Life are: Dimensions of our Relationships; Awareness of Healthy and Unhealthy Relationships; Power and Control and Services and Support. Real Life is an interactive program where young people are encouraged to share their own ideas and explore what they want (or don't want) from a relationship. Relationships include partnerships, family and friendship. | |

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| Program title: | |
| CASA House Sexual Assault Prevention Program for Secondary Schools | |
| Worker 's name: | Contact details: |
| Renee Imbesi | 9635 3618 renee.imbesi@rwh.org.au |
| Aim/s of program: | |
| <p>The aims of the Prevention Program are to:</p> <ul style="list-style-type: none"> • Reduce the incidence of sexual assault in school communities • Establish safe environments for young people to discuss relationships, consent & communication • Enhance young people's knowledge of and access to support • Enhance the capacity of secondary schools to respond to sexual assault. | |
| Target group: | |
| Secondary School communities | |
| Setting for delivery: | |
| Secondary schools in north-west metropolitan Melbourne | |
| General description of program: | |
| <p>The CASA House Sexual Assault Prevention Program for Secondary Schools utilises a whole-of-school community approach to the prevention of sexual assault. The Program requires Principal-driven commitment to sustaining the program and to engaging a cross-section of the school community.</p> <p>There are 4 key components of the Program:</p> <ol style="list-style-type: none"> 1. staff professional development (all teaching and support staff) 2. middle school curriculum (year 9/10) 3. Train the Trainer workshops 4. Peer Educator program (senior school) <p>Component 2 is a 6-week program for year 9 or 10 students focussing on relationships, sex and sexual assault. The sessions are a combination of single gender and mixed gender settings but all sessions are co-facilitated by both male and female facilitators. The sessions are conducted in a "workshop" atmosphere of open dialogue and discussion and the content focuses on consent and the law, communication, healthy relationships, impacts of sexual assault and social action to prevent sexual assault.</p> <p>This Program is conducted by CASA House in partnership with secondary schools and includes ongoing evaluation.</p> | |

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| Program title: Healthy Relationships Program | |
| Worker 's name: Maree Crabbe & Jennifer Chambers | Contact details: mcrabbe@brophy.org.au jchamber@brophy.org.au 150 Liebig St, Warrnambool 3280 Ph: 5561 8888 Fax: 5561 8816 |
| Aim/s of program: To prevent sexual violence through community education about healthy relationships, sexual assault and related issues. | |
| Target group: Young people | |
| Setting for delivery: Mostly delivered in school setting, sometimes delivered in community settings such as aboriginal cooperative or young parents' group. | |
| <p>The Healthy Relationships Program comprises of 2 main components:</p> <ul style="list-style-type: none"> - whole classwork, and - targeted groupwork for young people identified as at risk <p>Whole Class Sessions</p> <p>This 2 session program is delivered in co-educational classes and covers issues relating to:</p> <ul style="list-style-type: none"> • healthy and unhealthy relationships • types of violence • definitions of sexual assault • laws about age of consent to have sex • myths and statistics about sexual assault • strategies to reduce the risk of sexual assault • support networks and services • how to support a friend who has experienced a violent incident <p>The program is run in a participatory style using activities, videos and discussion.</p> <p>Targeted Group Work</p> <p>Targeted Group Work involves working with small groups (up to 12) of young people who are identified as being at risk of sexual assault. This may be due to previous experiences, risk-taking behaviours or participation in unhealthy relationships. Group Work would usually be held during a double period each week for 4-6 weeks.</p> | |

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| Program title: Peaceful Warriors (PW) / Boys Will Be Men (BWBM) Program | |
| Worker 's name: Paul Dayman | Contact details: Anglicare Victoria 47-51 Castella Street Lilydale, 3140 Ph: 9735 4188 |
| Aim/s of program: <ul style="list-style-type: none"> ▪ To build on the boys' experience of male role models and adult male relationships. ▪ To provide the boys with a safe opportunity to combine the experiences and stories of genuine men as role models for their own masculine development. ▪ To challenge unhelpful concepts of masculinity and provide new insights. ▪ To give the boys the opportunity to relate to men and gain genuine feedback and approval from them. ▪ To help the boys improve their level of self awareness. ▪ To help the boys manage strong emotions. ▪ To help the boys improve their self control. ▪ To help boys challenge their unhelpful thinking. ▪ To increase the boys' self-esteem with physically challenging activities in a supportive environment. | |
| Target group: Boys age 9 - 12 | |
| Setting for delivery: Group work with men (1 st 4 weeks of program) - meeting room Group work with men & boys (weeks 5 to 10 of program) - School hall / hall Weekend adventure camp - various locations | |
| General description of program: The Boy's Will Be Men & Peaceful Warriors is a 10 week program for boys aged 9 to 12 who will benefit from an adult male focus, promoting positive social skills, ability to manage intense emotions and to help in improving self esteem. The programs are designed to assist the boys in their transition from primary to secondary school and boyhood to manhood. The programs brings together a number of men from the community who volunteer their time to be positive and non-judgmental role models for a small number of boys in a weekly program. The men play a mentoring role to the boys both individually and collectively while participating in joint activities that include: <ul style="list-style-type: none"> • Sharing stories and experiences of manhood and boyhood. • Challenging unhelpful concepts of masculinity. • Encouraging Teamwork, Being me (genuine), Listening, Support and Courage. • Participating in activities that increase self-awareness and self-esteem. • Promoting / demonstrating self control and responsible decision making as a group and with oneself. • Opportunities for one-on-one sharing of experiences and difficulties (that men & boys face). • Discussing feelings, thoughts and behaviours The program culminates with a weekend adventure camp. The BWBM / PW program supports and encourages volunteer men to provide their time, self knowledge and skills to assist young boys on their journey to manhood. We request men to make a commitment to the program, have an openness to be genuine with the other men and boys, and to join with us in seeing that the needs of the boys are the priority concern. | |

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| Program title: PEER (Promoting Equal Empowering Relationships) | |
| Worker 's name: Kiri Bear | Contact details: WestCASA 03 9687 8637 kiri@westcasa.org.au |
| Aim/s of program: To work towards the prevention of sexual assault in the west by: <ul style="list-style-type: none"> - Involving young adults in the prevention of sexual assault with high school students and their peers - Providing students with accurate information about consent and sexual assault - Creating an environment where students are able to discuss these issues with an informed, older peer | |
| Target group: Year 9, 10 | |
| Setting for delivery: Secondary schools in Melbourne's western region | |
| General description of program: PEER is a school-based violence prevention peer education program. It is an initiative of the Western Region Centre Against Sexual Assault, modeled on the Respect Protect Connect program developed by Women's Health in the South East and the South East Centre Against Sexual Assault. Our PEER facilitators are a trained group of volunteers (young men and women 18-30yo) who are available to go into schools in the Western Metropolitan Region and run 90 minute, single-sex workshops on consent and healthy relationships. These workshops aim to increase young people's awareness of sexual assault, clarify the meaning of consent, help them think about what a healthy relationship looks like, and provide referral options for survivors of sexual assault. We are constantly looking for ways to expand the reach and impact of the PEER program. Last year we received extra funding to provide a presentation to all school staff and workshops with school leadership in 5 schools across the region. Evaluations indicate that this has dramatically increased the impact of the program by supporting schools to take a whole of school approach to the prevention of sexual assault. | |