

# REAL life

## **Real Life (Relationship Awareness and Education for Life) is a Hume Region domestic violence prevention program for years 8 and up.**

Real Life is co facilitated by a teacher and a youth support worker i.e. school nurse, domestic violence worker, police, casa worker). This program aims to equip young people with a view of what a 'healthy relationship' looks like and the means to get help if they find themselves in an 'unhealthy relationship'.

Real Life runs over four weeks and is supported by an easy to use manual.

The program was developed with Hume region domestic violence workers and WHGNE staff. It has been evaluated (see website) and now WHGNE staff train teachers and facilitators to run Real Life.

Real Life is VELS friendly and fits in the PE/Health areas, particularly in personal development.

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### **Project outcomes:**

Evaluation of the program itself has been conducted showing an increase in the understanding of participants to what constitutes relationship violence and where to get assistance.

An evaluation tool will be developed this year (2008) in conjunction with participating schools to determine the longer term effectiveness of the program.

The program has been operating in some Hume Region schools in various forms for nearly seven years. Staff changes in schools and organisations have lead to difficulty in monitoring the program. Some schools are using sections of the program in their curriculum.

Training is offered through WHGNE who will monitor the implementation of Real Life into schools as of this year.