

FREE TEACHER TRAINING!



Be the Hero! is a free web-based violence prevention program. Developed by the Victorian Women's Trust, this program encourages young men to build respectful relationships with women. The website content has been designed for use in small groups of young men (about 15 years old), led by a male teacher or group leader, over at least four sessions. The content aligns with the VELS (Physical, Personal and Social Learning strand) and VCAL Personal Development outcomes. It has been successfully delivered in a number of Victorian schools and utilised by Melbourne Storm as part of the personal development training for their U/18 squad.

The *Be The Hero!* web-based program empowers young men to make positive, non-violent choices.

Violence against women is the leading contributor to death, disability and illness in Victorian women aged 15-44, being responsible for more of the disease burden than many well-known factors such as high blood pressure, smoking and obesity. VicHealth, 2004.

WE ALL NEED TO BE PART OF THE SOLUTION!

Good men have got it worked out:

- They choose the non-violent way
- They value care and respect
- They know that there is never an excuse for violence against women
- They know that bravery and courage are inconsistent with being violent
- They know that successful personal, family and work relationships are better where there is no violence, bullying or other forms of intimidation

WE'RE COMING OUT TO TRAIN IN YOUR REGION!

This free training provides you with the skills and knowledge required to embed the *Be the Hero!* program into your whole school curriculum.

See the full program at www.bethehero.com.au or register for training now by filling in the accompanying form.



VICTORIA

