



To help cover the cost of running this invaluable program we ask schools for a very reasonable donation, as detailed below:

Full school day (4 hours or more) : \$198 (including GST) per gender

2 – 4 hours : \$165 (including GST) per gender

Up to 2 hours: \$132 (including GST) per gender

So for example, to run workshops for both boys and girls for 3 hours, we would charge \$330.

How to Run Workshops in Your School...

Sometimes implementing extra activities, like the health promotion workshops, into the existing school program can be challenging. Here are some suggestions to make this easier:

Workshops can form part of the existing PE, Health or Human Development curriculum.

Workshops can form part of the existing welfare program targeting a particular home group or year level.

Run a health and welfare day with a selected year level. Hold a variety of health activities involving local community organisations and include these workshops.

Run a workshop with a select group of students in place of their normal classes.

Please note that bookings for both young men's and young women's programs can be made with either coordinator.

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**South Eastern
Centre Against
Sexual Assault**

**Respect
Protect Connect
Program**

Promoting healthy
relationships and
anti - violence
strategies to young
people

Phone: (03) 9928-8741



Respect Protect Connect Promoting healthy relationships and anti - violence strategies to young people

Unfortunately, violence among and against young people is widespread and often goes unrecognised. So it is likely that a young person will experience, witness or feel vulnerable to violence at some point in their lives. Schools, due to their prominent role in young people's lives, are uniquely placed to address youth issues such as violence.

The *RESPECT PROTECT CONNECT (RPC)* program aims to help schools do this by broadening young people's definition of violent behaviour and raising awareness about its impact on their health and on others.

Our interactive workshops enable young people to draw on their own life experiences to explore the complex issues surrounding violence and take ownership of their own health. RPC is run by the South Eastern Centre Against Sexual Assault (SECASA), with separate single-sex groups for young men and young women.

Specially trained **Peer Educators** communicate with students on their own terms. They promote resilience and empower students. Peer Educators teach students strategies to deal with the challenges young people face and with knowledge of how to access help if they need to.



For Girls...

The workshops for young women are aimed at raising the awareness of violence and its impact on the health and well being of young women, in addition to reducing the risk associated with interpersonal violence.

Throughout the workshop, peer educators will define relationship violence and the impacts it can have on women's health, in addition to providing students with strategies to deal with violence. Injury prevention and personal safety will also be addressed, as will healthy relationships, increasing self respect, bullying and safe partying.

For Boys...

The workshop for young men addresses two important needs: firstly, the need for men to develop a broader understanding of maleness and secondly, the need for respectful and non-violent ways to relate to self and others. Young men are encouraged to find new ways of dealing with confrontation and new ways of interacting with young women.

Note: The program caters to students in years 7-12 in secondary schools in the Melbourne metropolitan area, focusing particularly on the South-Eastern region.

Logistics...

Workshops can focus on a variety of topics including anti-violence strategies, anger management, positive relationships, sexual consent and harassment, bullying, homophobia, dealing with violence, masculinity, assertive communication and safe partying.

Our workshops, which are single-sex, ideally cater for up to 15 young people per session, although we can present to as many as 25.

An average workshop is 70 to 100 minutes long, although they can be as short as 45 minutes if necessary.

We can run either a one-off session or a multiple week program according to the needs at your school.

Typically one or two peer educators will facilitate each workshop, presenting information in an interactive, informal and easy-to-understand way. Boys' and girls' workshops will usually be run at the same time.

Note: If you are interested in becoming a peer educator you are welcome to contact us at SECASA on (03) 9928 8741

