

RESPECT STARTS WITH A CONVERSATION

Challenging gender stereotypes and roles



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RESPECT STARTS WITH A CONVERSATION. LET'S START TALKING.

Why must we challenge assumptions and ideas about gender?

We all deserve to be safe, equal and respected.

But growing up, we are all shaped by beliefs and assumptions based on our gender. Treating assumptions about gender as rules to live by can create problems - for instance, assumptions and beliefs that men are dominant and aggressive, and women weak and vulnerable. These assumptions become harmful ideas that we can take into our homes, relationships, workplaces and communities. Together they create a culture where violence against women thrives.

Conversations are an essential part of challenging these assumptions and beliefs to help create a safer and more equal society. They are how we understand the need to act, and what actions will be safe and effective.

Respect Starts With A Conversation' was designed to support Victorians to start those conversations. It features real Victorians talking about how they have these conversations in their homes, relationships, workplaces and communities.

Driving down rates of violence now and into the future requires an enormous, collective effort in responding to violence, helping victim-survivors recover and heal from violence, intervening early to stop violence happening or escalating, and preventing violence from occurring in the first place. Conversations about how we prevent men's violence against women, and all forms of gender-based violence, are a one part of this collective effort.

Conversation you can have to create change

What could a world look like where we are all free and supported to be ourselves?

It all starts with a conversation. These conversations matter because they challenge the underlying conditions that drive violence against women. A conversation could be:

- talking to your partner about how you can share the housework or parenting in a way that works for everyone
- choosing to call out a homophobic or sexist joke
- chatting to your mate about how they treat their partner if you notice they control them, talk down to them or you see any other red flags.
- having discussions at your local sports club about treating people of all genders equally
- respecting and asking for a person's pronouns
- supporting your friends and being there for them if they need to talk
- letting your children know it's okay to express sadness, frustration and a range of emotions – no matter their gender.

Let's start talking, so we can build a future where we are all safe, equal and respected for who we are – not who we're told to be.

Benefits

- More meaningful connections
- More respectful and equal relationships
- Improved individual mental health and wellbeing
- Safe, more inclusive social environments
- Decreased frequency and severity of violence, bullying and sexual harassment
- Increased access to equal opportunities for everyone
- Improved quality of life for all.

How to seek help

If you believe someone is in immediate danger of violence, call **triple zero (000)** and ask for the police.

- **Safe Steps** is Victoria's family violence support service with translators available for non-English speaking backgrounds, available 24 hours a day, 7 days a week. **Call 1800 015 188** or **visit the Safe Steps website**
- **InTouch Multicultural Centre Against Family Violence** is a specialist family violence service that works with multicultural women, their families and their communities. **Call 1800 755 988** or **visit the InTouch website.**
- **No to Violence - Men's Referral Service** is a confidential support for men at risk of using family violence with translators available for non-English speakers. If you are concerned about your behaviour, **call 1300 766 491** (7 days a week, check website for times of day) or **visit the No to Violence website.**