

List 1:

Resources to support the teaching of Respectful Relationships



This list includes:

- Resources to support delivery of general Respectful Relationships Curriculum
- Resources to support the delivery of Building Respectful Relationships: Stepping Out against Gender-based Violence Unit 1
- Resources to support the delivery of Building Respectful Relationships: Stepping Out against Gender-based Violence Unit 2

If you or someone you know needs support or information, call the National Sexual Assault Domestic Family Violence Counselling Line on 1800 RESPECT (1800 737 732) or visit <http://www.1800respect.org.au>



Education
and Training

List 1:

Resources to support the teaching of Respectful Relationships

Evidence-based age-appropriate Respectful Relationships curriculum is a key part of the whole school approach to Respectful Relationships Education and research shows that participatory, interactive teaching is essential for effective delivery. This may include the use of visual and interactive resources such as those suggested in this list.

One-off sessions are neither appropriate nor adequate for effective Respectful Relationships Education and **it is important that these resources are used to complement rather than replace evidence-based age-appropriate curriculum delivered by teachers who have received adequate training and support.**

This list has multiple resources, grouped according to key themes and topics that are useful for teachers to explore as part of Respectful Relationships Curriculum. Some of the resources are appropriate as background reading for staff only, and others you may consider sharing with your students to complement the delivery of Respectful Relationships curriculum.

Remember:

This resource list is intended as guidance only. The resources in this list are not approved or endorsed by Our Watch. It is at the discretion of schools and individual teachers which content they feel is appropriate to use with their students. Resources are current at January 2016.

Respectful Relationships Education versus Respectful Relationships curriculum

Respectful Relationships Education is the holistic approach to prevent gender-based violence in schools. Respectful Relationships curriculum is a part of Respectful Relationships Education and is the activity that happens in the classroom and is student focused. Evidence-based curriculum resource material that focuses on the links between gender, power and violence will support students to develop the skills, knowledge and attitudes to engage in respectful relationships and to reject attitudes or behaviours that support gender-based violence.

If you are delivering the Victorian Department of Education and Training's Building Respectful Relationships: Stepping Out against Gender-based Violence, there is a list of resources that corresponds with the specific units and sessions. Please note if you're in Victoria, to support delivery of respectful relationships curriculum across all years of schooling, the Victorian Department of Education and Training has developed a suite of resources for students in years Prep-12. These evidence-based resources will be made available in 2016.

Key websites

Our Watch www.ourwatch.org.au

Our Watch is the national foundation to prevent violence against women and their children. The website includes:

- [Respectful Relationships Education in Schools Evaluation Report](#)
- [Evidence Brief on Respectful Relationships Education](#)
- [Children and Young People Policy Brief](#)
- [Further information on young people's role in violence prevention](#)
- [Working in schools for violence prevention.](#)

The Line www.theline.org.au

The Line is a national behaviour change campaign for young women and men aged 12 to 20 years. It also supports parents, carers, teachers, educators and other influencers for young people. The website includes:

- [Resources and information for parents](#)
- [Resources and information for teachers.](#)

1. Resources by themes to support general Respectful Relationships Curriculum

Exploring violence against women, definitions, underlying drivers and impacts

Our Watch: Introduction – video introducing the issues of violence against women including prevalence and underlying drivers.

Let's change the story: Violence against women in Australia – video outlining key drivers of violence against women and focus of prevention efforts.

You can't undo violence. Know where to draw the line – video campaign, posters and information designed specifically for young people.

VicHealth 2013 National Community Attitudes to Violence against Women – animated infographic (2.5 minutes) summarising findings from 2014 survey on Australians' attitudes towards gender equality and violence against women.

The Outrage: teen dating violence and sexual assault – video of presentation at American high school, with good guidance for teachers on explaining the link between language, attitudes and violence.

Destroy the Joint: Counting the women campaign – website with regularly updated tally of women killed as a result of violence in Australia each year.

Violence against women starts with gender inequality – high resolution download of A3 poster from *Change the story: A shared framework for the primary prevention of violence against women and their children in Australia*.

Gippsland Women's Health Violence Prevention Posters – high resolution download of three posters that show the link between gender inequality and violence.

Everyday sexism – website with real life commentary on women's daily experiences of sexism, with potential examples to share with students.

Prominent men and institutions speaking out against violence against women

[Ken Lay on family violence – text of speech](#) by former Victorian Police Commissioner.

[Ken Lay on Why I'm Rising – One Billion Rising Melbourne](#) – video of former Victorian Police Commissioner talking about why he stands against violence against women.

[Chief of Army \(Lieutenant General David Morrison, AO\) on unacceptable behaviour](#) – video message from the Chief of Army to the Australian Army following allegations of unacceptable behaviour by Army members in 2013.

Gender, respect and relationships

[What is love?](#) – video of young women talking about what love means to them which may be useful to prompt strengths-based discussion and brainstorming among students.

[Relationship things](#) – website exploring what respectful relationships are through interactive tools that cover topics like gender equality, how to be respectful online and offline, how to communicate, and important information on safe sex and consent.

Gender-based expectations and stereotypes

[Like a girl](#) – video commercial from Always played during 2015 Superbowl (US) that challenges stereotype of what it is to be 'like a girl'.

[Like a girl – Unstoppable](#) – video follow up commercial about the way stereotypes limit girls.

[Inspire her mind](#) – video commercial from Verizon that challenges us to think deeper about the impact of stereotypes on girls and their pursuits in science and technology.

[Tony Porter: A call to men](#) – video of TED talk (11 minutes) that explores the impact of gender roles and stereotypes on boys and men. From 0.00 to 1.37 is a brief description of the qualities expected of boys and men which may be useful to prompt discussion among students.

[Sexism, Strength and Dominance: Masculinity in Disney Films](#) – video (7 minutes) demonstrating the stereotypes commonly portrayed in children's films.

[The Bechdel Test for women in movies](#) – video (2 minutes) introducing the Bechdel Test, a well-known three question 'test' that highlights the lack of representation of real women and their stories in film.

[Dreamworlds – Desire, Sex and Power in Music Videos](#) – video trailer (5 minutes) for documentary film that explores the impact of music videos on gender inequality and violence against women.

[Sext Up Kids \(Hyper sexualisation of girls\)](#) – video trailer (3 minutes) for documentary film that explores the hyper sexualisation of young girls.

[Sext Up Kids \(Hyper sexualisation of girls\)](#) – video of censored version of documentary film (approx. 37 minutes) adapted for use in high schools.

[Dove Campaign for real beauty – Evolution – Female](#) and [Dove Campaign for real beauty – Evolution – Male](#) – videos showing how make-up, styling and airbrushing perpetuate unrealistic body image and beauty standards for both men and women.

[Pantene Philippines: Labels against women](#) – video advertisement that challenges the way women and men are sometimes perceived differently for doing the same thing.

[Gender Bread Person](#) – educational graphic that helps to explain and explore sexuality and gender.

Speaking up

[Our Watch posters](#): Three free high resolution posters:

- [How to respond when a woman says she’s experienced violence](#)
- [How to respond when someone is being violent, aggressive or abusive towards their partner](#)
- [How to respond to sexist jokes and comments \(words only\).](#)

[VicHealth: Bystander action on preventing violence against women](#) – video (1.5 minute animated infographic) on the importance of bystander action to prevent violence against women.

[Sh*t guys say when they need to say something \(EXPLICIT LANGUAGE\)](#) – video animation of a group of Aussie guys chatting about stepping in to call out disrespectful behaviour.

Gender in the media

[Media Education Foundation](#) – multiple resources including videos about the representation of men and women in the media.

Victim blaming

Victim Blaming, Chapter from *Full Frontal Feminism* by Jessica Vallenti (2015) – chapter from book written for young women exploring victim blaming and how it is linked to the underlying drivers of violence against women. Chapter not available online. *Full Frontal Feminism* is published by Seal Press.

Pornography and sexuality

In the picture – website with resources that support secondary schools to address the influence of explicit sexual imagery.

Eroticising inequality – Maree Crabbe and David Corlett – article exploring the impact of pornography on young people’s sexuality.

Love and sex in the age of pornography – Australian documentary (approx. 1 hour) about the impact of pornography on young people’s sexuality. Copy can be purchased at It’s Time We Talked website www.itstimewetalked.com.au.

Violence, power, consent

The Line: Love is respect – video (47 seconds) showing multiple unhealthy behaviours displayed through phone call between boy and girlfriend.

Love Control – film (5 minutes) produced by Women’s Health in the North showing how quickly jealous and controlling behaviour can escalate into violence.

Tony Porter: A call to men – video of TED talk (11 minutes) with introduction to link between expectations of boys and men and violence against women.

The ‘Cup of Tea’ analogy (Clean version) – video animation (3 minutes) that equates consent for sex to drinking a cup of tea – funny and poignant.

Wanna have sex? (Consent 101) – video (6 minutes) from young American vlogger Laci Green with fun and funny description of what consent ‘looks like’.

Consent and the law

Victorian Legal Aid: [Consent and the law](#) – adaptation from Trusted Moments, a short film produced by the Legal Services Commission of South Australia as part of an early intervention strategy for the prevention of sexual assault.

[Sex, young people and the law – Resource Kit](#) – multiple resources from Victorian Legal Aid about helping young people to understand their legal rights and responsibilities and make informed decisions about sex and relationships.

[Articles by Moira Carmody](#) – articles that explore the idea of ethical sex and what that means for young people today, including discussion of pleasure and its role in equal respectful relationships.

North Country (2005) – film, a fictionalised account of the first major successful sexual harassment case in the United States.

2. Building Respectful Relationships: Stepping Out against Gender-based Violence – Unit 1 (Year 8)

| Session | Topic | Resource type | Details including link |
|---------|--|---------------|---|
| 1 | Respect and relationships | Video | <p><u>What is love?</u> Young women talk about what love means to them. May be useful to prompt strengths-based discussion and brainstorming among students.</p> |
| 2 | Gender, respect and relationships | Website | <p><u>The Line</u> Respectful relationships website for young people that covers topics like relationships, gender, sex, bystander action, technology and communication.</p> |
| | | Website | <p><u>Relationship things</u> Explores what respectful relationships are through interactive tools that cover topics like gender equality, how to be respectful online and offline, how to communicate, and important information on safe sex and consent.</p> |
| 3 & 4 | The power of expectations & gender positioning | Video | <p><u>Like a girl</u> Commercial from Always played during 2015 Superbowl (US) that challenges stereotype of what it is to be 'like a girl'.</p> <p><u>Like a girl – Unstoppable</u> Follow up commercial about the way stereotypes limit girls.</p> <p><u>Australian Government 'respect' campaign</u> Campaign materials created through the COAG Respect campaign on the impact of stereotypes and their connection to violence against women.</p> <p><u>Inspire her mind</u> Commercial from Verizon that challenges us to think deeper about the impact of stereotypes on girls and their pursuits in science and technology.</p> <p><u>Tony Porter: A call to men</u> TED talk (11 minutes) that explores the impact of gender roles and stereotypes on boys and men. From 0.00 to 1.37 is a brief description of the qualities expected of boys and men which may be useful to prompt discussion among students.</p> |

| Session | Topic | Resource type | Details including link |
|---------------|--|---------------|---|
| 3 & 4 (cont.) | The power of expectations & gender positioning | Infographic | <u>Gender Bread Person</u> Educational graphic that helps to explain and explore sexuality and gender. |
| | | Video | <u>Sexism, Strength and Dominance: Masculinity in Disney Films</u> Video (7 minutes) demonstrating the stereotypes commonly portrayed in children’s films. |
| | | Video | <u>The Bechdel Test for women in movies</u> Video (2 minutes) that introduces the Bechdel Test, a well-known three question ‘test’ that highlights the lack of representation of real women and their stories in film. |
| | | Video | <u>Dreamworlds – Desire, Sex and Power in Music Videos – Trailer</u> Trailer (5 minutes) for documentary film that explores the impact of music videos on gender inequality and gender-based violence. |
| | | Video | <u>Sext Up Kids (Hyper sexualisation of girls) – Trailer</u> Trailer (3 minutes) for documentary film that explores the hyper sexualisation of young girls. <u>Sext Up Kids (Hyper sexualisation of girls) – Adapted</u> Censored version of documentary (approx. 37 minutes) adapted for use in high schools. |
| | | Video | <u>Dove Campaign for real beauty – Evolution – Female</u> <u>Dove Campaign for real beauty – Evolution – Male</u> Videos that show how make-up, styling and airbrushing perpetuate unrealistic body image and beauty standards for both men and women. |
| | | Video | <u>Pantene Philippines: Labels against women</u> Advertisement that challenges the way women and men are sometimes perceived differently for doing the same thing. |
| 5 | Safe spaces in our school | NA | No audiovisual resources to note. |
| 6 | Mapping gender based violence in our school | NA | No audiovisual resources to note. |
| | What is sexual harassment? | Film | <u>Film: North Country (2005)</u> A fictionalised account of the first major successful sexual harassment case in the United States. |

| Session | Topic | Resource type | Details including link |
|---------|---------------------------------|---------------|---|
| 7 | Developing respectful practices | Video | <p><u>What is love?</u></p> <p>Young women talk about what love means to them. May be useful to prompt strengths-based discussion and brainstorming among students.</p> |
| 8 | Helping a friend | NA | No audiovisual resources to note. |
| | Taking a stand | Video | <p><u>VicHealth – Bystander action on preventing violence against women</u></p> <p>Video (1.5 minute animated infographic) on the importance of bystander action to prevent gender-based violence.</p> |
| | | Video | <p><u>Sh*t guys say when they need to say something</u></p> <p>EXPLICIT LANGUAGE. Animation of a group of Aussie guys chatting about stepping in to call out disrespectful behaviour.</p> |

3. Building Respectful Relationships: Stepping Out against Gender-based Violence – Unit 2 (Year 9)

| Session | Topic | Resource type | Details including link |
|---------|--|---------------|--|
| 1 | Getting a position on gender, respect and relationships | NA | No audiovisual resources to note. |
| 2 | Affirmations, put downs, importance of verbal and non-verbal communication | Video | <p><u>The Line – Interactive Videos: Slut or what? / Facebook Feud</u> Two videos each 1 minute, useful prompt to start discussion among students.</p> <p><u>The Outrage: teen dating violence and sexual assault</u> Video of presentation at American high school, with good guidance for teachers on explaining the link between language and attitudes and violence.</p> |
| | | Website | <p><u>Relationship things</u> Explores what respectful relationships are through interactive tools that cover topics like gender equality, how to be respectful online and offline, how to communicate, and important information on safe sex and consent.</p> |
| 3 | Perspectives in sexual intimacy | NA | No audiovisual resources to note. |
| 4 | Defining violence, power, consent (Zoe & Sam) | Video | <p><u>The Line: Love is respect</u> Video (47 seconds) showing multiple unhealthy behaviours displayed through phone call between boy and girlfriend.</p> |
| | | Video | <p><u>Love Control</u> A short film produced by Women’s Health in the North (Victoria) showing how quickly jealous and controlling behaviour can escalate into violence.</p> |
| | | Video | <p><u>Tony Porter: A call to men</u> TED talk (11 minutes) with introduction to link between expectations of boys and men and gender-based violence.</p> |
| | | Video | <p><u>The ‘Cup of Tea’ analogy (Clean version)</u> Funny and poignant animation (3 minutes) that equates consent for sex to drinking a cup of tea.</p> |
| | | Video | <p><u>Wanna have sex? (Consent 101)</u> Video (6 minutes) from young American vlogger Laci Green. Fun and funny description of what consent ‘looks like’.</p> |

| Session | Topic | Resource type | Details including link |
|---------|--|----------------|---|
| 5 | Consent and the law | Video | <u>Consent and the law – Victorian Legal Aid</u> Adaptation from Trusted Moments, a short film produced by the Legal Services Commission of South Australia as part of an early intervention strategy for the prevention of sexual assault. |
| | | Website | <u>Sex, young people and the law – Resource Kit</u> Multiple resources from Victorian Legal Aid about helping young people to understand their legal rights and responsibilities and make informed decisions about sex and relationships. |
| 6 | Barriers and enablers to consent | Video | <u>It’s time we talked: Porn, sex and consent clips</u> Videos (1 minute) of young people’s perspective on porn, sex and consent. |
| | Bystander intervention case studies | Video | <u>The Line – Interactive Videos: Consent</u> Animated video (1 minute) about consent. |
| | Aggression as a part of communication | NA | No audiovisual resources to note. |
| 7 | Changing community attitudes to violence against women | Video | <u>VicHealth 2013 National Community Attitudes to Violence against Women</u> Animated infographic (2.5 minutes) summarising findings from 2014 survey on Australians’ attitudes towards gender equality and violence against women. |
| | What’s the harm in it? | NA | No audiovisual resources to note. |
| | Stepping out against gender-based violence | Video, website | <u>You can’t undo violence. Know where to draw the line.</u> Video campaign, posters and information designed for specifically for young people. |
| 8 | Respectful negotiation of conflict | NA | No audiovisual resources to note. |

ourwatch.org.au