

Preventing violence against women at home

#Saysomething to end violence against women

Healthy relationship green flags



- Equal access to finances
- Feeling heard and understood
- Accepting feedback
- Healthy boundaries
- Mutual respect and empathy
- Equal interest in the relationship
- Feeling safe and secure
- Shared decision making

How to #saysomething

Nathan is worried about his sister's new partner. He decides to call him out.

“ ‘Hey mate, I noticed you raising your voice at my sister. I'm concerned that this is how you speak to her, I could tell it embarrassed her, and it's not the right way to do things. Do you think it's ok to do that?’ ”

Avoiding gender stereotypes

- Talk about gender privileges
- Create choices in domestic tasks
- Match chores to skills rather than gender
- Rotate weekly chores so everybody gets a chance to learn new skills
- Support women and girls in their careers

If you decide to #saysomething, it's important to follow these steps:

- Identify what behaviour concerns you
- Talk about who the behaviour affects
- Ask open-ended questions
- Know when to walk away
- Support the victim survivor

How to have positive communication at home

- Listen when others talk
- Be open about everyone's expectations and needs
- Be an example of positive dating or relationships
- Set boundaries around the use of negative or mean terms
- Avoid phrases such as 'you throw like a girl' or 'boys don't cry'



How to have healthy relationships at home

#Saysomething

Prevent violence against women by challenging what drives it in your home.



Select chores based on abilities, not gender

Give women choice and voice in their home lives

Be an example of healthy relationships

Call out negative behaviour



Talk about women positively



For more information, please visit:
Yourtoolkit.com/saysomething



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