



# Raising Respect

**As parents and carers, we want our children to be safe, connected and free to grow as their unique selves.**

**To make this happen, we need to learn how to challenge disrespect and gender stereotypes.**

**We can all make a difference.**



## **Support children to develop as themselves**

- Encourage them to explore all their interests, whether these match gender stereotypes or not
- Share a wide range of media, role models and opportunities for play
- Start conversations about stereotypes, ask questions, invite curiosity and suggest alternatives
- Show your child you appreciate it when they do something brave, kind or inquisitive



## **Help children navigate media and peer relationships**

- Support them to develop skills to think critically about what they see and hear in media, marketing, online and in person
- Remember how important belonging is to your child (to family, friend groups and communities)
- Make it clear it's not OK for anyone to be disrespectful about someone's gender or sexuality
- If this brings up difficult feelings for you, acknowledge them and consider seeking support



## Challenge stereotypes in the places where your child learns and plays

- If someone is using stereotypes, ask questions like:

"Why does it have to be that way?"

"What do you mean?"

- If you hear someone being disrespectful, speak up or show your disapproval, if you feel safe to do so
- As much as you can, share different kinds of work, responsibilities and fun in your family so everyone is involved
- Connect with people who are also trying to make a difference at your child's school or sports club



**LEARN MORE**





## Additional Resources & Support

### Level Playground

Information about gender equity, safe and respectful relationships, and breaking down gender stereotypes – and how to apply it all in everyday life

<https://www.levelplayground.org.au/>

### Because Why

Support and practical guidance in challenging gender stereotypes

<https://www.becausewhy.org.au/>

### Parentline ACT

Telephone counselling by trained volunteers for parents and carers in the Australian Capital Territory. Ph: (02) 6287 3833 Mon–Fri, 9am–4pm (except public holidays).

<http://parentlineact.org.au/>

### Triple P Parenting

Free, evidence-based online course with tools to support your child's development, grow closer and solve problems <https://www.triplep-parenting.net.au/>

### Sexual Health and Family Planning (SHFPACT)

SHFPACT provides a range of relationships and sexuality education courses for children and young people with disability and their families

<https://www.shfpact.org.au/index.php/counselling/ndis-counselling>

### Beyond Blue

Free, anonymous support for anxiety and depression – phone and online counselling 24 hours per day, 7 days a week, plus online forums and peer support

[www.beyondblue.org.au](http://www.beyondblue.org.au). Ph: 1300 22 4636

### Blue Knot

Helpline and support service for adults who experienced childhood trauma, and people who are supporting them. Ph: 1300 657 380 9am–5pm, 7 days a week including public holidays, email [helpline@blueknot.org.au](mailto:helpline@blueknot.org.au) or visit <https://blueknot.org.au/>

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