

Vision and purpose

Breaking the Silence is a free, award-winning professional leadership program for principals and teachers.

Our vision is **teachers, students and communities working together to drive generational change in preventing men's violence against women and promoting respectful, equal relationships.**

Delivered across **two years**, the program involves **two to four representatives** from your school joining other educators from your community to undertake professional learning and lead White Ribbon activities in your school.

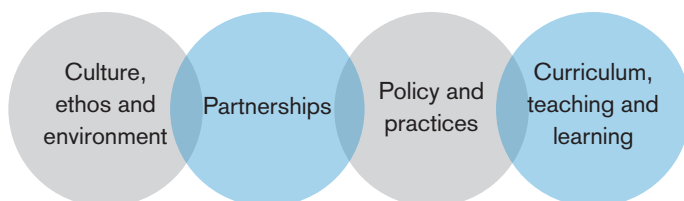
Outcomes



- Reduction in violence-supportive attitudes and behaviours
- Improved student behaviour
- Greater understanding of men's violence against women amongst students
- Procedures in place for culture of non-violence

Whole school approach

Breaking the Silence provides foundational knowledge, tools and strategies to strengthen a culture of respect and equality at all levels of the school community.



"Facilitators were great and had a deep knowledge and understanding of the concepts of the program and how to implement it into schools."

SECONDARY SCHOOL, LACHLAN REGION NSW

"[Breaking the Silence] provided a platform for me to deliver respectful relationship information and training across the school... the program has opened up the discussion channels and taken away the stigma that we don't talk about men's violence against women."

PRIMARY SCHOOL, LIMESTONE COAST SA

Program structure

YEAR 1, TERM 2

eLearning

Getting started:

Understanding respectful relationships education and the issue of men's violence against women

YEAR 1, TERM 3

Workshop 1

Creating a White Ribbon School:

Recap the issue, explore best-practice principles and plan for your school community

YEAR 2, TERM 1

Workshop 2

Reflection and planning for your White Ribbon School:

Reflect on and share learnings, explore future directions and support, and plan for the future

Ongoing support:

Online best-practice library | Online Forum
Phone and email support | Planning tools
White Ribbon guest speakers | Event support
Networking opportunities | Showcase school activities

Frequently asked questions

Why is this a schools' issue?

¹Australian Domestic and Family Violence Clearinghouse (2011), *The Impact of Domestic Violence on Children: A Literature Review*.

1 in 4 children has been exposed to domestic violence¹. By starting respectful relationships education young, we can break the cycle.

Men's violence against women has a clear and negative impact on children and young people's behavioural, cognitive and emotional functioning, and social development. Schools are critical in educating young people about respectful relationships and challenging violence-supportive attitudes and behaviours.

How will my school benefit from the program?

Upon completion, your school will be recognised as a White Ribbon School, a symbol of your commitment to safe and respectful communities.

Key benefits include: More respectful student behaviour; calmer, more productive classrooms and increased awareness of violence against women and principles of gender equality. You will also join a national network of White Ribbon Schools sharing innovative resources and working together to promote respectful relationships.

What is the evidence base for the program?

***Breaking the Silence* was developed by experts in the fields of education and violence prevention, and is independently evaluated.**

The pilot program was developed in 2009 by Dr Sue Dyson (Australian Research Centre in Sex, Health and Society, La Trobe University) in consultation with an expert Reference Group.

The program has since been independently evaluated twice, informing continuous improvement. It is currently undergoing a third evaluation.

How much does the program cost?

***Breaking the Silence* is delivered free of charge to schools.**

What is the time commitment for the program?

2-4 participants from your school complete 10 hours of professional learning across 2 calendar years.

Schools will run White Ribbon activities as part of existing initiatives, tailored to their local context and needs.

We are already doing respectful relationships activities, will this mean we are doubling up?

***Breaking the Silence* is supportive, not additive.**

The program is designed to build on and integrate with wellbeing, leadership and community initiatives already underway in schools. It is supported by Departments of Education across Australia.

To find out more

www.whiteribbon.org.au/breaking-silence-program

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