



# YOU&I

**PROMOTING GENDER EQUALITY  
& RESPECTFUL RELATIONSHIPS  
IN FOOTBALL CLUBS**

Club Committee Information Kit

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This resource booklet was developed by Inspiro and Yarra Valley Community Health as a part of the YOU&I initiative, in 2014. It provides information for junior football club committees for promoting gender equality and respectful relationships within their club.

For more information about the YOU&I initiative, please contact Inspiro's Population Health team on (03) 9738 880. Alternatively, visit the YOU&I website [www.youandirespect.com.au](http://www.youandirespect.com.au).

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# PREVENTING VIOLENCE AGAINST WOMEN

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## Violence against women is described as:

'any act of gender based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or private life' (United Nations).

## KEY POINTS

- Violence against women is about power, domination and control. It includes behaviours such as: physical abuse, verbal abuse, emotional/psychological abuse, social isolation, financial abuse, sexual abuse, spiritual or cultural or harassment/stalking.
- Physical violence in relationships is often accompanied by other forms of abusive or controlling and harmful behaviour.
- The majority of violence against women occurs in the home, by a current or previous male partner or someone known to them.
- Violence against women can also be referred to as: intimate partner violence, relationship violence, family violence and domestic violence.
- While most men do not commit acts of violence, in situations of family violence, women are overwhelmingly the victims and men more likely the perpetrators.

## STATISTICS

- Approximately one in three Australian women will experience physical violence, and one in five will experience sexual assault during their lifetime.
- In Australia, a woman is killed every week by a current or previous male partner.
- Intimate partner violence is the leading contributor to death, disability and ill-health in Victorian women aged 15-44.
- Out of seven local government areas in the Eastern Metropolitan Region, Yarra Ranges had the third highest number of family violence incidents reported to police during 2012/2013.
- Most violence against women is not reported to police.
- From 2012-2013, a total of 1,093 family incident reports were submitted to the police in the Yarra Ranges. Of those reported, children were present in 351 cases.
- Violence against women and their children was estimated to cost the Australian Economy \$13.6 billion in 2008-2009.



## CAUSES OF VIOLENCE AGAINST WOMEN

Research has shown that the main causes of violence against women are:

- Unequal power relationships and resources between women and men
- Traditional and rigid gender roles and stereotypes
- Broader cultures of violence

## VIOLENCE AGAINST WOMEN CAN BE PREVENTED

Recent research describes that by promoting gender equality and respectful relationships, violence towards women can be prevented.

The key to preventing violence against women is:

- To promote equality between men and women, boys and girls
- To promote respectful relationships between men and women, boys and girls

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**THIS NEEDS TO HAPPEN AT  
EVERY LEVEL OF SOCIETY:  
INDIVIDUALS, COMMUNITY AND  
ORGANISATIONS.**

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# EQUAL & RESPECTFUL RELATIONSHIPS

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## **What do we mean by gender equality?**

It's about being given the same or equal opportunities in life, not being held back or discriminated against, or told you can't or shouldn't or are not capable of doing something because of your gender. It's also about equally valuing the differences between male and female.

## **What do we mean by respect?**

It's about treating people fairly and valuing them, no matter how different they are to you, or how you feel about them. Everyone has the right to be respected and treated this way. Respect should be given and received.

## **WHY ARE EQUAL AND RESPECTFUL RELATIONSHIPS SO IMPORTANT?**

Relationships contribute to who we are and, therefore, are an important part of our health and wellbeing. Healthy relationships make us feel good about ourselves and contribute positively to our self-esteem. This in turn can help us to have a positive outlook and to treat others with respect. When respect is missing from relationships, an individual's health can be negatively affected.

We all have different types of relationships, this includes with friends, a boyfriend or girlfriend, parents or community leaders, etc. We may relate differently in each relationship, however, in all relationships it is important that each person feels valued and safe.

# FOOTBALL CLUBS CAN PROMOTE EQUALITY AND RESPECT

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## WHY PROMOTE EQUAL AND RESPECTFUL RELATIONSHIPS IN FOOTBALL CLUBS?

Violence against women can be prevented in all levels of the community, not necessarily just football clubs. However, football clubs are strong leaders within the community and are well positioned to positively influence the health and social environment of young people and families. Football clubs are also well positioned to play an important role in prevention. They have a strong male presence, an actively engaged group of young people and, therefore, the opportunity to model respectful behaviour.

## BENEFITS FOR THE CLUB AND THE COMMUNITY

Benefits of promoting equal and respectful relationships within local football clubs include opportunities:

- For clubs to promote a family friendly environment
- To promote positive cultures
- To network and partner with local community organisations
- To encourage more female participation and inclusion in football, both on and off the field
- For clubs to update policy's and codes of conduct
- To support and promote positive role modeling that reflects equality and respect, throughout the football club and wider community

## PRACTICAL WAYS FOOTBALL CLUB CAN PROMOTE EQUALITY AND RESPECT

- Encourage active female participation in all levels of the club, including participation in the game
- Promote the club as a family friendly environment and assess the club culture
- Assess the physical facilities in the club to ensure they are female friendly
- Reward respectful behaviour on and off the field by developing a 'most respectful' behaviour award
- Discuss this topic as a regular item at committee meetings
- Promote respectful behaviour from spectators
- Manage disrespectful and aggressive behaviour appropriately
- Implement education sessions
- Role modelling

# SUPPORT SERVICES

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Sometimes talking about equal and respectful relationships, may bring up painful issues, or disclosures of violence and abuse. If so, there are support services available for young people, adults and families in the Yarra Ranges.

## If in immediate danger, dial triple zero (000)

### 24/7 FAMILY VIOLENCE RESPONDER

#### safe steps Family Violence Response Centre

Offers women and their children (family and friends) living with family violence access to professional support to enable them to become free from violence.

Phone: 1800 015 188

### 24/7 PHONE LINES AND ONLINE COUNSELLING

#### 1800RESPECT

National 24/7 sexual assault, domestic family violence counselling helpline, information and support service.

Phone: 1800 737 732; Website: [www.1800respect.org.au](http://www.1800respect.org.au)

#### Lifeline

Provides 24/7 crisis support and suicide prevention services, through phone support and online crisis support chat on their website (chat not 24/7).

Phone: 13 11 14; Website: [www.lifeline.org.au](http://www.lifeline.org.au)

#### MensLine Australia

A 24/7 phone and online support, counselling and information service for Australian men with family and relationship concerns.

Phone: 1300 789 978; Website: [www.mensline.org.au](http://www.mensline.org.au)

### SERVICES FOR THE EASTERN METROPOLITAN REGION OF MELBOURNE

#### EDVOS- Eastern Domestic Violence Outreach Service

Provides a range of services for women and children responding to and experiencing family violence. They also support with referrals to counselling and other services.

Phone: 9259 4200; Monday – Friday 9am until 5pm



### **ECASA- Eastern Centre Against Sexual Assault**

Counselling and advocacy services to women, men, children and young people who are victims/survivors of recent or past sexual assault.

For counselling phone: 9870 7330; Monday – Friday 9am until 5pm

For after-hours 24 hour support phone: 1800 806 292

### **Outer East Family Violence Counsellors**

**Inspiro (Lilydale)** – 9738 8801; Monday – Friday 8:30am until 5pm

**Yarra Valley Community Health** - 1300 130 381; Monday – Friday 8:30am until 5pm

### **Aboriginal Family Violence Prevention and Legal Service Victoria**

Provides assistance (legal services or counselling) to Aboriginal and Torres Strait Islander victims/survivors of family violence and sexual assault.

Phone: 1800 105 303 or 9244 3333 (Melbourne Metro phone lines)

### **Boorndawan Willam Aboriginal Healing Service**

Assists Aboriginal and Torres Strait Islander people from the Eastern Metropolitan Region in their healing journey to address the impacts of family violence.

Phone: 9871 2676

## **SERVICES FOR YOUNG PEOPLE**

### **Kids Helpline**

Free 24/7 confidential phone and online counselling service for young people aged 5 – 25 years.

Phone: 1800 55 1800; Website: [www.kidshelp.com.au](http://www.kidshelp.com.au)

### **Yarra Ranges Youth Services**

A free counselling service for young people aged 12-25 and their families who live, work or study in the Yarra Ranges.

Phone: 9294 6716; Monday – Friday 9am until 5pm

### **headspace Knox**

Provides young people aged 12-25 with confidential and free mental health advice, support and information.

Phone: 9801 6088

Open Monday - Wednesday 9am until 6pm

Thursday- 9am until 8pm

Friday- 9am until 5pm



EQUALITY  
AND RESPECT   
GO HAND  
IN HAND

YOU&I

