

# #SafeKoorieFamilies – There is Another Way

## Facilitator Quick Guide

VACCA's #SafeKoorieFamilies – There is Another Way campaign was developed to promote conversations in Community about everyday examples of family violence. These resources may be used in a range of settings such as therapeutic group sessions, classrooms, and community forums where facilitators may use the themes to explore different types of family violence and how they impact on the Aboriginal Community. While the clips themselves explore themes of cultural abuse, bystander behaviour, and the impact of emotional abuse on children, they may be seen from many viewpoints when considering the intended audience.

This guide is intended to support the facilitation of groups of young people. Consideration must be given to the dynamics of the groups of young people the facilitator is working with, and what their individual experiences of family violence have been.

We encourage facilitators to consider the following when showing these clips during a session:

- **Setting the scene.** These clips should be viewed in a space which is inclusive and invites quiet reflection as well as group discussions. Having visual cues of Aboriginal artworks, flags, or tactile resources such as possum skins in the room may help participants to feel better supported and allow them to draw strength from pride in their culture. Establishing group safety rules and facilitator obligations with participants should also take place prior to activities.
- **Thinking through issues which may come up for individuals.** Each facilitator should be aware of potential triggers for participants and consider how the content of the clips may affect them. Unforeseen triggers may arise during the group session, so facilitators should allow time and a safe space afterwards for conversation. Facilitators should also establish a signal for participants if they need to take a break from the discussion and make plans to support them if they are feeling triggered. There may be a need for multiple facilitators in this scenario.
- **Planning beyond the session itself.** Facilitators should consider ongoing reflection by participants after the session concludes and letting participants know what supports are available should they feel sad, unsafe, or uncomfortable. This could include resources, people to talk to, and making parents and carers aware of the subject matter of the session.
- **Allowing room for flexibility when facilitating the conversation.** The questions we have posed in the guide are suggestions. Facilitators will need to be able to 'read the room' so they can determine how many questions are appropriate to ask with any given group, or whether to pose alternate questions where appropriate.
- **Allow enough time.** It is advised that each clip is used in a separate session to allow for adequate reflection. Take particular care at the end of each session. It is recommended that facilitators end with exercises that promote self-regulation.
- **Facilitator wellbeing.** Family violence content can have an impact, even for experienced workers and facilitators. The language and content can be triggering, so it is important to check in with yourself and make sure you are taking care of your wellbeing as well as that of group members while viewing the clips.

## Kitchen Clip – Cultural Abuse

Our kitchen clip explores cultural abuse with a non-Aboriginal father angry at an Aboriginal mother and daughter for engaging in traditional practices.



YOU COULD POSE THE FOLLOWING QUESTIONS AFTER VIEWING THE CLIP:

- What feelings came up for you during and after watching this clip?
- What feelings came up for you when the father says, “not this shit again,” and “take that muck off your face”?
- What do you think Tamika the daughter is feeling? How does she look to you?
- How did the mother draw the line?
- What would this interaction look like in a healthy respectful relationship?
- What are the strong messages you took from the clip?

## Car Clip – Impact on Children

Our car clip explores emotional abuse and coercive control with a non-Aboriginal stepfather being verbally and psychologically abusive to his partner, with two children witnessing the abuse in the backseat.



YOU COULD POSE THE FOLLOWING QUESTIONS AFTER VIEWING THE CLIP:

- What feelings came up for you during and after watching this clip?
- How do you think the mother was feeling?
- How did you feel when you heard James' thoughts?
- What is your reaction to Lailah's game with her dolls?
- What would this interaction look like in a healthy respectful relationship?
- What do you think this clip highlights?

## Bus Stop Clip – Bystander Behaviour

Our bus stop clip explores bystander behaviour involving witnessing coercive control and verbal abuse while overhearing a phone call.



YOU COULD POSE THE FOLLOWING QUESTIONS AFTER VIEWING THE CLIP:

- How does this clip make you feel?
- What did you think about the phone call Jesse overheard?
- Do you believe that it was safe for Jesse to confront his mate in this scenario?
- Do you think Jesse has a responsibility to intervene as a bystander?
- How could you keep yourself safe when intervening as a bystander?
- What do you think this clip highlights?

# Resources

<b>Victorian Aboriginal Child Care Agency (VACCA)</b>	<b>VACCA has a whole suite of family violence programs from case management through to therapeutic programs and camps for Aboriginal young people</b>	(03) 9287 8800 <a href="https://www.vacca.org/">https://www.vacca.org/</a>
<b>Safe Steps Family Violence Response Centre</b>	Family Violence Response Centre (24-hour service) <ul style="list-style-type: none"> <li>• 24/7 Phone line</li> <li>• Safety planning</li> </ul>	1800 015 188 <a href="https://www.safesteps.org.au/">https://www.safesteps.org.au/</a>
<b>1800 RESPECT</b>	National Helpline (24-hour service) <ul style="list-style-type: none"> <li>• Phone and online support</li> <li>• Safety Planning</li> </ul>	1800 737 732 <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a>
<b>WellMob</b>	A social, emotional, and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People	<a href="https://wellmob.org.au/">https://wellmob.org.au/</a>
<b>Mindspot</b>	A free Indigenous wellbeing course	<a href="https://mindspot.org.au/indigenous-wellbeing">https://mindspot.org.au/indigenous-wellbeing</a>
<b>Sexual Assault Crisis Line</b>	National Helpline (24- hour service) <ul style="list-style-type: none"> <li>• Phone crisis counselling services</li> <li>• Immediate crisis response</li> </ul>	1800 806 292 <a href="https://www.sacl.com.au/">https://www.sacl.com.au/</a>
<b>Lifeline</b>	National crisis service (24-hour crisis service) Phone, text, online crisis services	13 11 14 <a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>
<b>Dardi Munwurro Bramung Jaarn Program</b>	Guiding and supporting young men, to become the leaders of their families and communities	0499 044 753 <a href="mailto:Ben.McVeigh@dardimunwurro.com.au">Ben.McVeigh@dardimunwurro.com.au</a>
<b>Kids Helpline</b>	National Helpline (24-hour service) Telephone support to all children and young people 0-18	1800 55 1800 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>Djirra -Aboriginal Family Violence Response &amp; Support Service</b>	Phone and face-to-face legal and non-legal support to Aboriginal people who are experiencing or have experienced family violence	1800 105 303 <a href="https://djirra.org.au/">https://djirra.org.au/</a>
<b>Yarning SafeNStrong</b>	Crisis line (24-hour service) <ul style="list-style-type: none"> <li>• Phone counselling service for Aboriginal and Torres Strait Islander people</li> <li>• Social and emotional wellbeing support</li> </ul>	1800 959 563
<b>Switchboard Victoria</b>	Connecting the LGBTIQ+ community to safe services	(03) 9663 2474 <a href="https://www.switchboard.org.au/">https://www.switchboard.org.au/</a>
<b>Rainbow Door</b>	LGBTIQ+ Helpline <ul style="list-style-type: none"> <li>• Family and intimate partner violence</li> <li>• Social isolation, mental health and wellbeing support</li> </ul>	Phone: 1800 729 367 Text: 0480 017 246 <a href="https://www.rainbowdoor.org.au/">https://www.rainbowdoor.org.au/</a>
<b>QLife (supporting the LGBTIQ young people)</b>	Peer support phonenumber <ul style="list-style-type: none"> <li>• Phone and online support</li> </ul>	1800 184 527 <a href="https://www qlife.org.au/">https://www qlife.org.au/</a>

