



Australian Government

VIOLENCE AGAINST WOMEN
LET'S STOP IT
AT THE START

How young people can learn about disrespect online

Conversations about treating women
with respect



Easy Read version



How to use this guide



The Australian Government wrote this guide.

When you see the word 'we', it means the Australian Government.



We wrote this guide in an easy to read way.

We use pictures to explain some ideas.



We wrote some important words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

There is a list of these words on page [20](#).



This is an Easy Read summary of another guide.

This means it only includes the most important ideas.



You can find the other guide on the Respect website.

www.respect.gov.au/hidden-trends



You can ask for help to read this guide.

A friend, family member or support person might be able to help you.

What's in this guide?

About this guide 5

What young people can learn about online 6

Helping your child to understand disrespect online 8

Explaining how social media works 10

Teaching your child how to communicate with respect online 12

Support for you and your child 15

Word list 20

About this guide



Violence is when someone:

- hurts you
- scares you
- controls you.



This guide explains:

- how young people can learn about disrespect online
- examples of disrespect online.



We know it's hard to talk about violence against women.

But it's important to talk to young people about it.

What young people can learn about online



Your child might spend a lot of time online.

For example, on:

- social media, like Instagram
- online games.



They might see things online that affect what they:

- think
- feel
- believe.

So it's important to know:



- what they see online



- who they talk to online.



It's also important to understand the different ways people can treat women with disrespect online.



This will help you know what to:

- look out for
- talk about with your child.

Helping your child to understand disrespect online



There are lots of ways that people treat women with disrespect online.



People can write comments that put women down.



People can share sexual photos or videos of women without them saying it's okay.



People might make jokes about **sexual violence**.



Sexual violence is when someone:

- makes you do sexual things you don't want to do
- does something sexual to you that you don't want them to.



People who are popular on social media might say things that disrespect women.

Some people might agree with them because they are popular.



Let your child know they can come and talk to you if they see these things online.



You can explain to them:

- why disrespect towards women is not okay
- how this would make a woman feel.

Explaining how social media works



You should explain to your child that social media is different to what happens in real life.



Social media shows people certain information it thinks will interest them.



For example, if you have searched to buy a new watch, you might get ads about buying a watch.

This will also happen when you:



- play a video
- comment on a photo or video
- like a photo or video.



Social media will show you more videos and photos that are similar to these.



So if your child watches a video of someone treating a woman with disrespect, social media might show them more videos like this.



Explain to your child that they can choose what they look at on social media.

They can choose not to watch videos of people treating women with disrespect.



You can also show them how to block or report things on social media.

This means they won't see similar photos or videos anymore.



You can learn more about how to report things online on the Australian Government website.

For example, things like photos or videos.

www.esafety.gov.au/report

Teaching your child how to communicate with respect online



It's important to teach your child how to communicate with respect online.



Sometimes people forget that what they say online can hurt people.



Or they might say hurtful things on purpose because they think no one will find out who they are.



This can include using certain words that:

- disrespect women
- encourage violence against women.



For example, 'beta' is a word some people use to talk about a man who is weak.

When someone uses this word, it can make some people think that it's better for a man to be tough or hurtful.



'Alpha' is a word some people use to compliment a man who seems powerful.

When someone uses this word, it can make some people think that it is better for a man to be tough and selfish.



'Gyatt' is a word that some people use when they are excited to see the curves on a woman's body.

When someone uses this word, it can make some people think of women as objects.



'Simp' is a word some people use to talk about a man who does whatever a woman wants so she will like him.

When someone uses this word, it can make some people think that men should not support or respect women.



'Negging' is when someone insults another person.

These insults sound like compliments.

Negging is something people do to:

- control other people
- make other people feel bad about themselves.

Support for you and your child

The Respect website has many resources about:



- understanding respect
- how to have conversations about respect.

You can find these resources on the Respect website.

www.respect.gov.au



We wrote Easy Read information to help you understand violence against women in Australia.

You can find it on the Respect website.

www.respect.gov.au/the-issue



We wrote Easy Read information on the Respect website about how young people can learn about disrespect online.

www.respect.gov.au/hidden-trends



It is also important to have conversations with young people about respect.

We have information on the Respect website about having these types of conversations with young people.

www.respect.gov.au/conversation-guide



We have information on the Respect website about being aware of excuses.

www.respect.gov.au/excuse-interpreter



It is important to have conversations with other adults about how to teach children respect.

We have information on the Respect website about having these types of conversations with other adults.

www.respect.gov.au/generation-respect

More information



The National Community Attitudes Survey is a survey about what people think of violence against women in Australia.

You can find out more on their website.

www.ncas.au



The Personal Safety Survey collects information about people's experiences of violence.

You can find out more on their website.

www.abs.gov.au/statistics/people/crime-and-justice/personal-safety-australia



The Australian Institute of Health and Welfare shares information about people's health and wellbeing.

This includes information about people's experiences of violence.

You can find out more on their website.

www.aihw.gov.au



The Line is a website with information for young people about sex and respect.

You can find out more on their website.

www.theline.org.au



The Student Wellbeing Hub is a website with information about making schools:

- safe
- places where people respect each other.

You can find out more on their website.

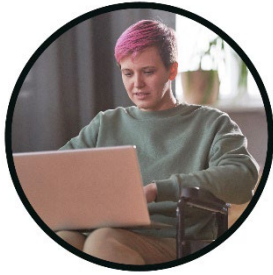
www.studentwellbeinghub.edu.au



The Australian Government has a website called eSafety about supporting people to learn about being safe online.

You can find out more on their website.

www.esafety.gov.au



Say it Out Loud is a website that supports people in the **LGBTIQA+** community.



The letters LGBTIQA stand for lesbian, gay, bisexual, transgender, intersex, queer or questioning and asexual.

The '+' is for people who are part of the LGBTIQA+ community but don't talk about themselves using a word from this list.



You can find out more about these supports on their website.

www.sayitoutloud.org.au

Word list

This list explains what the **bold** words in this guide mean.



LGBTIQA+

The letters LGBTIQA stand for lesbian, gay, bisexual, transgender, intersex, queer or questioning and asexual.

The '+' is for people who are part of the LGBTIQA+ community but don't talk about themselves using a word from this list.



Sexual violence

Sexual violence is when someone:

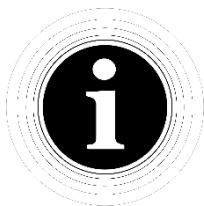
- makes you do sexual things you don't want to do
- does something sexual to you that you don't want them to.



Violence

Violence is when someone:

- hurts you
- scares you
- controls you.



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