

Let's talk about respect (now and always)

We all have a role to play in promoting respectful behaviour.

As parents, carers and family members, how can you have conversations about respect and respectful relationships with the young people in your life?

We know there are many ways young people experience disrespect, and this UTS Respect Guide aims to support you in having these conversations, confidently and positively.

Let's stop accepting disrespect



Call out disrespectful and aggressive behaviours for what they are, including:

- accepting a hurtful or disrespectful comment as 'just a joke'
- downplaying disrespectful behaviour
- blaming women and girls for being treated with disrespect
- downplaying the impacts of non-physical forms of violence (including demeaning, gendered and violent language) and violence online.

Active and ethical bystanders play a critical role in disrupting disrespectful behaviour. By intervening, you directly and immediately contribute to the safe and respectful community we all deserve.

Be ready to talk early and often



Take advantage of everyday situations and use this as an opportunity to talk about gender roles.

For example, if you:

- hear a comment in the news that a woman who was hurt by a man 'shouldn't have been out on her own'
- see a viral video that suggests women should 'obey their partner'
- overhear someone say 'man up!' or 'don't act like a girl' during a sports game.

Explain why such behaviour is disrespectful and how it makes others feel.

By talking regularly, you keep the communication lines open. This lets the young people in your life know where you stand and that they can talk to you anytime.

Stay connected

Do you know what your kids are doing online? Being aware of what platforms they're accessing will help you understand what they're being exposed to.



Strike a balance between privacy, monitoring and trust. Ask them what's trending on social media and who they're engaging with online but avoid excessively monitoring or restricting their online activities.

When to get involved



Empower young people to handle situations themselves. Encourage them to identify other trusted adults – for example, a teacher, counsellor, or other family members. If you feel you need to intervene, discuss with them what actions you might take and why. If they're at risk of harm then an adult must intervene, even if they say they don't want you to get involved.

Be a positive and powerful role model

Remember, our young people learn by example. By modelling the kinds of behaviours we want, you are demonstrating your values in action.



Through your everyday attitudes and behaviours, you are providing practice examples for how the young people in your life might also respond when faced with similar disrespectful or unsafe situations.

