

# women's health matters !



## Teach children about respect

Women's Health Matters



Easy English

Supported by



## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
  
- know what this book is about
  
- find more information.



## About this book

This book is from Women's Health Matters.



Some things in this book might make you feel sad or upset.



If you feel sad or upset you can

- talk to someone you know



- contact a support service.

You can find all contact information at the end of this book.



This book is about how you can teach children about **respect**.



Respect means

- everyone is important



- we should be kind to other people



- we should **not** hurt other people.



Respect also means that

- other people should be kind to us



- other people should **not** hurt us.



We should respect people of every **gender**.



- a woman



- a man



- both a woman and a man



- **not** a woman or a man.

## Talk with children

You can tell your child you are happy when your child



- is brave



- is kind.



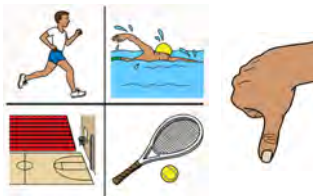
You can also talk to your child about **stereotypes**.

Stereotypes

- are ideas about people



- are **not** always true.



For example **not** all men like sports.



**Not** all women like cooking.



If your child likes to do something that does **not** hurt anyone else, let them do it.



For example

- if a boy wants to wear pink that is okay



- if a girl wants to play football that is okay.

You can let your child do different things.



For example

- play with trucks



- read books



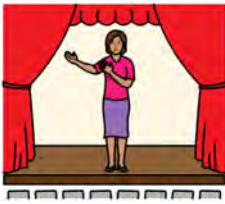
- play with dolls.

You can show your child they can grow up to be like lots of different people.



Your child could grow up to be like

- a singer



- an actor



- a sports person



- their teacher.



## Help children understand media



**Media** can mean

- books



- television



- movies



- **social media.**



Social media can be

- Facebook



- TikTok



- Instagram.



You can show children media that

- respects people of all genders



- says it is **not** okay to be mean to people because of gender.



You can help children think about when media does **not** respect people.

## Help children think about gender



You can show children that it is **not** okay to be mean to someone because of their gender.



It is important to say something if someone does **not** show respect.



Sometimes you can only say something if

- it is safe for you



- it is safe for the person who is **not** being respected.

To stop people who do **not** show respect  
you can



- frown or give them a look to show you are **not** happy



- tell them you do **not** agree with what they said.

To stop people who do **not** show respect  
you could



- **not** respond to mean comments



- **not** laugh at mean jokes



- tell the person that what they said is **not** okay.



You can tell the person

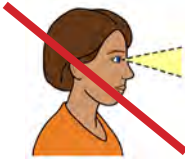
- when other people are around

or



- **in private.**

In private means in a way that other people **cannot**



- see what is happening



- hear what you are saying.

## Other ways to help children think about gender

Show your children that everyone in your family can



- do different jobs

- have fun in different ways.



For example both parents can clean the house.



You can also talk to other parents about respect.

## More information



For more information contact  
Women's Health Matters.



Call 02 6290 2166



Website [womenshealthmatters.org.au](http://womenshealthmatters.org.au)



Email  
[healthpromotion@womenshealthmatters.org.au](mailto:healthpromotion@womenshealthmatters.org.au)

## Other people that can help



**Level Playground**

[levelplayground.org.au](http://levelplayground.org.au)



**Sexual Health and Family Planning**

[shfpact.org.au](http://shfpact.org.au)



**Because Why**

[becausewhy.org.au](http://becausewhy.org.au)



**Parentline ACT**

[parentlineact.org.au](http://parentlineact.org.au)



02 6287 3833



**Blue Knot**

[blueknot.org.au](http://blueknot.org.au)



1300 657 380





### **If you do not speak English**

Use the free Translating and Interpreting Service or TIS.



Call            131 450

Give the TIS officer the phone number you want to call.



### **If you need help to speak or listen**

The National Relay Service can help you make a phone call.



Call            1800 555 660



Website    [accesshub.gov.au/nrs-helpdesk](http://accesshub.gov.au/nrs-helpdesk)

Give the relay officer the phone number you want to call.

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