



RESPECT ME

Junior Parent & Carer Information

So... what is RESPECT ME?

Junior RespectMe is a best practice respectful relationships and violence prevention education program. Designed to help children develop positive relationships as they approach adolescence.

The five-session program aims to enhance children's ability to:

- ✓ Recognise and maintain healthy, respectful relationships
- ✓ Identify and respond to disrespectful or violent situations
- ✓ Take appropriate action and advocate for respect within their community
- ✓ Access and seek support when needed

RespectMe has been delivered in Far North Queensland schools since 2012. It is now funded by the Queensland Government's Department of Justice and Attorney-General under the Cairns Youth Sexual Violence Prevention initiative.

Why are these topics and programs important for children and young people to learn about?

Childhood and adolescence is a critical time for fostering respectful, non-violent relationships. Sadly, many young people witness or experience violence at home or in their community, leading to a concerning tolerance for violence against girls and women.

Research shows that interventions focused on violence prevention, healthy relationships and consent are most effective with these age groups.

In Cairns, sexual violence among young people is a significant issue. From 2011 to 2016, the region had the highest average number of youth victims and offenders of sexual violence in the state.

Real Talk!

The students really need to hear warm and confident adults telling them that it is ok to be whoever they are in this life, free from judgment, and with the tools to be respectful of all as they move forward. What a game changer for even my millennial generation this could have been, had we had access to a program like RespectMe at their age!

C Mira, Teacher Peace Lutheran College

The program assists students to transition into adolescence, equipped with the skills and knowledge needed to manage the challenges and changes that they will face. We like the way the facilitators use interactive teaching and learning strategies which create positive student engagement and ensures students get the most out of the program.

M Allen, Principal Malanda SS

Why are these topics being taught in schools... Shouldn't it be taught at home?

While it's crucial for parents/carers to model and teach respectful behavior at home, students also need a safe and controlled space to practice and discuss it with peers.

Programs like RespectMe promote respectful relationships, prevent violence, and create a safer, more nurturing environment. They improve social, behavioral, and academic achievements, reinforcing positive behavior in schools.

What activities will my child participate in?

RespectMe is a fun, interactive program where students learn and explore through games, hot-seating, role-play, and educational drama to boost engagement and understanding.

These activities help students develop critical thinking skills by analysing popular media messages and imagery, examining their impact on respect within their community.

Will this introduce them to another set of values? What about our family values?

RespectMe acknowledges that every family has different values, but 'respect' is universally important. The program has been designed to educate children on respecting themselves, others, and their environment.

Thank you for teaching us about consent and relationships - this stuff is so important. I feel more prepared to date in the future.

Lily, Student



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My child is too young for dating, aren't they too young to learn about this too?

Junior RespectMe provides respectful relationship education on all relationships, not just the intimate kind! The relationships in a child's life, including those with friends, family and peers, can influence their physical health, promote self-esteem and assist them in developing a sense of belonging.

As your child makes their way into adolescence, changes within their peer groups and feelings towards their peers can change. Providing safe ways for your child to think about their rights and responsibilities in a relationship before this occurs, is important for their safety.

Importantly, RespectMe includes consent education to empower young people with skills to navigate peer pressure and recognise safe, healthy, and respectful ways to give and receive consent in friendships and intimate relationships.

Is this program safe for children who may have already experienced a traumatic event?

Our program is designed to ensure a supportive and safe environment for all students. We collaborate closely with each school to prevent any distress.

If you have concerns about your child's past experiences, please reach out to the school principal, their teacher, or the RespectMe facilitator to discuss further.

Will the program be teaching them about sex?

RespectMe is focused on teaching young people about respectful relationships and is not a sexual education program. It's designed to equip them with skills essential for fostering and maintaining healthy relationships, including friendships with peers and their community, to ensure a safe journey through adolescence.

Who will be delivering the program in schools?

VPG has been empowering young people in Far North Queensland for over two decades.

Recognised as a leader in youth development for their specialised knowledge in respectful relationship education, VPG has partnered with local primary and high schools to implement the RespectMe program since 2012.

Their diverse team includes professionals with backgrounds in Health Promotion, Education, Psychology, Youth Work and Social Work, providing a robust, multi-disciplinary approach to learning and support.

RESPECT ME Facilitators



With the year levels that have participated in the program over two years at ASHS, we have experienced a drop in the number of students bullying each other and reporting inappropriate behaviours. Students are taught about their rights and responsibilities in relationships and this supports our whole school values.

H Carne, Principal Ravenshoe SS

Real Talk!

I really enjoyed the activities. It was a fun way to learn about my rights and responsibilities of a relationship.

William, Student

For any enquiries about the program, please email our team at:
respectme@vpginc.com.au