



# FACILITATING THE SHARK CAGE PROGRAM FOR YOUNG WOMEN

## Inhouse Training

**DATE:** Flexible within 12 months of payment.

**VENUE:** Your Organisation or Venue of your choice.



### The Shark Cage Program for Young Women: A human rights approach to gender violence and healthy relationships

#### What is the Shark Cage Program for young women?

The program consists of seven ninety minute sessions of mixed activities for young women aged 13 - 16. All sessions are comprehensively detailed in a program manual that is provided along with comprehensive digital resources to training participants. The program is designed to complement other Respectful Relationships programs aimed at young people. This program specifically provides young women with a female only space to address issues that may be more difficult to explore with men present. The program is consistent with Federal, State & Territory directives to incorporate educational programs addressing violence against women & respectful relationships into school curriculums.

The program was co-developed by a psychologist and teacher to meet a demand for a youth and school friendly version of the highly successful and evidence based adult Shark Cage program that runs Australia wide. The 2018 pilot program of the Young Women's Program demonstrated that positive shifts in participants attitudes, behaviours and knowledge relating to key program objectives occurred after completing the program.

**Who is this training for?** Professionals who work with young women between the ages of 13 & 16 in school or other support settings. The program creates space for young women to explore sensitive issues relating to gender, sex, relationships and identity. For this reason, **the training is for female only professionals** who would like to become accredited to run the program for young women at their school or service. Training participants will need to feel comfortable talking about sex, diversity in gender, sexuality, gender inequality and violence.

**This training is part of an accreditation process.** Participants need to have completed the prerequisite training in The Shark Cage: A Practical Framework for prevention and addressing re-victimisation for girls and women. For more information about the process and **terms & conditions of accreditation.**

**[CLICK HERE.](#)**

**Ursula Benstead** is a psychologist in private practice in Melbourne. Ursula has 25 years' experience in the field of complex trauma, particularly in the areas of family/domestic violence and sexual assault. She is the author of *The Shark Cage Group Program Manual: A human rights approach to empowerment & healing for women who have experienced sexual assault or family violence and the self help book How To Spot a Shark: 5 steps to healing from abusive relationships* and is co-author of *The Shark Cage Program For Young Women: A human rights approach to gender violence and healthy relationships*. Ursula has provided Shark Cage training to over 10,000 professionals internationally. In house training can be provided by request.



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## Objectives of the Shark Cage Group Program For Young Women

1. Increase knowledge of healthy and unhealthy relationships
2. Increase capacity to set boundaries
3. Increase skills in respectful assertive communication
4. Increase understanding of consent
5. Decrease victim-blaming attitudes
6. Increase the ability to care for and be kind to themselves
7. Increase awareness of “gut feeling” about people and situations
8. Increase sense of self-worth
9. Increase belief in entitlement to rights
10. Increase ability to recognise a potentially abusive or exploitative person
11. Increase awareness and respect for the rights of others

**The 2018 pilot program evaluations indicated that the program met these objectives.**

### Learning Outcomes for this training:

1. Increase knowledge base relating to facts regarding prevalence and drivers of gendered violence and how this relates to Human Rights.
2. Increase knowledge of the tailored youth version of the 5 Steps in The Shark Cage Framework.
3. Increase knowledge of consent and common myths about consent.
4. Attain an over-view of the content of each of the 7 sessions in the program .
5. Increase knowledge and confidence in responding to disclosures by young women of abuse or assault. Apply and practice this knowledge with common scenarios.

**Available online or face to face.**

### Inclusions:

Training Folder • Program Manual & USB of Digital Resources  
(Combined value of \$405 and only available as part of this training)  
• Shark Cage Mural Kit (RRP of \$192.50) • Certificate of attendance

**Cost \$799 inc GST**

**Please read the Terms & Conditions for the Facilitator Accreditation process,  
Program Summary, Accreditation & Fees documentation  
and the Services Agreement.**

**Please contact [info@thesharkcage.com](mailto:info@thesharkcage.com) for further information**

For more information about Ursula visit [thesharkcage.com](http://thesharkcage.com)