



FACILITATING THE SHARK CAGE PROGRAM FOR YOUNG WOMEN



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. 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 steps to become an accredited facilitator of the Shark Cage program for Young Women.

[CLICK HERE.](#)

Ursula Benstead is a psychologist in private practice in Melbourne. Ursula has 30 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*, *How to Spot a Shark: 5 Steps to Healing from Abuse* and 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 in Australia and internationally to over 10000 professionals. 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. Learn how to use the tailored youth version of the 5 Steps in The Shark Cage Framework.
3. Increase capacity to explore what consent is and isn't.
4. Attain an over-view of the content of each of the 7 sessions in the program .
5. Increase skill and confidence in responding to disclosures.

*This program is targeted at cis and trans young women and non binary youth who express an interest in the content & objectives of the program.

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

Please contact info@thesharkcage.com for further information

For more information about Ursula visit thesharkcage.com