

# Being an Ally

## Purpose

This course is designed to complement the introductory courses in equity, gendered violence, trauma and healing. It is an evidence-informed approach to recognising someone in your family, workplace or community who is navigating coercive control, or gendered violence with an intimate partner. An ally is someone who: recognises the behaviours and red flags that show when someone is at risk of harm; can recognise when someone is trying to 'signal' their situation; takes critical steps to become an ally, and; knows how to get help for both a victim/survivor and themselves. Allies can also take a stand on community attitudes and unequal behaviours that perpetuate violence. This training is open to all – organisations, businesses, clubs, groups and the wider community.

## Delivery

2 hours online or face-to-face mode.

## Learning Outcomes

1. Recognise when someone is navigating coercive control or violence in their intimate relationship
2. Learn the four critical steps to being an ally
3. Gain skills in how to get help for self and others
4. Explore how allies can respond to community attitudes to gender inequality and violence

## Assessment &/or Certification &/or CPD points (as relevant)

## Content

## Prescribed Readings (only if relevant)

## Recommended Readings (only if relevant)

Cost \$125 per participant