THE SHARK CAGE PROGRAM FOR YOUNG WOMEN* TRAINING

Expressions of interest being taken now.
Email to secure your place.
Date: 27th and 28th August
Venue: Live online with Ursula

Ursula Benstead is a psychologist in private practice in Queensland, Australia. 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 T*he Shark Cage Program For Young Women: A human rights approach to gender violence and healthy relationships.* Ursula has provided Shark Cage training internationally to over 10000 professionals.

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. 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.

* This program is for cis and trans young women and non binary youth who are comfortable in a space that centers the experiences of girls and women.

The Shark Cage® is a registered trademark of Ursula Benstead

FACILITATING THE SHARK CAGE PROGRAM FOR YOUNG WOMEN

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 the objectives listed above.

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 and young people.
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 with young people.
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.

Cost $899.00[++] inc GST

Includes 2 days training, The shark Cage for Young Women Program Manual and a USB with the 7 session slide presentations, digital forms, Handouts and PD Certificate.

Please read the

Program Summary , Accreditation & Fees documentation

and the Services Agreement.

Please contact info@thesharkcage.com for further information

[++]Please note that a one off payment of $275 is required for the Services Agreement and $295 for a consultation with Ursula whilst running the first group. These requirements are part of the process to be accredited to run the group program.

For more information about Ursula visit **thesharkcage.com**