



Got Your Back

INFORMATION SHEET

Relationships Australia.
CANBERRA & REGION

Every relationship matters.



About Got Your Back

Relationships Australia Canberra & Region wants to make sure that 12-25 year olds who have been impacted by family and domestic violence are supported to deal with any issues they are facing.

Family and domestic violence is when someone hurts, frightens, controls, bullies and intimidates someone else in their family.

This can be anyone including your parents, step-parents, siblings, step-siblings, grandparents, foster parents, aunts or uncles, your carer, your parent's partner or their ex-partner or your own partner.

And even if that person is hurting someone else and not you, it can still have a huge impact on how you feel.



We know that for lots of young people impacted by violence at home, it can feel like there are no safe spaces to share your experience or get help or support. Got Your Back belongs to the young people who take part. It is your group; you choose what we do and what we speak about. It is your chance to have your say and to hear from other young people in a similar situation.

What would happen if I am part of the group?



You would meet with up to 7 other young people in your age group and a worker called Niamh (Neve). In the group you would have some fun, get to know each other and have a chance to talk about any challenges you are facing.

Before you come for the first time, Niamh will have a chat with you face to face about what the group is about and to find out a bit about you. Once you are happy that the group is for you then we will invite you to the first session.

Every week the group has time to check in, time to have a fun activity and time to chat about anything that is important to you or that you would like support or more information about. We always finish with a check in with each other.

The group will go for about an hour each week. Snacks will be provided.

Do I have to say yes to being part of this group?



No! It's totally up to you. No one will be upset if you say no.

You can also change your mind at any point for any reason. And you don't have to answer any questions you don't want to. Your comfort is the most important thing.

You don't have to tell us your reason for not taking part, if you don't want to.

If you decide to try the group and later think it's not right for you then you don't have to keep coming.

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Is the group confidential?

We are required by law to keep your information private and secure. Anything you tell us remains confidential and secure except:

- where you or another person may be at risk of harm; or
- where you say the information can be shared with others.

From time to time we also need to give information to organisations that give us funding, to be sure the money is being spent in the right way. When we do this, we make sure you cannot be identified in any way. We do this by giving them anonymous information.

Will my parents be informed that I'm taking part in the group?



If you are over 16, we don't need your parents' consent for you to take part in the group. If you are between 12 and 16 we will need to seek your parents' consent for you to take part. We may be able to have consent from just one parent if one of your parents isn't around or if there is a worry about your safety. Let Niamh know if you have worries about this.

Can I bring a friend or sibling along?



If they have been impacted by violence at home YES, if not NO. We want to make sure the group is a safe space for young people who have experienced violence.

What happens if I see a group member in another social situation?



It might be a bit uncomfortable if you bump into someone from the group, somewhere else. They may not want to talk about the group, and the people around them may not know they are going to the group. It may be best to wait for the other person to say hello first.

Also, if you are happy to talk to people outside the group if you bump into them then let them know in the group first.

What if someone I know is there?



Don't worry, while you might be a bit uncomfortable at first, we will make sure you feel welcome and set some ground rules about sharing personal information outside of the group. We will have a Group Agreement that everyone will be asked to agree to. It makes sure that everyone understands that the group is confidential.

How much will it cost?



The group is completely free.



What if I have a complaint about the group?

If you have a complaint, we want to hear it and it will be looked into properly. You can put it in an email to racroffice@racr.org.au.



I am interested in coming along, what do I do now?

That's great! Why not use our contact form at racr.org.au to send us a message or call, text or email Niamh on 0427 431 288 or niamh.oconnor@racr.org.au.



I don't want to come right now, any advice?

That's fine too. Please feel free to contact us if you want to check it out in the future.

You can always get further support from the following people:

ACT Police – Call 000 if you need emergency assistance

Domestic Violence Crisis Service – Call their 24/7 Crisis Line for support at any time of the day on 02 6280 0900. If you live outside the ACT please call 1800 RESPECT.

Kids Helpline – Call their free, confidential, private counselling number for young people ages 5 to 25 on 1800 55 1800 at anytime for any reason. Or if you can't phone them you can connect one-on-one over webchat 24/7 at their website – kidshelpline.com.au.

You can also talk to someone you are comfortable with and that you trust. Someone who is able to keep you or the person you are worried about safe and help you. This might be a neighbour, a teacher, a friend's parent or another family member.