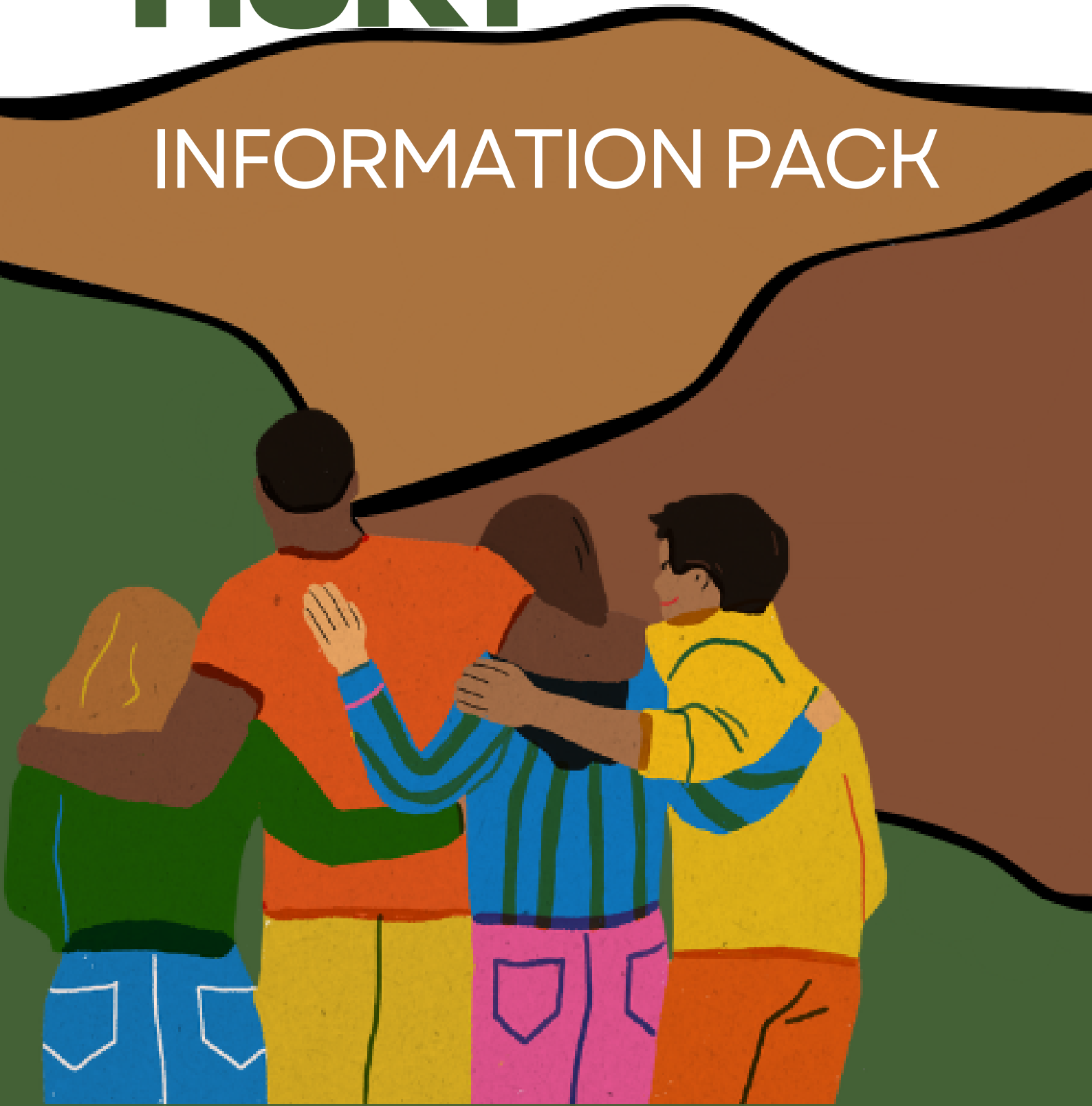


# LOVE SHOULDN'T HURT

INFORMATION PACK



# What is Love Shouldn't Hurt

Love Shouldn't Hurt is a violence prevention and respectful relationships education program designed specifically for young people aged 13–17 in the Pilbara region. Pilbara Community Legal Service (PCLS) engaged Daphne White from the Orange Story to develop the program. Driven by the support and input of local educators, youth services, Aboriginal Community Controlled Organisations, parents, young people and family violence experts, the program takes a proactive and preventative approach to ending family violence before it begins.

This two-year pilot initiative responds to the urgent challenges young people in the region face—including the influence of social media on relationships, pressure to conform to harmful norms and a lack of clear understanding around consent, boundaries and abuse.

This program is not just about awareness – it's about transformation. Love Shouldn't Hurt empowers young people to develop healthy, respectful and safe relationships by equipping them with the skills, knowledge and confidence to navigate complex topics including consent, peer pressure, technology use and emotional well-being.

# Who is it for?

Love Shouldn't Hurt is designed by and for the young people of the Pilbara, specifically targeting 13-15 year olds (Year 8 and Year 9). It can be delivered to schools, alternative learning settings and youth settings as well.

# What will participants learn?

## Module One: Respectful Relationships

- Lays the foundation for all other modules by defining respect, healthy relationships, and effective communication.
- Explores the signs of unhealthy or abusive relationships, the importance of empathy, managing boundaries, and resolving conflicts respectfully.

## Module Two: Consent

- Introduces the concept of consent using the FRIES model (Freely given, Reversible, Informed, Enthusiastic, Specific).
- Teaches learners to set and respect boundaries, use assertive communication, and understand legal aspects of sexual consent (age-appropriate for Year 9).

## Module Three: Online Citizenship & Technology-facilitated Abuse

- Focuses on respectful online communication, identifying technology-facilitated abuse (e.g., sextortion, image-based abuse).
- Teaches digital boundary setting, recognising red flags, and safe ways to respond to online pressure or non-consensual sharing.

# Why is it right for your setting?

As Love Shouldn't Hurt was designed by and for young people of Pilbara, this program will meet the needs of youth in your settings.

As part of implementation with your setting, the facilitators will work with the appropriate staff to ensure the content, language and activities are safe, appropriate and meet the intersections of the participants. Facilitators can host a session running staff and parents/guardians through the program. This will give transparency and allow for the ongoing support of learning across the participants **activities**.

This program is more than just consent, it helps students to develop healthy relationships of all types across their lifespan, including intimate and online relationships.

## Evaluation Process

Our evaluation process is simple. We do checks in after each workshop using a thumbs up and thumbs down system with the students. Quick check-ins with staff after each workshop will gather a little more about how they see the participants progressing. Then six months down the track we will reach out, in the way that best suits the young people in your setting, to gather a little more information via a quick survey.

We know that things are quickly changing, especially with technology. To ensure that we are always hitting the mark we are always open to feedback along the way.

Module	Lesson Title	Summary
<b>Module 1: Respectful Relationships</b>	What is Respect?	Learners explore the meaning of respect, including self-respect and respect for others, and how to demonstrate it across diverse backgrounds.
	Healthy Relationships	Introduces the characteristics of healthy relationships across various contexts and helps learners differentiate between healthy and unhealthy dynamics.
	Unhealthy Relationships and Abusive Behaviours	Examines the warning signs of unhealthy and abusive relationships and reflects on acceptable versus unacceptable behaviours.
	Effective Communication in Relationships	Explores different communication styles and the role of respectful communication in maintaining healthy relationships, including online.
	Managing Expectations and Pressures from Others	Focuses on understanding personal and digital boundaries and recognising the difference between healthy expectations and pressure in relationships.
	How to Resolve Disagreements in a Healthy Way	Explores respectful ways to resolve conflict and the importance of accountability in maintaining healthy relationships.
	The Ability to Understand & Share the Feelings of Others (Empathy)	Defines empathy and explores how to recognise emotions and respond with care and understanding toward others.

Module	Lesson Title	Summary
<b>Module 2: Consent</b>	Understanding Consent	Introduces the FRIES model of consent and helps learners distinguish between true consent and situations where consent is absent.
	Personal Boundaries and Checking for Consent	Examines the importance of personal boundaries, understanding consent withdrawal, and factors affecting the ability to give consent.
	Boundaries & Assertive Communication	Focuses on recognising personal boundaries, using assertive communication around consent, and understanding when consent is given.
	Privacy and the Laws on Consent (Year 9)	Explores WA laws on sexual consent and image sharing, including legal protections and how consent applies in physical and digital contexts.
<b>Module 3: Online Citizenship &amp; Technology- facilitated Abuse</b>	Communicate and Collaborate Online Responsibly and Respectfully	Addresses respectful online communication and introduces technology-facilitated abuse and its various forms.
	Boundaries and Online Consent	Explores how coercion, sextortion, and manipulation affect online consent and how to recognise and respond to boundary violations.
	Non-consensual Sharing and Image-based Abuse	Covers the impacts and consequences of image-based abuse and emphasises the importance of consent and boundary-setting in digital spaces.

# Disclosures, support and reporting requirements

Facilitators will consult with staff regarding safeguarding, disclosure, and mandatory reporting procedures of the schools or youth organisations they work with.

During program delivery, disclosures may occur due to the safe environment created. Facilitators will protectively interrupt and redirect conversations when necessary. Facilitators will maintain confidentiality and privacy in line with their professional guidelines.

In Western Australia, mandatory reporters (including teachers, doctors, nurses, police, and more) must report suspected child sexual abuse. Youth justice workers will join this group from 1 May 2025. The professional guidelines of FDV staff (unless otherwise stated) are non-mandatory reporters. The Legal staff are XXXX.