



VICTORIAN MULTICULTURAL COMMISSION (VMC)

FUNDED PROJECT:

**STRENGTHENING RESPECTFUL
AND
EQUAL RELATIONSHIP**

BACKGROUND:

The number of Nepalese migrant communities in Victoria is projected to be more than 30,000 and is further predicted to increase. The migrant communities including first generation are vulnerable to multiple aspects like the Language, cultural shock, settling in a completely new environment. This vulnerability exposes the migrant communities to domestic violence. Family violence in Nepalese community is a taboo and is not talked about. In addition, the COVID-19 has added much to the family violence and abuse. Entrenched patriarchal values, victim blaming, lack of English skills, family and community pressure, social stigma, and lack of the awareness of law and support system deters victims/survivors from accessing early intervention support resulting in intervention by law enforcement (Police /Court) in crisis situations. There is a need to educate the communities about the drivers of Family Violence with the aim of preventing violence before it occurs.

To address the issues explained above, this project with funding support from VMC successfully completed three awareness raising workshop entitled “Strengthening Respectful and Equal Relationships” in three locations (in the City of Casey Area, Wyndham City Council area and Bendigo). We screened DBSV’s produced short movie “Aba Ta Ma Bolchu” translated as “I will now speak” and “Change the Story; discussed the factors of self-respect and what leads to disrespect that escalates to family violence; explained the statistics of domestic violence and run group work asking participants the three key areas that they would think improves the respectful relationship.

A total of 160 participants were directly benefitted from the workshop conducted in three suburbs of Victoria.

KEY HIGHLIGHTS AND MAJOR OUTCOMES

1. Three workshops conducted in Eastern, Western and Northern suburb of Vitoria namely – The City of Casey Area, Wyndham Area and Bendigo area. The workshop was organized in 7th Oct, 4th Nov and 2nd Dec 2023 in three areas in Victoria.
2. A total of 160 Nepalese Migrant Communities, age ranging between 18-70 years old, were directly benefitted from this project. Of the total participants 70% were female and 30% were male.

3. A total of 11 Group work in three workshops recommended 11 key actions (*please see Table 1, Table 2 and Table 3*) to enhance and improve respectful relationship to help reduce domestic violence.

Table 1. Three key actions recommended by group work in City of Casey area, 7th Oct 2023

Group	Action 1	Action 2	Action 3
Group 1	Conduct similar awareness raising workshops. Use organization like DBSV to reach out to wider community (Women, Men and Children)	Reach out to Nepali students studying Family violence law, gender equality and prepare awareness raising programs	DBSV to help establish group support services such as - Legal, Shelter, health, food coupon, mental health services
Group 2	Awareness raising through education session. Conduct joint program with NASM	Directly linking/connecting family violence affected person/group to available support system rather than informing them where to go	Formulating "spouse program" - inviting both of the spouse to the workshop over one individual to raise awareness on promoting equal relationship
Group 3	Include and invite new generations to educate, create awareness. Help them to observe domestic violence scenarios and analyse the long-term effect of violence	Respect each other, learn to effectively communicate your feelings, do not suppress your emotions	Invite religious leaders to lead future workshops, as they can influence the society

Group 4	Need to understand the mindset of newly migrant to Australia. Need more awareness raising activity, information sessions and training/workshops	Organize similar programs for 'MEN' to maintain the harmony in the family. Increase male participations in similar workshops (invite more males)	Partner with Government/NGOs
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Table 2. Three key actions recommended by group works in Wyndham City Council area, 4th Nov 2023

Werribee Team group work	Action 1	Action 2	Action 3
Group 1	Remove gender stereotype at family level - promote equal participation in household chores	Community outreach program to inform the updated rules and regulations consistently and in the regular basis that will empowering women, raise awareness level (both men and women) of our responses in family and beyond	Services helplines are in English language. Community based 24/7 helpline services in Nepali languages are more helpful.
Group 2	Increasing awareness on equality and equity within the family.	DBSV conducting more workshops, educational videos and Yoga and laughter yoga on regular basis helps to reduce stress and maintains social harmony in a family	Reach out for help. Speak up and share with friends, neighbours, relatives and organizations. Self-isolation brings more cascading effects. Referrals and reporting, legal actions, and

		in migrant communities	sheltering is the last resort.
Group 3	Awareness programs to be focused to both men and women.	Focus on the positive outcomes of the harmonious relationship and promote it than just bringing out the negative aspects - Help create a positive mindset	More research, case studies and evidence-based data on family violence in Nepalese community
Group 4	Educate children from early age about gender stereotypes and equality.	Promote open and healthy communication between spouse and family members on what are you going through.	Male Champion to take a role to educate on strengthening respectful and equal relationship - such as male counselling male

Table 3. Three key actions recommended by group works in Bendigo Area, 2nd Dec 2023

Bendigo Group work	Action 1	Action 2	Action 3

Group 1	What is Family violence (FV) and how does it take place should be taught and proactively discussed the way to stop FV at every level at home, school, communities, workplace.	Strong support system should be there for family members, individuals, multicultural communities. Some FV programs should be children focused and their trauma should be informed and taken care.	FV related policy changes are required for example - GP - Medicare facilities should be in place for FV survivor.
Group 2	A strong support to leave unhealthy relationship. Once they leave the unhealthy relationship, survivor should be supported for their education and job opportunities	Create a safe space to speak-up. Some people are even afraid to speak up with a fear that they will be judged.	Include or invite men in the workshop, so they will also understand the issues and help to support. Unless men are engaged, they won't know the complexity of problem.
Group 3	Organize similar programs for 'MEN' to maintain the harmony in the family. Increase male participations in similar workshops (invite more males)	Encourage women to be financially independent	Similar awareness raising programs should be provided to visiting parents. The work culture and family raising practice in Australia is different to the country of origin for migrant. When the parents/in-laws visit; they have same expectations where they come from. Not being able to meet their expectation affects the healthy relationship of a couple. Hence, awareness raising to visiting parents is equally important.

WORKSHOP PHOTOS FROM CITY OF CASEY AREA, WYNDHAM CITY AREA AND BENDIGO AREA



Figure 1 Workshop Group Photo - City of Casey Area, 7th Oct 2023



Figure 2 Glimpses of group discussion in the City of Casey Area, 7th Oct 2023



Figure 3 Workshop participants in the Wyndham City Area, 4th Nov 2023



Figure 4 Mayor Jennie Barrera from Wyndham City Council giving guest speaker notes in the workshop at the Workshop in the Wyndham City Area, 4th Nov 2023



Figure 5 Glimpses of group work in the Wyndham City Council Area, 4th Nov 2023



Figure 6 Glimpses of group work in the Wyndham City Council Area, 4th Nov 2023



Figure 7 DBSV's president Ms Roshani Shrestha giving workshop opening remarks in the Bendigo, 2nd Dec 2023



Figure 8 Workshop Group Photo - Bendigo Area, 2nd Dec 2023



Figure 9 Group work presenting three key actions in the Bendigo workshop, 2nd Dec 2023

 Didi Bahini
Samaj
Victoria City of
Casey VICTORIAN
multicultural
commission
strengthening our community

**WE COORDIALLY INVITE YOU TO JOIN
A HALF DAY WORKSHOP ON
“STRENGTHENING RESPECTFUL AND
EQUAL RELATIONSHIP”**

WHAT TO EXPECT?

- DISCUSSION ON RESPECTFUL RELATIONSHIP
- SCREENING OF RELEVANT VIDEO CLIPS
- GREAT NETWORKING OPPORTUNITY

10AM- 12:30 PM, 7 OCT 2023
(REGISTRATION 9:30 AM)

**VENUE: MARRIOTT WATERS FAMILY AND
COMMUNITY CENTRE
25 BOLAND DRIVE, LYNDHURST, VIC, 3975**

**Free event including lunch
(Newari set)**



RSVP ONLY
BRINDA SHRESTHA
0425 191 321
SEEMA KARKI
0405 794 592

Figure 10 Promotional material (Flyer) for the workshop in the City of Casey Area, 7th Oct 2023



Didi Bahini Samaj Victoria

VICTORIAN multicultural commission
strengthening our community

wyndhamcity
city coast country

**DBSV invites
all men and women to attend**

*A workshop on
Strengthening respectful and
Equal relationship*

What to expect?

- Discussion on respectful relationship
- Screening of relevant video clips
- Great networking opportunity

10:00 AM to 12:30 PM, 4 Nov 2023
On site registration starts at 9:30am

Venue: Quantin Binnah Community Centre
61 Thames Blvd, Werribee, VIC 3030

**SCAN THE QR CODE
FOR REGISTRATION**

**This community centre
has strictly no nuts policy.**

**Lunch
Provided**

For further info, contact: Seema Karki 0405794592, Pinkey Shahi 0415473314

*Figure 11 Promotional material (flyer) for the workshop in the Wyndham City Council area, 4th
Nov 2023*



**STRENGTHENING RESPECTFUL
AND EQUAL RELATIONSHIP**

Didi Bahini Samaj Victoria
(DBSV)
is organizing a half day workshop

MAJOR ACTIVITIES:

- DISCUSS ON RESPECTFUL RELATIONSHIP
- SCREENING OF RELEVANT VIDEO CLIPS
- AN OPPORTUNITY TO PUT YOUR VOICE TO CREATE A RESPECTFUL COMMUNITY
- GREAT NETWORKING OPPORTUNITY

Date: 2 December 2023
Time: 10 Am- 12:30 Pm (registration at 9:30 Am)
Venue: 36 Russel St, Quarry Hill, Vic 3550

Lunch Provided

To participate in the workshop
Contact:
Manorama Shah: 0432206996
Dr Seema Karki: 0405794592

Figure 12 Promotional material (flyer) for the workshop in Bendigo area, 2nd Dec 2023