



Engender  
Equality



**EMPATHY.  
INSIGHT.  
ADVOCACY.**



## **Counselling • Statewide**

- **Face to Face**
- **Phone**
- **Zoom**

**Engender Equality is a statewide Tasmanian not-for-profit organisation that supports people affected by family violence and abuse.**

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Engender Equality is funded by the Crown through the Department of Premier and Cabinet





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**Social  
Violence**

**Emotional  
Violence**

**Financial  
Violence**

**Spiritual  
Violence**

**Phyiscial  
Violence**

**Sexual  
Violence**

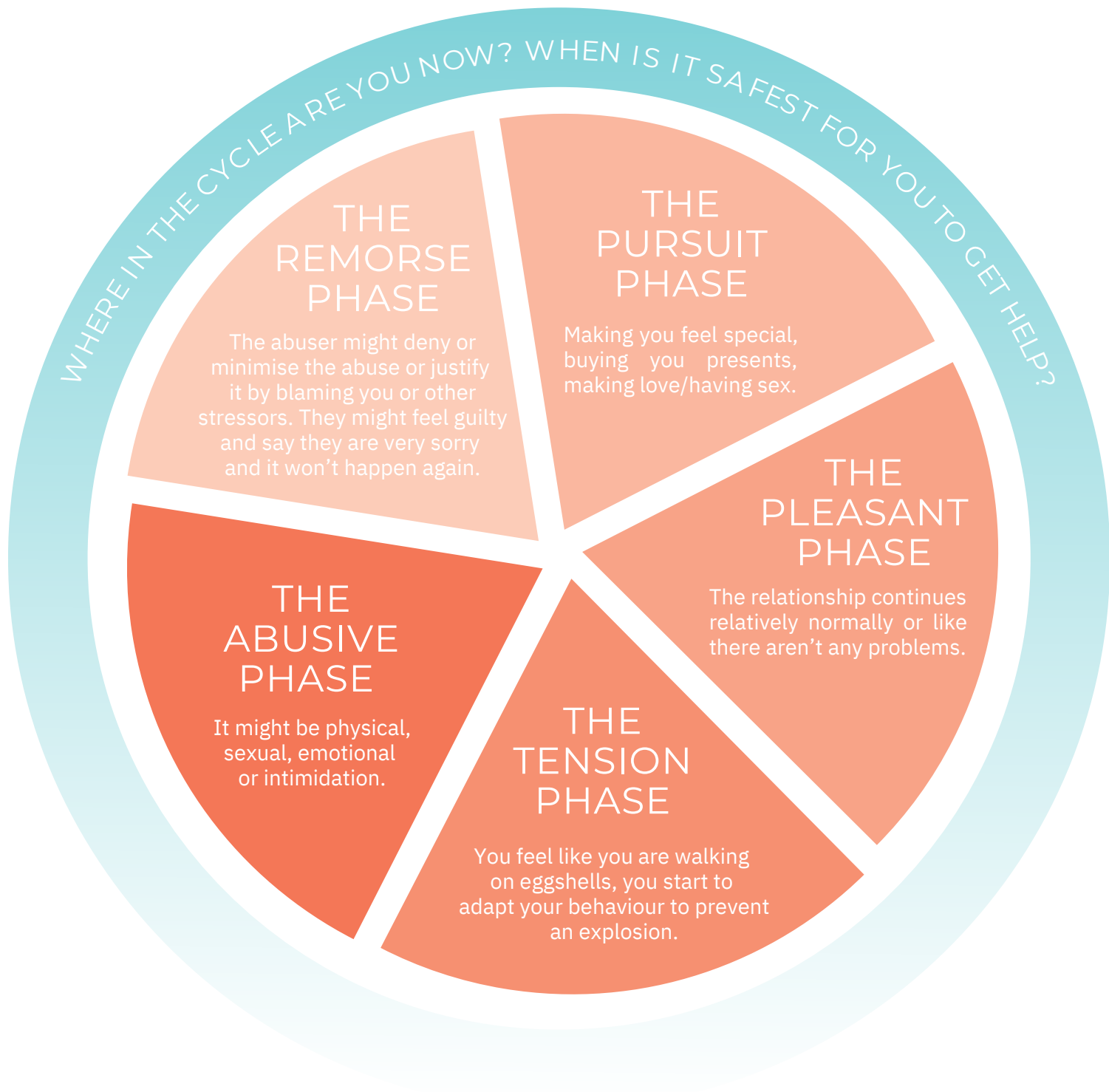
## More information

- <https://safeandequal.org.au/understanding-family-violence/forms/#>
- <https://engenderequality.org.au/blog>





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Adapted by ACON's DFV Project





# THE SHARK CAGE FRAMEWORK

SUPPORT AND INFORMATION GROUP FOR WOMEN WHO HAVE EXPERIENCED FAMILY VIOLENCE OR SEXUAL ABUSE IN THEIR LIVES

01

Support you to know your rights and boundaries.

02

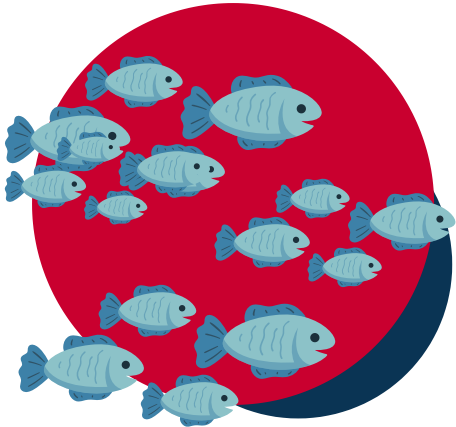
To know when your rights and boundaries are being threatened.

03

Learn how to defend these threats when it is safe to do so.

04

Recognise sharks and their behaviours.



## THE SHARK CAGE PROGRAM™

AN 8-WEEK SUPPORT AND INFORMATION GROUP FOR WOMEN WHO HAVE EXPERIENCED FAMILY VIOLENCE OR SEXUAL ABUSE IN THEIR LIVES

Sometimes women feel they must be to blame for abuse in their lives if it keeps happening. This isn't true. There are just a lot of dangerous 'sharks' out there. Sometimes it is not possible to avoid being bitten by a shark - but having a strong Shark Cage can help you to recognise sharks before they become part of your life.

This group will help you to build a strong Shark Cage of human rights. You will also explore how to recognise a respectful 'dolphin' and identify the characteristics of healthy relationships.

This group includes education about human rights, the impacts of trauma, skills training and the five steps in the Shark Cage Framework, to help women feel empowered to heal and build a strong sense of self and their rights.

When: Tuesday's from 1st August 10.30AM-12.30PM

Where: Derwent Valley Community Centre

How to register interest:

Contact Kate at SiS on 0491 014 448 or [Kate@sistas.org.au](mailto:Kate@sistas.org.au) or contact Tayla at Engender on 0491 063 617 or [tayla@engenderequality.org.au](mailto:tayla@engenderequality.org.au)



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ptunarra

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Dates: Mondays Term 3, 2023.  
Pre-group interviews Monday 17 July  
Week 1 starts Monday 31 July  
Time: 9.30AM-12PM including tea and coffee

Location: ptunarra Child and Family Learning Centre, New Norfolk  
Adjunct child care provided by request.

Who to contact: Please speak to ptunarra staff or contact Claire (Engender Equality) via email [claire@engenderequality.org.au](mailto:claire@engenderequality.org.au)



Engender Equality



SiS

Support Information + Strength



Funded by the Australian Government  
Department of Social Services





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# The Shark Cage

The Shark Cage® is a training program which aims to heal and empower women and girls who have experienced violence and abuse. Through the metaphor of a shark cage, the program adopts a trauma informed approach to helping women interrupt patterns of abuse in their lives and challenge victim blaming beliefs. The aim is to help women understand why their 'cage' is missing bars (leading to repeat attacks) and how to 'repair' the cage so they are safe.

## *Ella's Story*

Ella is the mother of three children. She has an ongoing Family Violence Order in place. Ella lost all her friends as a result of the isolation tactics of her partner. She was referred to The Shark Cage® program and in the final group session, she said:

*I feel I have friends again... who understand.*

## *Reflections from the Facilitator*

This was my first time facilitating The Shark Cage®. As the sessions progressed there was an expansion in the way the participants were communicating with each other and with themselves. They would come in each week with examples of how they were able to assert their needs and boundaries, or reflect on how they could do so in the future. That expansion came from their growing confidence in themselves to discuss needs and implement boundaries, which is built on week by week through the program.

I think one of the most powerful learnings from The Shark Cage® that really supported the development of the group's confidence was the emphasis on human rights. Whether it happens consciously or unconsciously, so often women are taught to value themselves beneath others, and The Shark Cage® training absolutely emphasises the equity of everybody. It is a powerful reminder.

05



# THE SHARK CAGE