

SHAPING THE NEXT GENERATION: CREATING PEACEFUL HOMES

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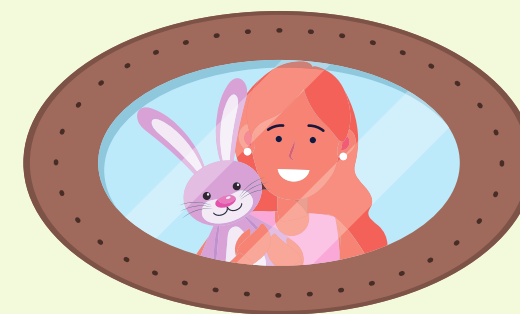
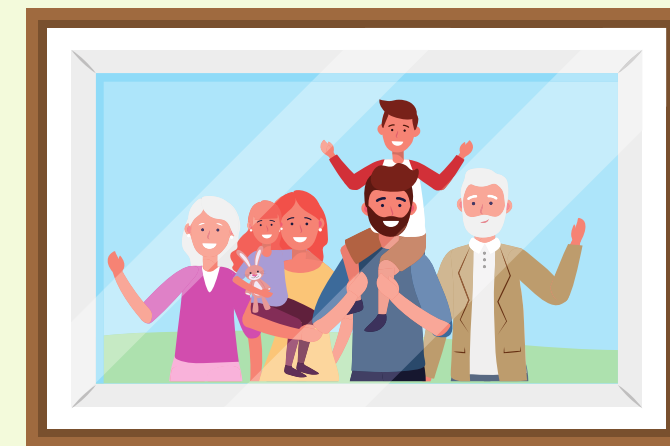
OPENING

“No more violence. No more silence. No more suffering.”

Violence affects:

- Individuals
- Families
- Childhoods
- The next generation

Every child deserves a safe, loving home.



WHY THIS MATTERS

- Homes shape a child's:
 - Safety
 - Emotional development
 - Self-worth
 - Ability to form relationships
- Peaceful homes = peaceful hearts.



PARENTING HAS CHANGED

The way we were raised doesn't always work today.

Now we know more about:

- Mental health awareness
- Emotional support
- Safe conversations

Today we know better, so we must do better.

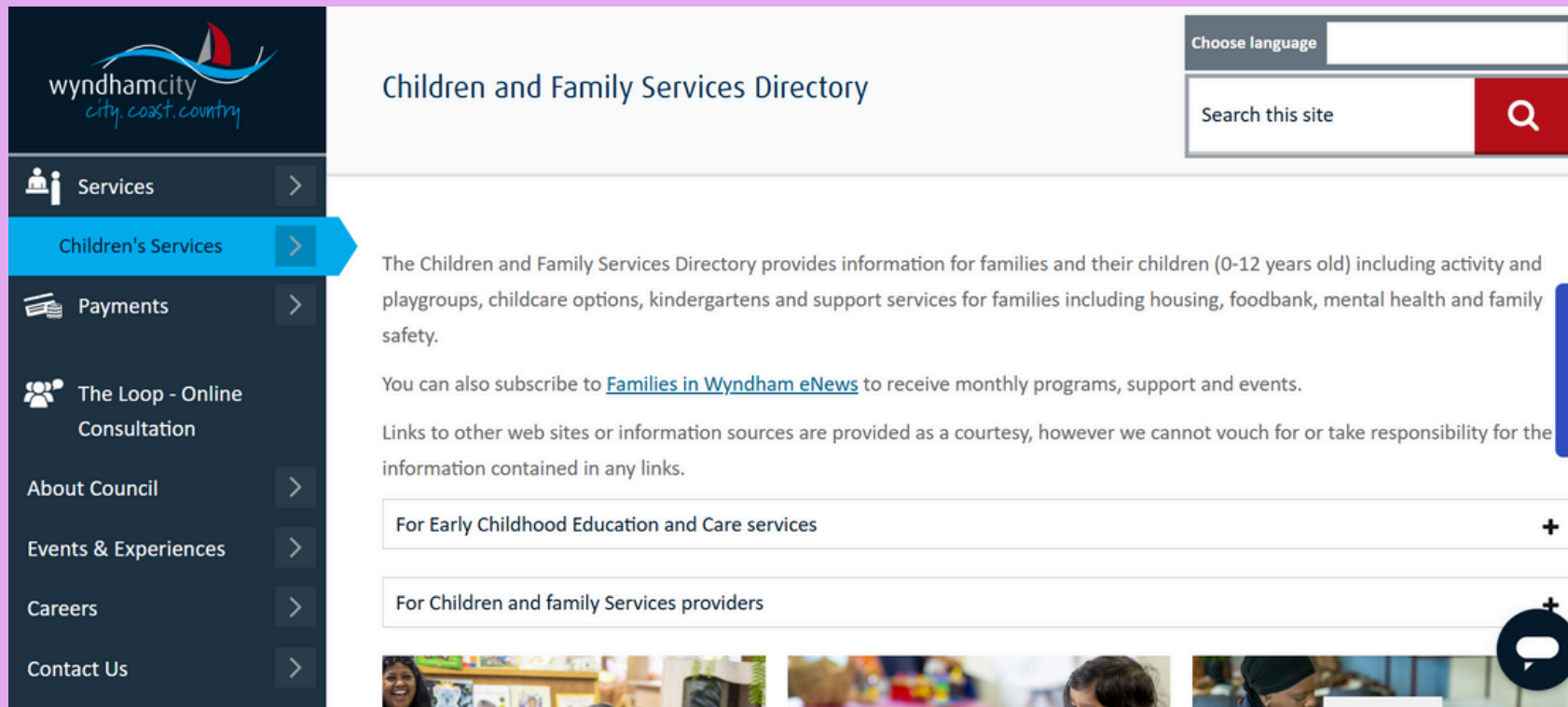




CHILDHOOD TRAUMA & PARENTING

- Parenting can trigger old wounds.
- Automatic patterns: anger, fear, control.
- Unhealed trauma passes to children.
- Healing is essential, not optional.

TOOLS FOR HEALING



- Parenting classes (Wyndham Council Website)
- Supportive community Community Connector. (03) 8734 4514
- Honest conversations
- Early help-seeking
- Therapy, counselling, self-care
- “What happened to us may not be our fault healing from it is our responsibility.”

HOME



THE POWER OF HOME

Home = first school

Children learn from:

- How we talk
- How we solve problems
- How we handle stress

They need present, patient,
emotionally safe parents.

Healthy Conversations at Home

- “I can see you’re upset. Let’s talk.”

- “It’s okay to feel angry – let’s express it safely.”

- “I’m here for you. You’re not alone.”

- Peaceful homes don’t avoid arguments they avoid fear.

BREAKING THE CYCLE

- Hurt people hurt people.
- Healed people heal people.
- Cycle-breaking steps:
 - Acknowledge pain
 - Seek help
 - Regulate emotions
 - Model empathy and respect
 - Choose calm over anger



LEAVING HARM SAFELY

Leaving an abusive relationship must be supported.

Seek help from:

- DV workers
- Social workers
- Counsellors
- Legal advisors

Safety planning is crucial for women and children.



RAISING BOYS & GIRLS FOR EQUALITY

Equality begins at home.

Boys learn:

- Vulnerability is strength
- Respect is essential
- Emotions are human

Girls learn:

- Their voice matters
- Boundaries are healthy
- Love should never hurt



PRACTICAL PHRASES

- "Your feelings matter."
- "It's okay to cry."
- "Everyone helps – we are a team."
- These build responsibility, empathy, and respect.

CREATING PEACEFUL HOMES

- Mindful communication
- Family routines
- Positive discipline
- Shared responsibilities
- Mental health awareness
- Healthy conflict management

WHAT PEACEFUL HOMES SOUND LIKE

- “Let’s solve this together.”
- “I made a mistake – I’m sorry.”
- “What’s worrying you today?”
- Peace > perfection.

COMMUNITY MATTERS

- Healing requires community support.
- Communities can help through:
- Schools
- Workplaces
- Cultural / faith groups
- Media
- When communities unite, violence can end.

 Learn more at: www.resilientproject.com.au

 Catch Mindful Moments on WYN FM 88.9 every fortnight at 9am

 Monthly insights in The Westsider

 Raising Resilient Families

Available online Booktopia and Amazon



WELCOME – MAYOR CR. JOSH GILLIGAN

- Serving second term as Mayor (2025-2026) and previously in 2019-2020 as Wyndham's youngest Mayor
 - Long-time Tarneit resident committed to building a liveable city for families
 - Focus on local jobs, accessible amenities, and strong community wellbeing
 - Grateful for his leadership as we mark the 16 Days of Activism, reinforcing Council and government commitment to preventing gender-based violence
- Welcome Mayor Cr. Josh Gilligan and thank you for your ongoing service.

“Let’s be the generation that teaches love louder than hate.”

- The next generation watches our actions, not our words.
- Choosing healing → teaches healing.
- Choosing respect → teaches respect.
- Creating peaceful homes → builds peaceful generations.

Thank You

- Thank you for being part of the movement.
- Together we can build safer families and healthier communities.

