

Domestic and Family Violence Training

You Can Ask That (YCAT)

Duration	1 hour
Delivery	In person and online
Participants	1,000 pax
Suitable	All staff

Introducing “You Can Ask That (YCAT)” education panel designed to provide knowledge, tools, and strategies to foster respectful relationships, promote gender equality, and prevent harassment and abuse.

Using an anonymous pre-session survey, participants can submit questions and share thoughts safely, allowing us to tailor the content to their specific needs.

By addressing sensitive topics anonymously, participants can learn without fear of judgment, enhancing their ability to recognise signs, offer support, and contribute to a safer, more informed workplace.

What is covered:

- Gain a deeper understanding of DFV through participant-driven content.
- Recognise the signs of DFV and its impact on colleagues and the workplace.
- Learn how to respond and provide support to individuals experiencing DFV.
- Feel empowered to ask sensitive questions anonymously in a safe environment.
- Enhance confidence in discussing DFV topics openly and without stigma.
- Contribute to fostering a more informed, supportive, and proactive workplace culture.

