

EVALUATION SNAPSHOT:

City of Kingston's Creating Safe & Respectful Communities Session 2



Women's Health in the South East (WHISE) collaborated with the City of Kingston to deliver a training session titled "Creating Safe and Respectful Communities," in alignment with the city's Prevention of Family Violence Action Plan and in consultation with its Prevention of Family Violence Working Group.

This session was a condensed version of the Prevention of Family Violence First Aid Course delivered to community centre and neighbourhood house employees in the City of Kingston at Cheltenham Community Centre. The aim was to increase understanding and confidence to prepare and respond to backlash and resistance and providing information on self-care

Changes in understanding

The training session enhanced attendees' understanding of family violence, including its definition and various forms. Post-training evaluations indicated that all respondents rated their comprehension of the drivers of family violence as high or very high.

Additionally, every participant reported a high or very high understanding of how to take appropriate actions to create safe and respectful communities after the training (Fig 1). Notably, nearly half of the attendees initially felt their understanding was low, but they experienced a substantial increase in knowledge following the training.

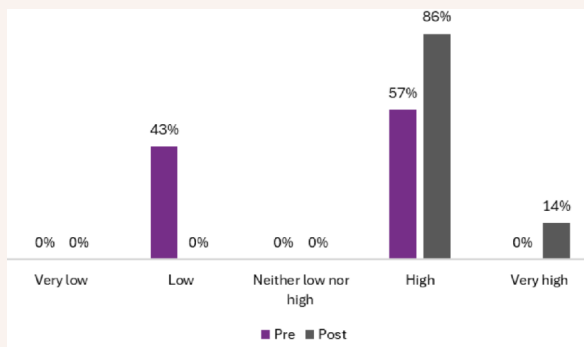


Figure 1. Pre- and post-training ratings of understanding how to take appropriate action to create safe and respectful communities

Key learnings

Two people said that "the 5 Ds" were key learnings for them. Learning how to support someone who is being harassed by drawing on the methods of Distract, Delegate, Document, Delay, and Direct. Training attendees frequently find it most helpful to learn about safe and clear steps that they can take.

A key learning for one participant was **"To listen and not always try to give advice or solve the person's problem."**

Attendees worked for City of Kingston and in community centres. Their roles ranged from officer, to coordinator, to manager

How many completed the pre and post survey?



7

Attendees who completed pre survey

100% Women

Confidence to apply learnings

Attendees increased their confidence to recognise the signs of family violence, to take action in their workplace, to be an upstander in their community and to take action to create safety and respect. In terms of confidence to take action against family violence in their workplace, Figure 2 shows an increase following the training. People shifted their confidence from *not at all* or *not so confident* to *confident* and *very confident*.

The responses indicate the training was successful at increasing confidence, and that further support is required to maintain and continue to increase confidence.

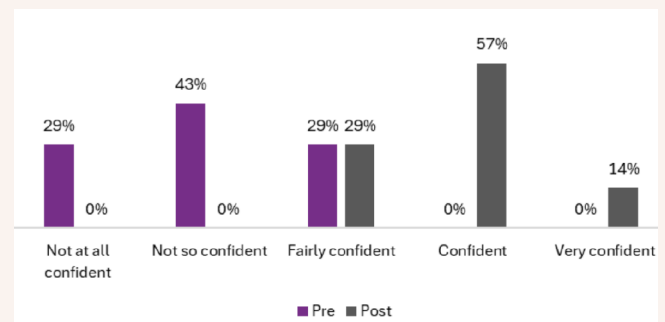


Fig 2. Pre- and post-training ratings of confidence to take action against family violence in their workplace.

Feedback

People requested training on the following:

- Being an active upstander
- Self-care
- How to report on behalf of someone