

# Stop all the action

Take a time out and calm yourself.

**Think** What am I feeling?  
Thinking?

**Evaluate** What is the problem?  
What are my choices?

**Plan** How can I deal with this  
problem and stay on the Respect  
Wheel?

**Use skills** 'I' statements,  
listening, assertive communication...

**Patience** and persistence is  
what makes this work.

Contact the **Walking on Eggshells Project** at  
[walkeggproject@optusnet.com.au](mailto:walkeggproject@optusnet.com.au)  
0459 789 336

The **Walking on Eggshells Project**  
can provide professional training and development  
and community information seminars.

For more information about child and adolescent violence in  
the family, contact us for a copy of:

**Walking on eggshells—  
Child and adolescent violence in the Family**  
A South Australian information and advice booklet  
for parents and carers



Government of South Australia **Step Up for SA** is supported by  
the Government of South Australia  
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Sponsored by:  
Woodcroft-Morphett Vale  
Neighbourhood Centre



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The City of Onkaparinga

The **Walking on Eggshells Project** is a collaborative approach



Catholic Family Services



**Step Up for SA** is adapted from:

King County Step-Up Program:

A group counselling program for teens who are violent with parents or family members

Authors: Greg Routt and Lily Anderson.

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Step Up for SA

Building Respectful Family Relationships.

A group program for parents and young people to address violence in the home.

A Walking on Eggshells Project Initiative



# Step Up for SA

## Building Respectful Family Relationships

A group program  
for parents and young people  
to address violence and abuse  
in the home

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Child and adolescent violence in the family is

*Any action in which children or young people engage which causes parents and other family members to feel harmed, frightened or intimidated.*

This could include:

**Physical abuse**—pushing, hitting, punching, throwing things, kicking, and harming pets

**Psychological/emotional abuse**—threatening to hurt family members, threatening to run away or harm themselves, intimidation, and playing mind games

**Verbal abuse**—putdowns, yelling, challenging, swearing, arguing, and being critical

**Financial abuse**—stealing money or belongings, demanding things parents cannot afford, running up debts that parents must cover and damaging property and possessions in the home

**Step Up for SA** is a program specifically developed to address young people's use of violence and abuse in the home.

The focus of the program is twofold:

- to help young people learn about the impact of violent behaviours in the family and adopt pro-social behaviours
- to assist parents with skills to support behaviour change in the family

**Step Up for SA** is a free 13 week program for young people and parents

**Step Up for SA** uses a Restorative Practice model of

- accountability
- competency development
- family safety

aimed at decreasing violent behaviours and increasing pro-social behaviours.

Young people will explore :

- being accountable and responsible for their behaviour
- making amends
- healthy relationships
- strategies to change their behaviour
- respectful communication

Parents will explore:

- safety
- strategies to encourage change
- strategies to respond when their young person uses violence and/or abuse

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The goal of **Step Up for SA** is to move from abuse to respect

