

# RAISE THE BAR

The Centre for Women & Co. and Men & Co Services are proud to announce the launch of Raise the Bar - Australia, a Domestic & Family Violence online educational program for everyone.

Raise the Bar involves 10 easy online modules which have been developed by specialist domestic and family violence professionals for businesses, organisations and individuals Australia-wide. With the aim to provide access to trauma-informed, victim/survivor-centered educational modules as part of corporate social responsibility and professional development. The complete core module program takes approximately 45 minutes and is thoroughly engaging.

## THE MODULES INCLUDE:

- What is Domestic & Family Violence?
- The Importance of Language (i.e. harms of victim-blaming)
- Impacts of DFV in the Workplace
- Intersectional Perspectives
- Why Survivors can't just Leave
- Do No Harm
- Active Allyship
- and more!

Raise the Bar is an initiative of our social enterprise. So, 100% of proceeds fund primary prevention work delivered by The Centre for Women & Co. and Men & Co. Services to break the cycle of violence and de-stigmatise mental health.

Primary prevention work complements responsive work. It aims to prevent violence from occurring by addressing risk factors and drivers of violence before it starts. Primary prevention helps shift social attitudes, behaviours and systems that may tolerate, justify or excuse violence.

We also have apparel and merchandise so you can Wear Your Values.

If you'd like to learn more, please visit [www.raisethebar.org.au](http://www.raisethebar.org.au).

Here's to Raising The Bar together!