

The HALT Program

Empowering young people with the knowledge and skills to cultivate safe and respectful relationships.



About the HALT Program

Through the facilitation of three sessions, the HALT Program provides a research-based, age-appropriate approach to respectful relationships education for students in years 7 to 12. This program has been informed by a comprehensive literature review, as well as the perspectives of teachers and students.

The most common, yet challenging, feedback we received from young people was:

“It’s safer to do what everyone else is doing, even when I know it’s wrong.”

Understanding that “fitting in” is important to young people, our program prioritises a community-first approach. We challenge the notion of fitting in by reframing it as feeling safe. Through our program, we guide young people to explore what safety means for themselves, so they can collectively build the path toward it. These robust conversations acknowledge the hurdles and obstacles they may encounter, and provide practical skills to overcome them.



HALT Session 1/3 - What is Safe?

- Define the differences between unsafe and safe relationship behaviour
- Develop understanding of emotional responses and capacity for change
- Cultivate community connection

HALT Session 2/3 - Who am I?

- Deconstruct beliefs and attitudes about gendered drivers of behaviour
- Critically reflect on unsafe social rules, including social media
- Develop practical strategies to support the safety and wellbeing of self and others

HALT Session 3/3 - Influencing Change

- Develop understanding of affirmative consent
- Deconstruct links between gendered drivers of behaviour and consent
- Develop leadership skills that support community safety
- Culminate all sessions into a mission of community, courage, and connection.

**We also offer single session HALT Conversations, to support the specific needs of your students.*

