

# #thisisprevention

## Indigo Shire Council

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### Primary Prevention examples:

1. *From my head to my toes, I say what goes!:* Learning consent through story time
2. Raising awareness to prevent gender-based violence

### **From my head to my toes, I say what goes: Learning consent through story time**

Indigo Shire have partnering with Upper Murray Family Care (UMFC), to host themed story time sessions in our libraries across the shire, in Beechworth, Rutherglen and Yackandandah. Throughout November, UMFC visited our regular story time sessions and read "From my Head to My Toes, I Say What Goes" and lead a group activity. Each participant received a take home pack with more information about the prevention of gender-based violence and local services and referral pathways, along with respect/consent themed colouring pages and a gift for the child.

### **More about our book choice**

*From My Head to My Toes, I Say What Goes!* by Charlotte Barkla, is a light-hearted exploration of boundaries, nestled in a fun and lively story. Here is an excerpt:

*I might say YES to pillow fights;  
a kiss when I'm tucked in at night.  
I might say NO to climbing high,  
a tickling game or a hug goodbye.*

The book discusses consent and control for a young audience, through a story that is bold and beautiful, loud and proud. With the feel-good factor turned up to eleven, it also celebrates individualism, inclusivity and empathy.

### **Raising awareness to prevent gender-based violence**

Indigo Shire Council supports the Centre Against Violence and Respect Victoria's campaign to respect women and 'call it out'. This phrase refers to challenging sexist language, or language that condones or encourages gender-based violence. This forms part of the everyday prevention activities we can all undertake to foster safer, more equitable communities.