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## Multilingual resources available for migrant couples and families

Relationships Australia Victoria (RAV) has collaborated with South East Community Links (SECL) to develop two tip sheets, on parenting and healthy relationships, for culturally and linguistically diverse families and couples.

Australia is a multicultural country, beginning with the First Nations Aboriginal and Torres Strait Islander peoples who are the Traditional Owners of the land and, the oldest living culture on the planet. Colonisation brought the domination of English culture to our country and government systems, and, since the Second World War there has been increasing international migration to Australia which has transformed Australia into a culturally and linguistically diverse society.

Together, RAV and SECL celebrate multiculturalism and are both committed to providing inclusive and equitable services and programs to our community. We understand that traditional family structures are varied, and we believe in strengthening families and supporting people from culturally and linguistically diverse backgrounds to have positive, safe and respectful relationships.

One in five Australians (21%) speak a language besides English at home (Australian Bureau of Statistics, 2016). In response to the linguistic diversity in Australian society, RAV and SECL have worked with members of the Afghan, Indian and Sri Lankan community groups from the South East region of Melbourne, to translate two relationship resources into three community languages, Dari, Punjabi and Tamil. These three communities are the chosen focus group for this project.

SECL Codesign member quote: *“Parenting and relationship skills, we learn by experience. The tip sheets are tailored in different languages and therefore allow ease of access to parents and families of multicultural communities.”*

These resources are designed to assist migrant parents to build awareness about healthy parenting and relationship practices within Australia’s diverse culture. These resources are available on the RAV website at [www.rav.org.au/multicultural-tip-sheets](http://www.rav.org.au/multicultural-tip-sheets).

The Healthy Relationship tip sheet describes signs of healthy relationships between couples who have migrated to a new country and lists several family services providers that can offer support.

The Parenting Practices tip sheet recommends a range of positive parenting practices, which are culturally inclusive in nature.

This project has been funded by the Department of Premier and Cabinet as part of the Strategic Engagement Coordinator Program and will also see RAV and SECL develop a culturally appropriate parenting program for communities in Melbourne’s South East, which is expected to be launched in 2021.

**END OF RELEASE**

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