

Positive Cultures

A guide to be used with the
Zero Tolerance Positive Cultures films



Easy English



Focus on rights, target abuse



Hard words

This guide has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this guide



You can get someone to help you

- read this guide
- know what this guide is about



- find more information.

About this guide



This guide is written by
National Disability Services or **NDS**.



NDS is a group that supports people with
disability and disability services.

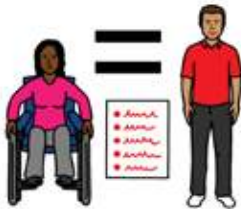


NDS has made 8 movies about
positive cultures.



A positive culture is when

- you are listened to



- you are treated as an equal



- you feel safe.



You can watch the movies and

- write your ideas in this guide



- talk about your ideas.

Movie 1 - Positive cultures



This movie is about positive cultures.

A positive culture is when you are treated with respect.



You might have a positive culture

- at work



- at home



- at community groups.

Watch movie 1 and write your ideas.

When have you felt a positive culture?

**What are some good things about
this culture?**

Movie 2 - Power and control



This movie is about power and control.



Power can be

- good

or



- bad.



We need to understand when power is **not** equal and how to fix it.

Watch movie 2 and write your ideas.

When did people not have equal power?

How can people share power?



Movie 3 - Speaking up

This movie is about how to speak up.



If you see something that is **not** ok you should tell someone about it.

For example, if someone hurts another person.



In a positive culture people feel safe to speak up.

Watch movie 3 and write your ideas.

Do you feel safe to talk about something important?

What helps you to speak up?

Movie 4 - How to listen well



This movie is about how to listen well.



It is important

- to listen to other people



- for people to listen to you.



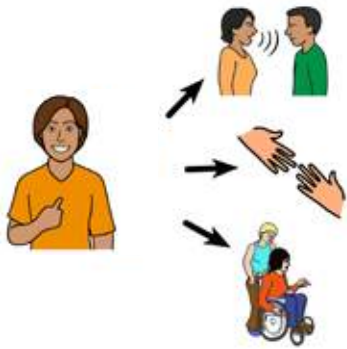
People feel safe when they are listened to.

Watch movie 4 and write your ideas.

How do you feel when someone listens to you?

How can you listen well to other people?

Movie 5 - Everyday opportunities



This movie is about everyday things you can do

- to listen and help people
- to build trust.



A positive culture is where people feel supported every day.

For example, when you stop and talk to someone.



Watch movie 5 and write your ideas.

How can people help you every day?

How can you check on other people?

Movie 6 - Structured opportunities



This movie is about ways that people with disability can be included.



In a positive culture people with disability

- are included in meetings



- make plans



- make choices



- give **feedback**

– feedback means you tell someone what is good **or** bad.

Watch movie 6 and write your ideas.

How are you included in meetings and decisions about your life?

Do you know how to give feedback?

Movie 7 - The right supports



This movie is about how you can get the right supports.

For example, how you can



- talk to people



- get what you need and want



- get help from different services.

Watch movie 7 and write your ideas.

What supports do you have?

Do you know where to get supports?

Movie 8 - The way we use language



This movie is about how words can make people feel.



Some words can make people feel sad.

Watch movie 8 and write your ideas.

What words might make people feel sad?

How can you tell people if they say things that upset you or others?



More information

For more information contact NDS.



Call 03 8341 4300



Website

www.nds.org.au/resources/zero-tolerance



If you need help to speak or listen

Contact National Disability Services through the National Relay Service or NRS.

Call the NRS help desk

1800 555 660

Go to the NRS website

communications.gov.au/accesshub/nrs

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