



Aboriginal Family Support Services
Together with the community



Community Safety & Wellbeing

The Shark Cage®

Have you ever experienced abuse in your life and find yourself struggling to know how you can heal from the impacts?

Shark Cage® teaches us how to use our human rights as a way of setting up healthy boundaries.

'The Shark Cage' is a metaphor for empowerment and can be broken down into five steps:

- Step 1:** Introducing the Shark Cage Metaphor
- Step 2:** Renovating the Shark Cage
- Step 3:** Fixing the Shark Cage Alarm
- Step 4:** Defending the Shark Cage
- Step 5:** Recognizing Sharks and Dolphins

This program will help you to increase your knowledge of healthy & unhealthy relationships, build your capacity to set boundaries, increase your awareness of the impacts of abuse, and help you to recognise a potentially abusive or exploitive person.

Do you think this program would be helpful to you?

AFSS' Community Safety and Wellbeing team welcome you to participate in this culturally safe and confidential program being offered to participants across South Australia.

To find out more, please email csw@afss.com.au or contact AFSS CS&W team at:

Paralowie
254 Kings Road
8281 5440

Mount Gambier
20 Elizabeth Street
8723 6110

Port Augusta
8-10 Victoria Parade
8641 0907

Port Lincoln
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8683 1909



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