

# Evaluation Report



An initiative by  
Latin Stories Australia





Latin Stories Australia, 2023

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“La sobremesa” pilot project was an initiative by Latin Stories Australia. The project used a participatory and community-based approach.

This project was funded by the Victorian Government, Department of Families, Fairness & Housing.

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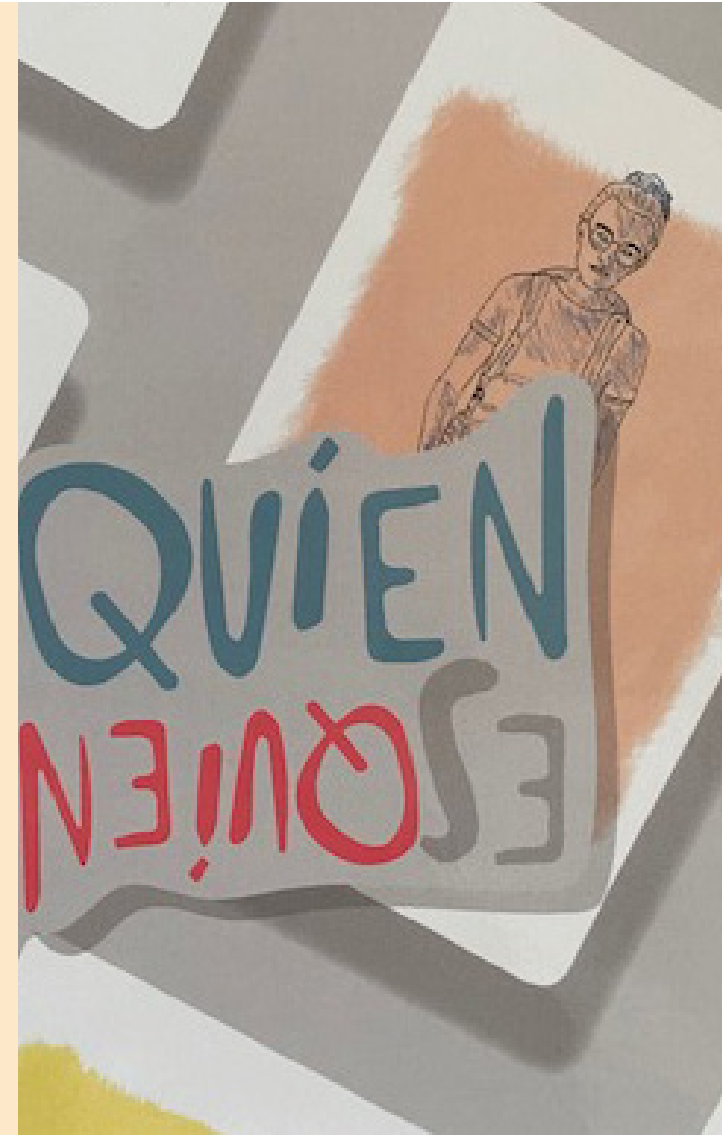
# Executive Summary

Between July 2021 and July 2023, Latin Stories Australia delivered “La Sobremesa”, a pilot project that supported the need of society to address gender drivers of violence.

This pilot was funded through the Victorian Government’s Supporting Multicultural and Faith Communities to Prevent Family Violence 2021 Grant Program. The overall project was established to promote equal and respectful relationships.

## Objectives of La Sobremesa

1. To create awareness of the extent and impact of gender inequality and intersecting forms of discrimination.
2. To increase knowledge and understanding of harmful constructs of masculinity.
3. To improve/generate confidence to promote gender equality in the participants’ social networks.
4. To understand what constitutes healthy, equal and safe relationships.
5. To increase knowledge and understanding of harmful constructs of masculinity.
6. To increase attitudes that reject gender-based power imbalances and inequalities.
7. To improve participants skills and capability to nurture respectful relationships within the home/family.





This evaluation report represents the journey of the “La sobremesa” pilot project. It describes the rationale of the project and presents the findings from an internal evaluation conducted by Latin Stories Australia. The evaluation used a mixed-methods approach to collect the voices of key stakeholders, including participants, facilitators and the community advisory group. From the findings we can present the following results highlighting the value and efficacy of the project by:



### Using an innovative approach

with the development of unique and one of a kind board-games to use as a way to explore topics, which could be challenging for some people.



### Providing evidence-based data

to convey information which supported the learnings and empowerment of participants.



### Creating a safe environment for participants

including families and couples – to reflect on topics that might be difficult to discuss in other settings.



The overall findings of the evaluation suggest that the communication strategy and accessibility of the project reached

**105** diverse participants

in terms of age, country of origin, and relationship status.

Participation of **25% men** in comparison to **75% women.**

**20%** of participants identified as LGBTQIA+

While more representation of men is needed, the data suggests that the communication strategy and the design of the workshops were inclusive; reaching a wide and varied audience of participants and created a safe and welcoming space for everyone.

In addition, the data indicates that the project was able to achieve its outcomes – around **90% of participants left the workshops with high understanding/confidence of all the objectives of the project.**

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It is important to highlight that the outcomes of the project (see page 4) were achievable because of the way the project was designed, developed, and delivered: following a community-based participatory approach and using board-games and reflection opportunities to internalise learnings and develop emotional connection with the topics explored (gender inequality, stereotypes, and consent).

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Participants suggested that the workshops should be taken to different settings to create a larger impact on the Australian community, as the board games are relatable to all communities. The board games developed for this project are relevant to everyone above 13 years old.

*Recommendations for further interactions include schools, organisations, corporate environment, and local government, in lieu to this recommendation, Latin Stories Australia is exploring ways to achieve this.*



# Introduction

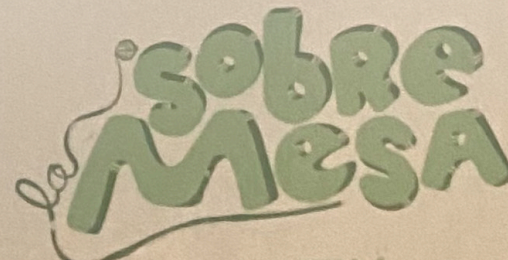
Latin Stories Australia is the lead organisation in collecting the voices of the Latin American migrant community in Australia and developing initiatives that respond to the needs of our communities since 2015.

“La Sobremesa” project was developed and delivered by Latin Stories Australia between July 2021 and July 2023 with the aim to address the following issues in our communities:

1. Stereotyped constructions of masculinity and femininity.
2. Gender inequality in various areas of society.
3. Unhealthy relationships.

This project is an evidence-based and participatory project that engaged numerous members of the Latin American communities in Victoria to develop board-games on the topics of gender equality, gender stereotypes and consent. The board-games were later used to deliver seven workshops to the community across Metropolitan Melbourne. The aim of the workshops was to use the board-games to reflect on the impacts of these topics on our society, in a safe and welcoming environment.

This evaluation report presents the process undertaken during the development and delivery of the project and the impacts on those who participated.



La Sobremesa



# Rationale

“La Sobremesa” was funded by the Victorian Government through the “Supporting Multicultural and Faith Communities to Prevent Family Violence: 2021 Grant Program” with the objective to build capacity in multicultural communities to promote equal, respectful relationships and stop family violence before it starts.

All communities experience family violence and gender inequality in different ways. Culturally diverse, new and emerging communities have unique experiences of family violence and face differences that are often shaped by social attitudes and previous known context.

The Latin American community is mostly a society that has the highest rates of gender-based violence in the world (United Nations, 2020) as well as a lack of trust in police and other government-related services. In addition to this, when people from Latin American backgrounds migrate to Australia, they tend to bring a traditional mindset with them where it is common for the male figure/man to be the breadwinner and the decision maker.

This inequality leads to pressure in the men and isolation to the women. The combination of religious beliefs (mainly Catholic and Christian), lack of networks and the lack of financial independence of Latin American women makes them vulnerable to experiencing family violence in its many forms.

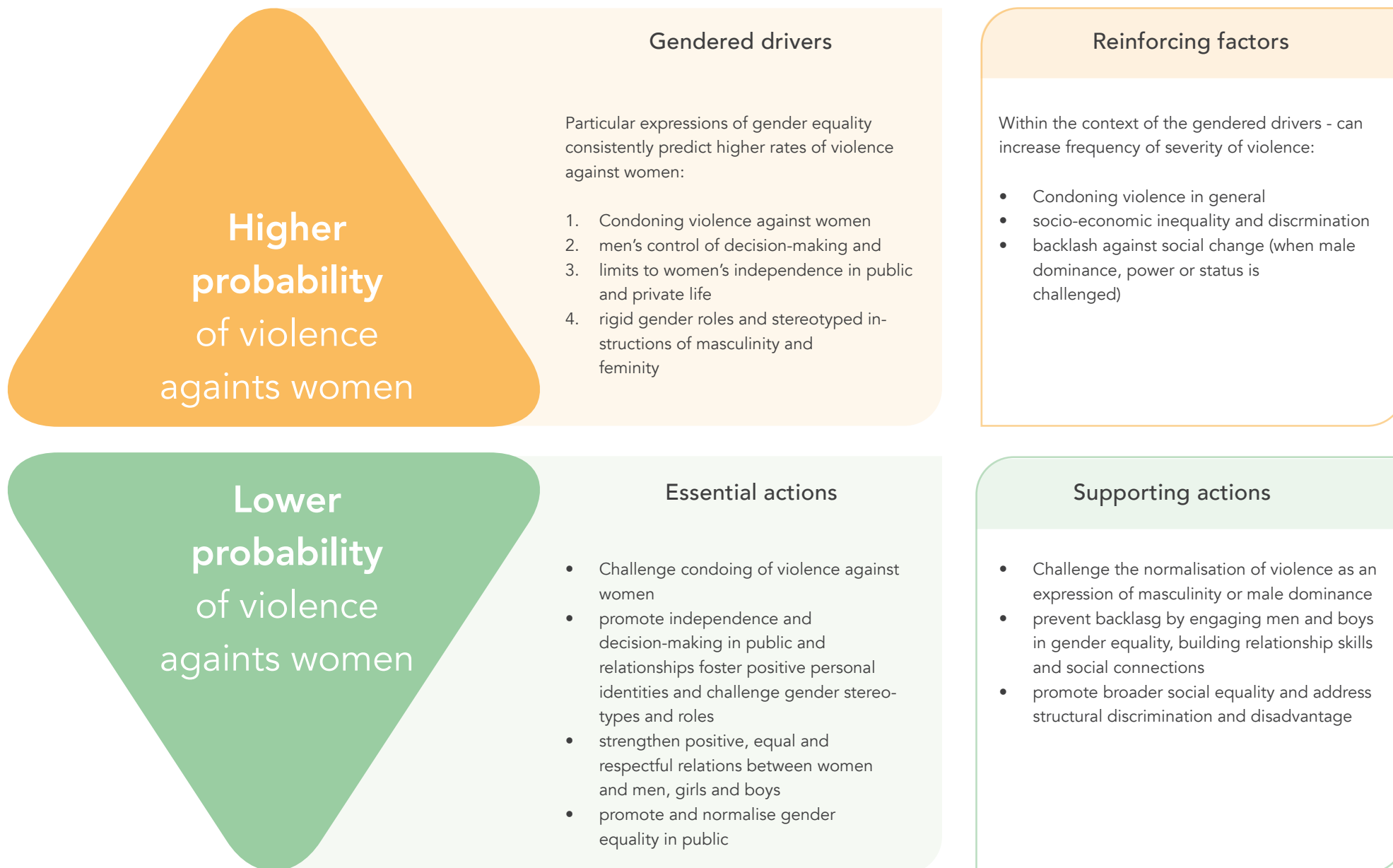
“La Sobremesa” is guided by the “Change the Story framework” and uses a primary prevention approach to undertake some of the essential and supporting actions to address some of the underlying *Gender Drivers* of violence and the *Reinforcing Factors* that might increase the probability, frequency, or severity of violence in all forms and kinds (see Figure below showing how “La Sobremesa” uses a primary prevention approach following the “Change the Story framework”).

These experiences sometimes create structural barriers and can limit people accessing the help that they need.





## — Change the story framework



The project is called “La Sobremesa” a Latin American term that refers to the informal conversations between friends and family that happen after a meal. It’s a time for family discussions and insightful conversations. The project was designed to be a safe and engaging space where everyone is welcomed.

This approach allows the project to be more inclusive and less confronting. In addition, by using a methodology based on board-games, it encouraged participation and motivation. It allowed participants to feel empowered to explore topics, which could be challenging or somewhat unknown for some, in a fun, inclusive and community-feel way.

Throughout the design of the game, the participation during the workshops, and engagement of the participants, we could verify some of the benefits of learning by the use of games including:



1. The game allows to accept and learn from our mistakes
2. Theoretical concepts are internalised by developing emotional connection to learning and the subject matter

3. Provides opportunity for feedback and practice
4. Promotes relationships between the players

5. Playing produce pleasure and happiness which raises the level of engagement (University of Toronto, 2021).



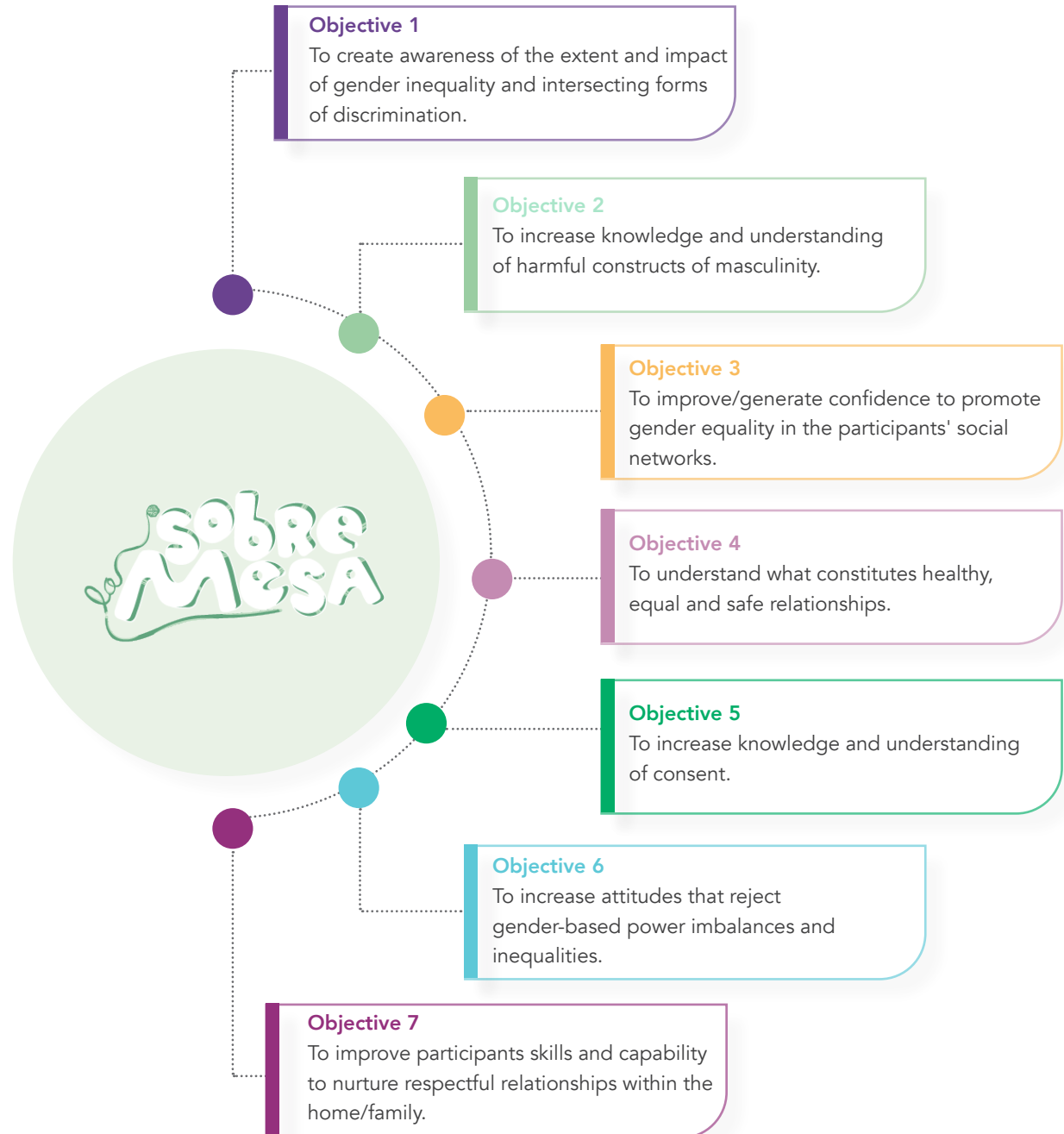
# Project description

## Overview

“La Sobremesa” is a community awareness and education program which aims to support the Latin American and Spanish speaking communities to increase their understanding on gender equality and how it is in Australia; how to challenge gender stereotypes and roles; and understand healthy relationships and consent.

The aim of this project was to bring the community together in “La Sobremesa” - this term refers to the Spanish and Latin American tradition of having relaxing informal conversations at the table after a meal – and to make conversations flow easily while playing board-games that explores topics of gender equality, gender stereotype and consent in a safe, relaxed and fun environment.

***Through gamification, we brought people together from different demographics (age, gender identity, sexual orientation, and country of origin) to have fun playing three different board-games while learning and reflecting on gender equality, gender stereotypes and consent.***





**We developed three games:**

1. **Uneven:** focused on gender inequality
2. **Who is who:** focused on gender stereotypes
3. **What it is:** based on consent.

All three board-games were played throughout a four-hour workshop. After each game there was a reflection on the learnings and an opportunity to hear from the participants.

The workshops were led in Spanish and/or English (we gave participants the opportunity to choose the preferred language to play the games, and that also defined the language of the reflection). The workshops were led by experienced facilitators who provided a safe, relaxed, and fun environment.

In total, 105 members of the community attended one of the seven workshops we delivered in different areas around Metropolitan Melbourne (Essendon, Richmond, Port Melbourne, Brunswick, Springvale, Prahran and Carlton).

The workshops were delivered in a way that allowed participants to feel at ease with others, comfortable playing the games, and talking about these topics. Each workshop started with a presentation and an ice-breaker activity followed by an explanation of the board-games and its rules.

At each workshop we had the opportunity to provide a lunch prepared by Latino entrepreneurs which also helped create awareness, promotion for these small businesses, and at the same time create an environment of home and delicious food.



## — The development of the board-games

“La Sobremesa” project followed a participatory and evidence-based approach to develop three board-games. These games were developed throughout the following stages:

- 1. The establishment of a community advisory group:** The group provided advice on the scope of the project – this included the target audience and the topics for consultation with the community. In addition, the community advisory group participated in two workshops with Family Life to upskill their knowledge and understanding regarding Family Violence and trauma-informed approach. In total, 8 women were part of the group, comprising 5 different countries (Mexico, Colombia, Chile, El Salvador, and Australia). Having representation of several countries was important to ensure that differences between countries, communities and cultures were acknowledged.
- 2. Literature review:** In total, 37 resources - including peer review publications and research projects, government documents, and frameworks - were reviewed and summarised. The topics of the resources were on gender equality, family violence, backlash, healthy relationships and consent, referrals to services and practice approaches. These resources were used as evidence-based for the development of the board games. They also provided background information for the community consultations.
- 3. Consultations with the broader community:** We developed a survey to understand beliefs and attitudes towards gender equality in the Latin American community. The survey link was shared in our social communication channels. In total, 68 members of the community answered the survey with insightful information.
- 4. In depth consultations with the community:** Three consultations with our different target audience (women, mixed and LGBTIQ+A+) were held, each with a duration of 2.5 hrs. The consultations focused on gender stereotypes, consent, and healthy relationships, their concepts, observations and impact. In total, 22 members of the community participated in these sessions. The data from these consultations were taken into account in the development of the board-games.
- 5. Specialists’ workshops:** We had two workshops with Family Life – a specialist family violence service – on the topics of framing the project, trauma-informed approach and how to respond to disclosures and backlash. These workshops increased the capacity and confidence in Latin Stories Australia’s staff and volunteers, to ensure the workshops were driven by prepared staff.
- 6. Testing session:** A session to test the board-games was held with four volunteers. The feedback of the session was included in the adjustment of the games to ensure quality and clarity.

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“The research, the consultations with the community, and the conversations we had with Family Life gave us the confidence to know that we are developing an evidence-based project. It is giving us the resources to know we are going to create an impact on the community. The fact that the process has been methodical gives me confidence”  
*(Reflection session - member of the community advisory group).*

## — The board-games

The three games developed for the “La Sobremesa” project are the first-time games created by and for the community, and they are one of a kind. These games were developed in conjunction with artist and Latin American collaborators, making Latin American talent, knowledge and professionalism shine overall. The board-games are for everyone above 13 years old.

### Uneven / Desigual

This game is a mix of a snake and ladders and monopoly. This board-game is based on “experiencing” what it is to be a “woman” or a “man” by throwing a dice. It is about showcasing gender inequality by making participants experience, think, and reflect on the consequences of gender inequality. Participants experience some of the economic, social, and cultural barriers that women and the LGBTQA+ community experience in Australia. The game includes facts and data based on research projects and statistics.



### Who is who? / Quien es Quien?



This game is a style of bingo game where a moderator reads out stereotypical descriptions of a person, and participants must decide which image best matches the description.

This game makes participants reflect on the gender stereotypes that mass media and society have constructed and the impact of these stereotypes in everyone. During this game, the discussion centres around the limitations of stereotypes. So, participants get to reflect on their own stereotypes and how they can affect the way we judge us and others and the implications of this.

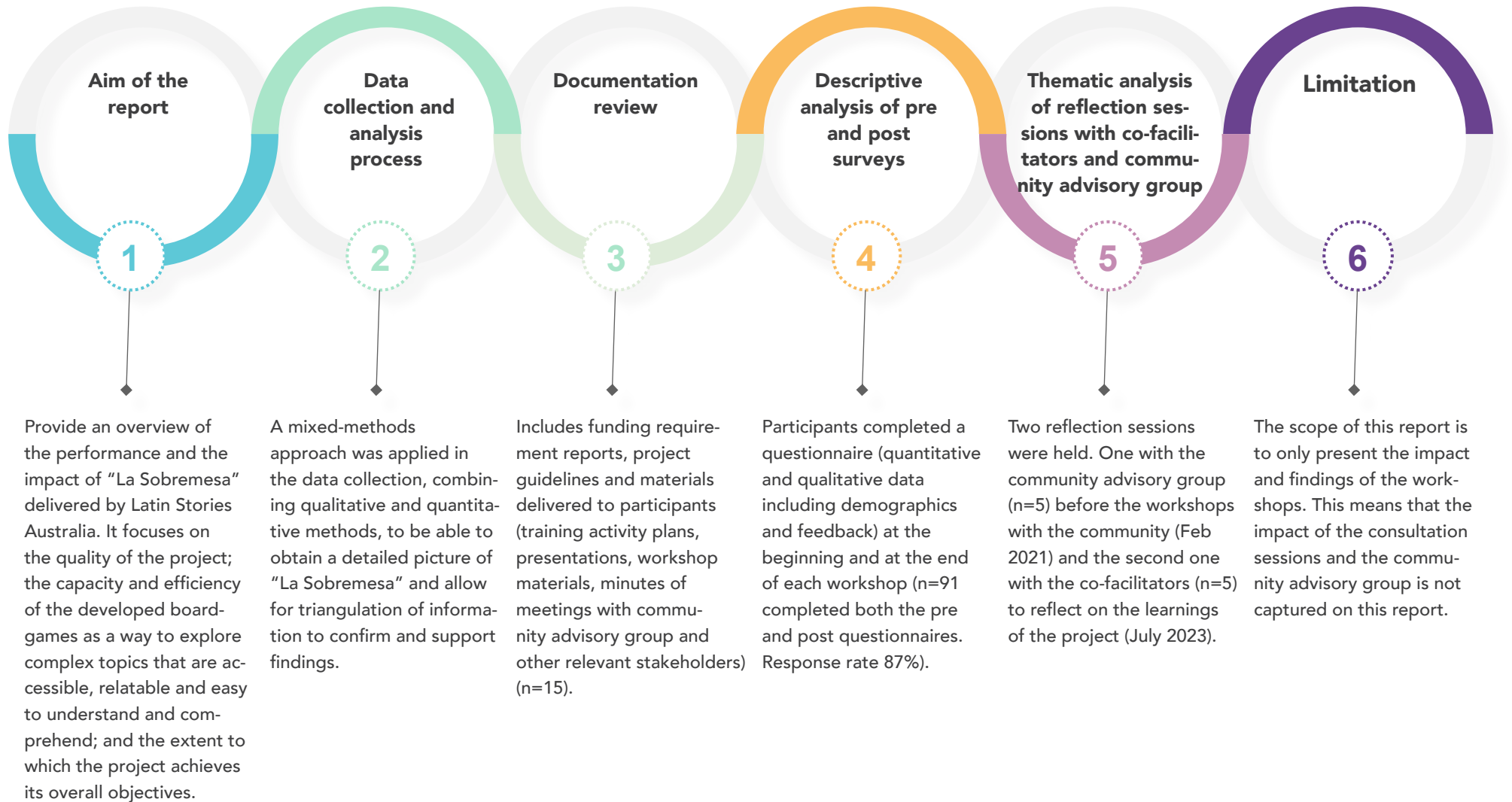
### What it is / Lo que es

This game is a type of snap game, where one has to get rid of their cards given at the beginning by snapping the bunch of cards in the middle when there is a match. This game provides skills and general knowledge on the topic of consent throughout the use of words. The game starts with a conversation of the elements of “consent” (freely given, yes, reversible, sober, under the law, power balance). The game also contains “special cards” for participants to “practice” asking for consent, giving consent, and saying no.





# Methodology



# Participants profile

The project was promoted using a comprehensive communication strategy involving weekly social media presence, videos, direct email, use of influencers, reaching other organisations and paid advertising (Facebook and Instagram).

Te esperamos!  
See you soon!

juega - aprende - conoce

LATIN

STORIES AUSTRALIA

For more information visit  
[www.latinstoriesaustralia.com](http://www.latinstoriesaustralia.com)

### Did you know?

The national wage gap in Australia is 13.8%. Women take home \$255.30 less than men every week (full time) (Workplace Gender Equality Agency, 2022)

What does equality mean to you? What can be done to close the gender gap?

Do you think it is time to talk about these issues and look for solutions?

This strategy allowed us to reach

191

registrations.

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105

members of the community

attended one of the seven

workshops were offered in different locations

- Essendon 12
- Richmond 8
- Melbourne 6
- Brunswick 22
- Springvale 13
- Prahran 20
- Carlton 24

During the workshops, we reached a diverse cohort in terms of age, country of origin, and relationship status. We also had participation of

25%

men

20%

members of the LGBTQIA+ community<sup>2</sup>

While there is the need to increase the participation of men, the data does suggest that a wide variety of different community groups participated.

### AGE

5%	32%
24 or less	25-34
39%	13%
35-44	45-54
11%	
55 or more	

### GENDER

75%

Female

25%

male

### SEXUAL ORIENTATION

Heterosexual	80%	Pansexual	3%
Bisexual	9%	Prefer not to say	2%
Homosexual	4%	Undecided	1%

### MIGRATION STATUS

Australian citizen	46%
Permanent residency	18%
Temporary visa	36%

Other options included: Non-binary, prefer to self describe \_\_\_\_\_ and don't want to say

### COUNTRY OF ORIGIN

- 36%** Colombia
- 22%** Mexico
- 9%** Australia
- 8%** Chile
- 4%** El salvador
- 3%** Argentina
- 3%** Venezuela
- 5%** Other Latin American countries
- 9%** European countries
- 1%** Asian countries



### EDUCATION



- 90%** University
- 1%** High school
- 6%** Secondary school
- 2%** Primary school

### RELATIONSHIP STATUS



- 47%** Married
- 32%** Single
- 47%** Defacto
- 32%** Separated and/or divorced
- 2%** Widowed



# Impact of the Project

During the workshops, participants answered a pre and post survey. **From the 105 participants, 91 completed both the pre and post survey (response rate 86.6%).** Overall, the data indicates the workshops had positive impacts on the participants – around 90% of participants left the workshops with high understanding/confidence of all the objectives of the project – see below.

**90%** reported high awareness of the extent and impact of gender inequality and intersecting forms of discrimination.

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**THIS REPRESENTS AN INCREASE OF 53 POINTS FROM 34% BEFORE THE WORKSHOP.**

This is supported by the reflections provided by the facilitators, who noticed that participants were surprised – and annoyed – at the extent of inequality and the impact on women and the LGBTQIA+ community throughout the board-game. However, the participants also reflected on the benefits of living in a place like Australia as there are initiatives to improve the situation. For example, the gender equality action plan<sup>1</sup> – see example of reflections below:

“Some participants showed their discontent – even men – for the injustices that women were experiencing at home, work, children, etc. In real life, days pass and people don’t notice it, but in the game, they are very evident”

**(Reflection session – co-facilitator, translated from Spanish).**

“Participants got surprised when they found out – through the facts of the games – that there is a lot of inequality in Australia. However, they also reflected on the benefits of living in a place like this, as there are opportunities to generate change – there are resources, mechanisms, and community participation – there is a voice. We have the responsibility to empower ourselves and create the change”

**(Reflection session – co-facilitator, translated from Spanish).**

“There were several discussions in relation to the LGBTQIA+ community. Several participants reflected on the lack of knowledge of this community and the importance of ‘normalising’ the discussions to decrease the rejection towards members of the LGBTQIA+ community”

**(Reflection session – co-facilitator, translated from Spanish).**

<sup>1</sup> State of Victoria, Department of Family Fairness and Housing Victoria (2022).

88%

reported high knowledge and understanding of harmful constructs of masculinity

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**AN INCREASE OF 60 POINTS BETWEEN BEFORE 27% AND AFTER 88% THE WORKSHOP.**

The data from the surveys suggest that participants increased their understanding of harmful constructs of masculinity. However, the data from the reflection sessions also provided insights on the general impact of harmful constructs of stereotypes for everyone.

82%

reported high confidence to promote gender equality in their social networks.

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**THERE WAS AN INCREASE OF 48 POINTS BETWEEN BEFORE (34%) AND AFTER (82%) THE WORKSHOP. AT THE END OF THE WORKSHOP NONE OF THE PARTICIPANTS REPORTED A LOW CONFIDENCE. AT THE BEGINNING OF THE WORKSHOP, 15% OF PARTICIPANTS REPORTED LOW CONFIDENCE.**



Some participants were surprised by the number of stereotypes they were able to identify and reflected on the limitations to judging people – in particular women as we classify and judge them more harshly and/or on categories related to looks and sexual – objectification

**(Reflection session – co- facilitator)**



Some participants were surprised by the number of stereotypes they were able to identify and reflected on the limitations to judging people – in particular women as we classify and judge them more harshly and/or on categories related to looks and sexual – objectification

**(Reflection session – co- facilitator)**



92%

reported high understanding of what constitutes healthy, equal and safe relationships

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**THIS REPRESENTS AN INCREASE OF 44 POINTS FROM 48% BEFORE THE WORKSHOP.**

94%

reported high knowledge and understanding of consent

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**AN INCREASE OF 31 POINTS BETWEEN BEFORE (63%) AND AFTER (94%) THE WORKSHOP.**

Learnings from the reflection session suggest that culture has a great impact on how consent is understood – as there are elements of the Latin American culture that make consent a more complicated issue. These include for example, the way we perceive the “personal space”, the way we have been educated on doing things even if we don’t want to, and the lack of respect for a “no”. Overall, it seems that participants were more challenged when they needed to say “no” during the game, and some learned new and creative ways to say “no” that would be applied to their everyday life.

# Impact of the Project

Participants reported increased attitudes that reject gender-based power imbalances and inequalities.

For this objective, participants were given attitude-based statements and they needed to rate their agreement with the statement.



“If a woman earns less, it is because they don’t work as hard as a man.”



NO BIG CHANGE IN ATTITUDE REGARDING THE STATEMENT AS ALMOST ALL PARTICIPANTS ALREADY DISAGREED WITH THIS - FROM 97% DISAGREEMENT BEFORE THE WORKSHOP TO 99% AFTER THE WORKSHOP.



“Men should be the head of the household”.



AT THE END OF THE WORKSHOP, 84% OF PARTICIPANTS DISAGREED WITH THIS STATEMENT WHILE AT THE BEGINNING 76% DID.



“Women should be the primary carer”.



A CHANGE OF ATTITUDE OF 13 POINTS. BEFORE THE WORKSHOP, 59% OF PARTICIPANTS STRONGLY DISAGREED AND AFTER THE WORKSHOP 72% DID.

Participants reported increased skills and capability to nurture respectful relationships within the home/family.

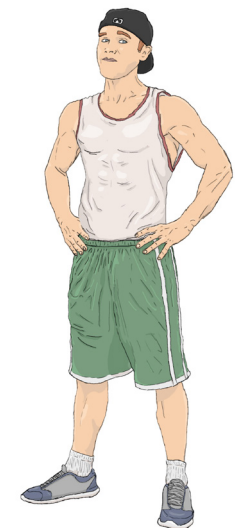
Participants had the opportunity to comment on ways they would use the learnings from the workshop.

83%

of participants mentioned ways to use what they learnt to nurture respectful relationships within your home/family

85%

of participants mentioned ways to use what they learnt to support gender equality and healthy relationships.





The main themes identified from the open answers are:

### Challenging rigid stereotypes and gender inequality



"I now recognise the importance of being more conscious and aware of my surroundings. This will give me the confidence and resilience to stand up to people who are disrespectful of others and those who are suffering"

**(Participant survey, translated from Spanish).**



"Keep fighting for women's rights with greater awareness of reasons for gaps and stereotypes"

**(Participant survey, translated from Spanish).**



"Promote respectful relationships and avoid condoning verbal violence - even if it is a 'joke'"

**(Participant survey, translated from Spanish).**



### Increasing self-reflection, respect and empathy towards others and myself



"Try to self-reflect on my behaviours and unconscious/conscious biases to avoid judging other people by their gender, culture or the way they look"

**(Participant survey, translated from Spanish).**



"Try to see others as individuals and value them as people, not see them based on their appearance and preferences"

**(Participant survey, translated from Spanish).**



"Standing up for my rights"

**(Participant survey, translated from Spanish).**



# — Impact of the Project

## Being aware of the way we educate our children



“I would be more mindful in my expressions and statements towards others in front of my kids. I want to ensure I’m not contributing to the social imposed stereotypes”

**(Participant survey, translated from Spanish).**



“I will use my new knowledge at home and I will be more conscious of my actions and practicing consent in a more respectful way. Conversations around inequality will no longer be taboo”

**(Participant survey, translated from Spanish).**



## Bringing these topics to conversations with others



“Start having healthy conversations on these topics with my friends and family”

**(Participant survey, translated from Spanish).**



“Share my knowledge with others”

**(Participant survey, translated from Spanish).**



“Foster healthy ways of thinking within my social circle”

**(Participant survey, translated from Spanish).**



Participant's voice: what did they think about the workshop?

The board-games were a key component for optimal engagement and learning. The workshops are structured in a way that families and/or couples can come together and learn about these topics in an engaging and respectful way!



**VIEW VIDEO HERE:**  
<https://youtu.be/PBxJp4E9sdo>

During the workshops, the facilitators recognised the limitation of fully including the LGBTQIA+ experience in the board-games; however, data was limited in all the aspects of the games. This was also a reflection on how inequalities continue to be perpetuated within our society. Despite this limitation, some participants mentioned the importance of including the LGBTQIA+ community in the design of the workshop.

“Those parents who went with their children valued the opportunity to have the space for their children to be exposed in a safe way. They also took the opportunity to reflect with them on what was going on in the game. Those who went as a couple– in particular the men, reflected on the lack of inequality and explored ways on how they can complement each other”  
*(Reflection session – co- facilitator, translated from Spanish).*





Almost all participants strongly agreed or agreed that the workshops were engaging and provided opportunities to reflect on their own behaviours and practices (see graphs below). This was even more impactful when participants came with their family and/or couple.

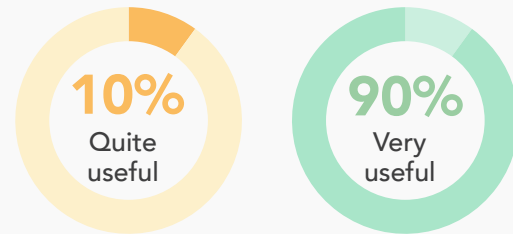
THE WAY THE CONTENT WAS DELIVERED DURING THE SESSION WAS ENGAGING.

13% Agreement 87% Strongly agree

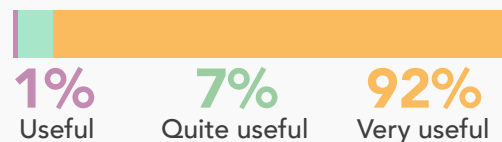
THE SESSION SUPPORTED ME TO REFLECT ON MY BEHAVIOURS AND PRACTICES.

20% Agreement 80% Strongly agree

HOW USEFUL WERE THE BOARD GAMES TO YOUR LEARNING?



HOW USEFUL WERE THE REFLECTION PARTS TO YOUR LEARNING?



The key elements of the success of the project were mentioned in the reflection session with the community advisory group. These were confirmed by participants in the survey as shown.



“It is a project that has two very important elements to discuss challenging topics: the games because it tackles the topics from a relaxed angle; but you also have the support of being in a contained environment where reflexion and interaction between participants is key”

**(Reflection session – community advisory group, translated from Spanish).**

“It was nice to be able to go deeper on topics related to the LGBTQ community. I feel that the majority of us understand the problems for women and men but there is not a lot of knowledge on how the LGBTQ community is affected”

**(Participant survey, translated from Spanish).**



**Almost all participants were very likely (90%) or likely (10%) to recommend the workshop. The data below indicates why the workshops were successful.**

“Someone from the LGBTQIA+ community reflected on how the games helped him, they empowered him as they were recognised in the game, as he has been negatively affected by past experiences for being part of the LGBTQIA+ community”

**(Reflection session – co-facilitator, translated from Spanish).**



## What did participants think about the games?



“Congratulations! Not only was the workshop delivered with amazing quality and deep in reflections, but the games are really illustrative”

**(Participant survey, translated from Spanish).**



“The data and statistics in the games help a lot to comprehend and understand a lot of issues we have based on the gender perspective”

**(Participant survey, translated from Spanish).**

“Very engaging and very thought provoking”

**(Participant survey).**

“I really liked the games. It was a great experience. The games are well thought and really fun. The designs are really nice. I think this initiative could be scaled up to other forums and spaces (e.g. bring the games to public libraries)” **(Participant survey).**

“Learning through play was a great concept. It was very accessible, fun and powerful. Congratulations!”

**(Participant survey).**

“Excellent. The concepts covered are tricky and very personal, but the workshop/games provided a safe and constructive space for explanation. Congratulations!”

**(Participant survey).**

## Other comments about the workshops

"I think this is an excellent initiative to create consciousness about the reality we are immersed in and to know how we can contribute to others, but most importantly, what we can do ourselves to create change"

**(Participant survey, translated from Spanish).**

"Amazing work. Hopefully more people can play this, especially the ones who might not have many struggles or come from privileged backgrounds"

**(Participant survey, translated from Spanish).**

"This is excellent! Thank you so much, this has a lot of potential to educate Australian society" **(Participant survey, translated from Spanish).**

"Thanks so much for creating a safe, fun and supportive space to learn, share and reflect on gender inequality"

**(Participant survey, translated from Spanish).**

"Along with 'new' members of the Spanish-speaking community in Australia, and with my over 60 years living in this country I leave 'La Sobremesa' very happy as I had an excellent time and proved the theory that "you can learn your whole life". This workshop makes you aware of different ways of thinking and seeing life. With a fun and different approach, you can observe your own convictions and reactions and it allows you to autocritique one's own perceptions with the opportunity to adopt new ideas"

**(Participant survey, translated from Spanish).**

"It was so amazing. Really enjoyed the games and they were so well done. Facilitators were great. Great discussions started on the most perfect day" "

**(Participant survey, translated from Spanish).**



# Conclusion

“La Sobremesa” project has developed an innovative and unique approach to tackle challenging topics, concepts and perceptions in a fun, safe, and constructive manner.

This project engaged with a total of **105 participants across 3 months through 7 workshops** which also included a large percentage of members of the LGBTQIA+ community. The current evaluation demonstrates that the project has taken essential and supporting actions to address some of the underlying gender drivers of violence and the reinforcing factors. This has been done by providing participants with an opportunity to reflect on their own perceptions, ideas and concepts, as well as supporting facts and insights on how society is today.

These experiences – through playing - and data, enables people to become more aware of the concepts presented and active in what they can do to start creating change. The data also suggests that the way the workshops were delivered and presented was inclusive for all the community and included intersecting forms of discrimination.

However, to tackle the complex issues of gender inequality, bias stereotypes and respectful relationships, a long-term approach on the momentum already established through this project, is required.

“La Sobremesa” has provided a model with a potential to make significant changes to perceptions that support gender equality and promote healthy relationships. This project adopted an inclusive approach, which could be broadened to support those experiencing additional barriers because of age, gender identity, sexual orientation, settings, limiting thoughts, etc. Therefore, using the board-games approach, and workshop delivery in a broad range of settings with a captive audience is recommended to keep increasing the impact of the project.



INTERESTED IN BRINGING "LA SOBREMESA" TO YOUR SCHOOL, LOCAL GOVERNMENT OR ORGANISATION?

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