The Everyday Café: Working together to find and fix everyday harm.

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Acknowledgment of country

About this presentation

Our presentation is about how people can work together to find and fix everyday harm.

We learned about everyday harm through our research project, **Working Together: Preventing Everyday Harm**.

We will use the Everyday Café roleplay to show you how to find and fix everyday harm.

What is everyday harm?

Everyday harm is things like

- Being ignored
- Being talked down to like a child
- Not being included in making choices
- Being treated in a way that makes you feel like you don't matter

Everyday harm makes people feel like they are not respected.

Why does everyday harm matter?

When everyday harm happens, you may feel it in your head, heart or gut.

- It might seem like a small thing, but it can build up.
- It can affect a person's life, so it is important to prevent it.

Everyday harm happens a lot; it happens when people aren't treated right.

Everyday harm happens to everyone, but it happens more to people with disability.

Everyday harm affects people in many ways

Feelings

Physical health

Mental health

Learning and growth

Reputation

Relationships

It doesn’t have to be this way…
What can we do about everyday harm?

We need to **look**, **listen** and **notice** when harm might be happening.

We need to pay attention to **ALL** the ways people communicate about harm.

- Sometimes people express harm with words.
- Sometimes people show it in how they act.

Even if it seems small, we pay attention - We don’t just ignore it.

The everyday steps to find and fix everyday harm

Everyday harm: Let's find it and fix it together!

The Everyday Café is a place where people come together to share ideas about how to make support better.

We will act out a scene and from the Everyday Café.

After watching the scene, we are going to use the everyday steps to find and fix everyday harm together.

A scene from The Everyday Cafe

Rachel as the Barista

Jess as the Clumsy Customer

Tyra as the Angry Customer

Recap the everyday steps to find and fix everyday harm

Summary

- We learned about everyday harm by doing research **Working Together: Preventing Everyday Harm**.
- It doesn't have to be this way! We all have a role in stopping everyday harm.
- The Everyday Café shows how we can use everyday steps to find and fix everyday harm.

WORKING TOGETHER
Preventing Everyday Harm

Coming Soon

Resources will be available for early 2026
www.everydayharm.org.au

Thank you for listening!

Thank you to our team.

Tyra Buteux, Hannah Zsigoszki, Jess Mackie, Sian Martino, Emma Woods.

Rachel High, Ruby Nankivell, Sally Robinson, Su Su Tun, Raffaella Cresciani, Eleanor Watson.

Karen Fisher, Anna Jones, Ciara Smyth, Heikki Ikaheimo.

References

- Idle, J., Robinson, S., Fisher, K. R., Ikäheimo, H., Smyth, C., & Yoon, J. (2024). Conceptualising the everyday harm experienced by people with cognitive disability: A scoping review of microaggression and emotional and psychological abuse. Journal of Intellectual & Developmental Disability, 50(1), 59–71. https://doi.org/10.3109/13668250.2024.2336076

Research papers under review

- Robinson, S.; Ikaheimo, H.; Fisher, K.; Idle, J.; Cresciani, R.; Smyth, C. (forthcoming). Understanding everyday harm between young people with cognitive disability and support workers.
- Robinson, S.; Watson, E.; Cresciani, R.; Idle, J.; Tun, S.; Fisher, K.; Smyth, C.; Ikaheimo, H. (forthcoming). Everyday steps to address everyday harm between people with cognitive disability and support workers.