



16 Songs for 16 Days of Activism to Stop Violence Against Women

Project worker notes on tracks chosen

The tracks for the CD went through the following process:

1. The project workers in discussion with the reference group provided Obese Records with an overview of the type of tracks wanted together with information on the project.
2. Artists who were signed to or linked to Obese Records were asked if they had any tracks they thought were relevant that they would like to contribute.
3. A number of tracks were provided.
4. The tracks provided were listened to by both young people through the groups and also workers from Melbourne Citymission and CASA House. In all they were heard by approximately 30 people - about half were young people and half were workers. Some tracks were listened to in a group (the training for workers and the young people workshops). Due to the number of tracks some were listened to outside of groups individually and feedback was sought and obtained.

In choosing the tracks the following factors were considered by the project workers and reference group. We wanted the CD and the tracks to: sound good, flow, be listenable, relevant and interesting for the young people.

- Tracks that were specifically relevant to the theme of violence against women were accepted. These include: *Dancing in Darkness*; *The Mash* (which has a subtle focus on consent); *Subtle Brother* and *More Front Than Myers*.
- Tracks that focused on respectful relationships or the difficulties in relationships were chosen. These include: *My Lady*; *Table For Two*; *Diamonds*; *Lover Come Find Me* and *That Day*.
- We believed it was important to choose a couple of tracks that referred to and focussed on some of the difficulties that young people face to acknowledge their reality and emotions so that the CD wouldn't seem preachy, these tracks include: *Burn City* and *Cycles of Survival*.
- We included a couple of tracks which focus on being a responsible adult and role model: *Hey Folks* and *Youth*, as young people are the next generation and despite their difficulties in life they have a responsibility to supporting the next generation that will be their children.
- The 16th track *Friday*, was chosen because it reflects a theme of 'Right to Party'. CASA House has run campaigns in the past relating to women's 'Right to Party', the idea being that women should be able to go out, have fun and should not have to feel afraid of being out. We added, *She's in Control* as a girl power track.
- The first track – *16 Days* was written specifically for the CD by one of the artists who is a teacher by day and co-facilitated a number of our groups. He felt that as a male, he should be encouraging other men to celebrate the women in their lives.
- The final track *I'll Be Fine* is from the young people. Initially we stated that they would undertake to write 16 bars but when offered the opportunity, the young people wanted to record a track and include it as a bonus on the CD.

