

Preventing violence against women and their children

What can you do?

Violence against women is serious and prevalent. Violence against women and their children is hurting our families and communities.

1 in 3 women has been a victim of physical or sexual violence, since the age of 15, by someone known to them.

1 in 4 women has been emotionally abused by a partner.

1 woman dies almost every week at the hands of a current or former partner.

61% of women who experienced physical or sexual violence had children in their care when the violence occurred.



The intervention of the wider community is one of the keys to stopping violence against women. There are a number of services available to women who are experiencing or have experienced abuse. These services support women in multiple ways covering a wide variety of support areas.

Providing support and assistance to the services already established and active in the sector is an excellent way to help women and their children who have experienced or are experiencing domestic abuse.

Ways you can assist:

Direct assistance

- ✓ Raise funds for organisations that assist women and children who have been affected by violence such as Zahra Foundation <http://zahrafoundation.org.au/>
- ✓ Donate care packages to domestic and sexual violence support services to help women and their children who may have left their family home without any personal belongings due to incidents of violence. Contact your local domestic violence service to ask what items are needed and where to donate. (To find our your local women's domestic violence service visit the sa.gov.au website at <https://www.sa.gov.au/topics/family-and-community/safety-and-health/domestic-violence>)

Advocacy

- ✓ Ask your workplace if they have a domestic violence policy in place. If they don't ask Human Resources to put one in place. Domestic and family violence can cause immense suffering for those directly experiencing the abuse and it also impacts the safety, productivity and costs of doing business.

- ✓ Spread the facts through social media. Share information and posts from organisations such as Australia's National Research Organisation for Women's Safety (ANROWS), White Ribbon, The Line and Our Watch to raise awareness. You can also print out posters from these organisations for your workplace, community organisation or sporting club.
- ✓ Write to media outlets, including letters to the editor, to highlight when incidents of violence against women are minimised, or victim blaming language is used to report incidents.

Online Resources

1800RESPECT is the National Sexual Assault, Domestic and Family Violence Counselling service for people living in Australia, providing telephone and online crisis and trauma counselling services 24 hours a day 7 days a week. Includes resources for people who want to help a family member or friend. <http://1800respect.org.au/>

Respect.gov.au is a national campaign jointly funded by the Australian, state and territory governments. It aims to help parents, family members, teachers, coaches, employers and other role models to look at their own attitudes, and start a conversation about respect with the young people in their lives. <https://www.respect.gov.au/>

Australia's National Research Organisation for Women's Safety (ANROWS) delivers relevant research on domestic, family and sexual violence in Australia. <http://anrows.org.au/>

Our Watch has been established to drive nationwide change in the culture, behaviours and power imbalances that lead to violence against women and their children. There are a number of resources and tips available at <http://www.ourwatch.org.au/Preventing-Violence>

The Line is a primary prevention behaviour change campaign for young people aged 12 to 20 years. The Line encourages healthy and respectful relationships by challenging and changing attitudes and behaviours that support violence. <http://www.theline.org.au/>

Organisations that offer opportunities for men who are wanting to make a contribution

It is important to recognise the majority of men are not abusive in their relationships and they have the potential to make a difference in helping to stop domestic violence and sexual assault.

White Ribbon	http://www.whiteribbon.org.au/
Rise above the pack	http://riseabovethepack.com.au/
XYonline	http://www.xyonline.net
KWY	http://www.kwy.org.au

Local Community Organisations and Service clubs can also offer opportunities in your area

Soroptimist International	http://www.sisa.org.au/
Zonta International	http://www.zonta.org.au/Zonta in Australia
Rotary club	http://www.rotarydownunder.com.au/
Lions Club	http://lionsclubs.org.au/contact/sa/