



Insight Initiative

The insight component of Insight Exchange invites people with lived experiences of Domestic and Family Violence, and other adversities, to share their experience through a safe and ethical process that affirms agency and upholds dignity. The insights are grouped into projects or initiatives:

Voices of Resistance – a project that documented four women’s resistance and responses to the violence they experienced. The project participants supported the development and prototyping of the interview process for Insight Exchange through the sharing of their resistance and responses to violence.

- [Mishka](#)
- [Jan](#)
- [The Woman Next Door](#)
- [Michele R](#)

Voices of Insight – are de-identified narratives of people’s lived experience of domestic and family violence and other adversities. The narratives have been developed through the Insight Exchange interview process designed to affirm agency, uphold dignity and support safety. These narratives aim to provide a more accurate account of what has occurred through highlighting the ways in which a person has resisted and responded to the violence used against them. They explore the context in which the violence has occurred and how people, services and systems responded to victims of violence and how these responses were helpful, unhelpful or harmful.

- [Sally](#) “You’re ok... He never hit you”
- [Sophie](#) I didn’t know what financial abuse was

Voices of Reflection – are written insights and reflections from people with lived experience of domestic and family violence. The participants are the authors of the written insight, and in pieces, the Insight Exchange team have inserted content from the [Follow My Lead](#) resource as headings to help orientate the reader.

- [What does safety mean for me?](#)
- [Dear Australian police officers](#)
- [His abuse has and continues to harm my children](#)
- [The threat of violence is violence](#)
- [Liberty and Violence](#)

Acknowledgement and thanks

Domestic Violence Service Management would like to thank each person with lived experience of Domestic and Family Violence who has generously shared their insights for the benefit of others.

We acknowledge that no matter how accurate the representation of someone’s experiences of violence and adversity, we can never fully understand all that the experiences mean to a person now or through their life. We understand that no one’s life experience can ever be fully represented in language or any other form.