



## **Our shared challenge | Our shared responsibility**

Domestic and family violence is in every postcode and community.

Preventing violence, understanding violence and improving responses to violence remains a cross cutting national issue and a shared challenge that no community, sector or system can achieve alone.

Every response matters. Any time. Every time. Every person and any community.

[Insight Exchange Foundation](#) exists to share in this challenge; to continuously learn, reflect and improve on how we contribute to safe, just, effective and dignified responses.

We also hold a commitment to support others in this shared responsibility.

## **Read about the [Insight Exchange](#) Foundation**

We acknowledge the Traditional Custodians of the land on which our work and services operate and pay our respects to Elders past, present and emerging. We extend this respect to all First Nations peoples across the country and the world. Always was, always will be Aboriginal land.

# Insight Exchange

**Insight Exchange** centres on the expertise of people with lived experience of domestic and family violence and gives voice to these experiences.

**Insight Exchange** is designed to inform and strengthen social, service and systemic responses to domestic and family violence.

Insight Exchange has four key interdependent elements:

## **My lived experience**

Through Insight Exchange I have the opportunity to share my lived experience of violence in an accurate way through a safe, ethical and supported process.

## **My insight shared**

Insight Exchange shares my lived experience, highlighting my responses and resistance to violence and where 'social responses' were helpful, unhelpful or harmful

## **Our social responsibility**

Through Insight Exchange we (all) have the opportunity to gain a more accurate understanding of lived experience of violence and the role we play as social responders.

## **Our social response**

Through Insight Exchange we (all) have the opportunity to strengthen our responses to violence as individuals, communities and organisations.

[www.insightexchange.net](http://www.insightexchange.net)

Launched in November 2017, Insight Exchange was designed by Domestic Violence Service Management (DVSM), in collaboration with Dr Linda Coates and Dr Allan Wade from Centre for Response-Based Practice Canada.

# Insight Exchange Resources

## Resources

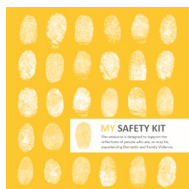
Explore Insight resources to support people with lived experience of domestic and family (DFV) and to support people who are or may be responding.

### Get started with Insight Exchange publications:



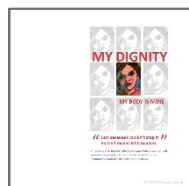
#### [Follow My Lead](#)

An awareness-raising resource for any person who may be responding to their friends, family members, colleagues, peers or to the people who use their service, who are experiencing DFV.



#### [My Safety Kit](#)

A reflection resource for people who are (or may be) experiencing domestic and family violence.



#### [My Dignity - My body is mine](#)

My Dignity is for anyone who may be or has experienced sexualised violence and for anyone who may be responding..

## Videos

Explore the short and long form [videos](#) hosted on Insight Exchange Vimeo and YouTube channels (with subtitles).



[Sign-up](#) to receive updates from Insight Exchange.



# Participation and Engagement

To find out more about participating in Insight Exchange visit the [Participate](#) page.



Read about engagement since inception in the [Insight Exchange Engagement Report](#).



Read examples of the [Insight Exchange Ideas Applied](#).

## Donate to make a difference

Insight Exchange has been established, developed and is governed by Domestic Violence Service Management (DVSM) a registered charity (ABN 26 165 400 635.).

Insight Exchange has been sustained through the generous humble donations of individuals and a silent donor for the benefit of many.

We continue to seek and welcome financial support to make the Insight Exchange ideas, resources and supports available across every community, sector and system without cost or access barriers.

Donations to DVSM's Insight Exchange Foundation are tax deductible and can be made via the

[Donate page on Insight Exchange](#) or

by [contacting the Insight Exchange team](#).

[www.insightexchange.net](http://www.insightexchange.net)