



Insight initiatives

My Shared Insights

New Insights on the website

Voices of Insight are de-identified narratives of people's lived experience of domestic and family violence and other adversities. Read the latest Voices of Insight narrative published on Insight Exchange: [‘Sam’](#) - “She would have been wriggling in his lap.”

My Lived Experience

Participation in IE interviews

Interviews are continuing during and beyond COVID-19 [Link here](#)

The narratives have been developed through the Insight Exchange interview process designed to affirm agency, uphold dignity and support safety. Participants have shared lived experiences that occurred in the ACT, NSW, NT, Qld, SA, Vic, WA. Participants have participated from NSW, NT and Vic.



Structured short-form interviews

Are you supporting people with lived experiences of domestic and family violence whose voices are less heard?

The opportunity to participate in **structured short-form interviews** is now explained on the [‘be a participant’](#) page on the Insight Exchange Website. This includes a [Short-form Participant Information Pack](#) and a link to the [Short Form - My Safety Kit - Expression of Interest](#) form.

More Voices

The [Voices of Experience](#) page now signposts to insights gathered through three other initiatives

Exchange initiatives

Follow My Lead revised edition

The revised edition of [Follow My Lead](#) is **now live**. In recognition of the distinct circumstances and access barriers faced by victims of domestic and family violence who may be in **prison, hospital or detention settings** we have acknowledged these contexts in the revised visuals and words used in the resource.

Cross referencing links between [Follow My Lead](#), [My Safety Kit](#) and [My Dignity – My Body is mine](#) have also been included to make connections between the resources for any reader. The accessibility copies (word versions) of Follow My Lead and My Safety Kit have been updated to reflect the changes described above.

Read [about being a distribution sponsor](#) of My Safety Kit and Follow My Lead.

Follow My Lead – Animation Coming Soon

The (new) short animation outlining Follow My Lead will be released by the end of October 2020.

NEW Reflections Kit

Preparing for 16 days of Activism Against Gender-Based Violence?

We have developed an **Insight Exchange Reflections Kit** which contains a shared menu of concepts, messages and related resources to support your good work. The Reflections Kit is designed to support insight-informed actions against gender-based violence.

Insight Exchange and the Arts | [Arts Lab](#) (New)



“The problem of violence is inextricably linked to the problem of representation”

Dr Linda Coates, Centre for Response-Based Practice.

So far, we have focused on our responsibility of representation of domestic and family violence through **language** and we are extending our representation to include the use of **visual arts**.

Specific Projects and Collaborators

Read about the [Voices of Insight Collection](#) with collaborating award winning [Artist Louise Whelan](#)

