

Follow My Lead

[Follow My Lead](#) is an awareness raising resource that speaks from the voice of people with lived experience of Domestic and Family Violence (DFV) who need the professionals and their social networks to be more prepared to respond effectively; more prepared to respond in ways that uphold dignity and build on safety.



[View](#) the Follow My Lead animation



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*It's very important and useful for building peoples **understanding** of the complexities of safety for people who experience domestic and family violence.*

*It's a great way to build empathy and improve people's **responses** to domestic and family violence.*

[Excerpt from Follow My Lead Feedback Report]

Who is this resource for?

Follow My Lead is for any person who at some point may be listening to and responding to their friends, family members, colleagues, peers or to the people who use their service, who are experiencing domestic and family violence.

The resource may also have benefits for people who are:

- Thinking about their own relationships and experience of domestic and family violence.
- Seeking support about their own lived (or live) experience of domestic and family violence.
- Working as a service responder to people experiencing domestic and family violence.



[Apply](#) to be a [distribution sponsor](#) of **Follow My Lead** and/or **My Safety Kit**

www.insightexchange.net

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