

My Safety Kit

My Safety Kit - is a reflection resource that speaks in the voice of the reader who may be reflecting on their own relationships and (possible) experiences of domestic and family violence.

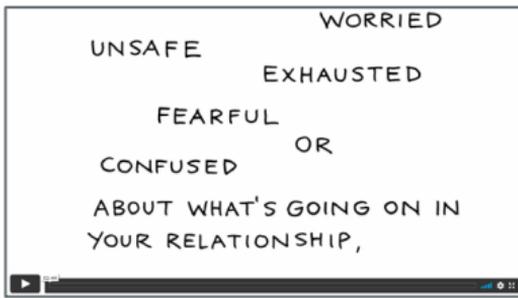
The resource may also have benefits for people who are: **supporting friends and family** who are (or might be) experiencing domestic and family violence; and for people who are **working as a service responder** to people experiencing DFV

95% of the respondents in the prototype feedback report said they think **My Safety Kit is offering something new that is needed.**

View the **My Safety Kit** animations



An introduction to My Safety Kit
[for responders](#) (2.4mins)



An introduction for [people reflecting on their relationships](#)
(2.4mins)



[Decision Making Tool](#)
(3.5mins)

My Safety Kit is designed to:

- ✓ Speak and feel like the property of the person – **written in the first person.**
- ✓ Support reflection that **doesn't make the definition of DFV the determinant** of meaning or support.
- ✓ Widen the reflection to travel through the **wellbeing domains** which may not have seemed relevant or connected or validated by services/society.
- ✓ Acknowledge that **victim blaming is prevalent and unjust.**
- ✓ Acknowledge that people experiencing abuse are doing all they can – **they don't 'let it happen'.**
- ✓ **Promote and value self-reflection** about what is going on which may include uneasiness in some areas and not others.

- ✓ **Widen the contemplation out from crisis focus and crisis decisions only.**
- ✓ Reveal that **violence is deliberate.**
- ✓ **Address common myths** that person being abusive is of 'out of control'.
- ✓ Acknowledge that **choosing who to talk to and how is careful work.**
- ✓ Bring in **resistance and responses to violence** and abuse by exploring what lengths people are going to already, to uphold their dignity, stay safe and well (including their children and people they care about)
- ✓ **Inform people that services may ask questions** from risk and safety assessment tools for example in NSW the Domestic Violence Safety Assessment Tool (DVSAT).



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We invite you to view the My Safety Kit animations and to take them forward in your networks.

Select the 'share' icon and toggle the arrow to the right to obtain the embed code.

Insight Exchange hosts a range of [publications](#), [animations](#) and [videos](#) to support your good work.

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).