



**How can I meaningfully support the work of Insight Exchange?**

**Engage with Insight Exchange on social media and share the ideas and resources across digital communities.**

Insight Exchange is for anyone, anywhere, who may be experiencing domestic and family violence, or reflecting on their experiences and/or responding informally or formally in some capacity.

**We hold concern about, and remain committed to, reaching people directly with these ideas and resources. We don't want individuals seeking material for understanding and reflection to be waiting for services and systems to first be informed or to have to rely on them for distribution of the ideas and materials. We want the public to know this platform is for all, today.**

The use of social media provides a digital path and mechanism for reaching people outside of the networks and contexts we currently have in place.

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



## Support through Social Media

We know that slightly less than half (46%) of the women in Australia who experience violence from their partner do not seek advice or support. When they *do* seek advice or support it is overwhelmingly (67%) from a friend or other family member.\*

**This means that we need to find a way to reach people who have never, and may never, reach out to a specialist domestic violence service, police or other professionals who respond to victims of domestic and family violence.**

Facebook, YouTube and Instagram are three of the most widely adopted social media platforms in Australia and as such represent a significant opportunity to engage with audiences outside our direct professional networks.

**Start today. No cost. No Delay.  
Generosity made simple.**



**Take Insight Exchange ideas and resources forward** by linking to our new Insight Exchange social media platforms. 'Like' or 'Follow' us on:

- [Linkedin](#)
- [Facebook](#)
- [Instagram](#)
- [YouTube](#)

\* Source: Australian Institute of Health and Welfare 2019. Family, domestic and sexual violence in Australia: continuing the national story 2019. Cat. no. FDV 3. Canberra: AIHW